

Levels of training recognised by BFTA

There are four levels of BFTA recognition - Focusing Skills, Practitioner, Teacher and Mentor - as outlined below.

Most people initially learn Focusing for their own use - in everyday life and in peer Focusing exchanges. Some, on completion of the initial ten day training in Focusing skills, choose to work towards a professional qualification in Focusing by training with a Mentor. Others continue training to deepen their practice and understanding of Focusing.

People from all walks of life become Focusing Practitioners, Teachers and Mentors. You do not have to be a therapist or have other formal credentials. This is a human process open to any person. Focusing fits naturally with any kind of work where you are supporting someone with their felt experience; for example counselling, social work, training, holistic therapy. It also supports your work if you are an artist, musician or writer.

Practitioners and Teachers have the privilege of introducing the transformational process of Focusing to someone who has never known it before. They each represent the entire field, since they may be the only source of a person's experience with Focusing. These are some of the reasons why the professional levels of training are worth a serious commitment of time and energy, and a commitment to your personal development.

BFTA has a flexible approach to training which takes into account prior experience and personal and professional aims. The whole training process is based on each student developing their own unique way of working with Focusing. Mentors and students work together to create an atmosphere of mutual respect and trust, in which students are able to share, discuss and focus on their progress in a transparent way.

Individual Mentors design their Practitioner and Teacher trainings in their own way, so the courses are not all the same. Prospective students are advised to choose a Mentor whose style and approach best supports their preferred way of learning and the development of their own personal strengths. BFTA Mentors liaise to ensure there is commonality in the standard required for certification.

1. The BFTA Certificate in Focusing Skills – a training of ten days or equivalent

On completion of the BFTA Focusing Skills Course you will be ready to:

- listen to yourself in a Focusing way
- bring Focusing into your everyday life
- sustain a Focusing partnership (a peer-exchange of Focusing time)
- consider working towards a professional qualification in Focusing, as below

To find a Practitioner or Teacher offering Focusing skills training go to: 'Find a Practitioner/Teacher'

To find out more about the Practitioner and Teachers certificate, follow the link on the about BFTA page

2. The BFTA Focusing Practitioner's Certificate

A BFTA Focusing Practitioner is recognised as being able to:

- train individuals in the skills of Focusing and listening
- offer one-to-one Focusing sessions
- train professionals to bring Focusing into their work

3. The BFTA Focusing Teacher's Certificate

A BFTA Focusing Teacher is recognised as being able to:

- train individuals *and groups* in the skills of Focusing and listening
- offer one-to-one Focusing sessions
- train professionals to bring Focusing into their work
- offer the BFTA Focusing Skills Certificate Course

4. Becoming a BFTA Focusing Mentor

In addition to the above, a BFTA Mentor is recognised as being able to:

- train Practitioners and Teachers
- prepare people to become BFTA Mentors

To request details of individual Mentor's Practitioner and Teacher training courses please contact:

Peter Afford: peter@focusing.co.uk Tel: 020 86731860

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