

Levels of training recognised by BFTA

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)

2. The BFTA Focusing Practitioner's Certificate

A BFTA Focusing Practitioner is recognised as being able to:

- train individuals in the skills recognised by the Certificate in Focusing Skills
- 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 recognised by the BFTA Certificate in Focusing Skills
- offer one-to-one Focusing sessions
- train professionals to bring Focusing into their work
- offer the BFTA Focusing Skills Certificate Course

To find a focusing Practitioner or Teacher go to: ['Find a Practitioner/Teacher'](#)

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

A Focusing Practitioner or Teacher has the ability to open up the world of Focusing to someone who has never known it before. They represent the entire field of Focusing, since they may be the only source of a person's experience with Focusing. These are some of the reasons why this training is worth a serious commitment of time, money and personal development.

People from all walks of life become Focusing Practitioners and Teachers. You do not have to be a therapist or have other formal credentials. This is a human process open to any person. Focusing joins naturally with any kind of work in which you are attending to an ongoing process. For example, it can fit seamlessly into your work if you help others move forward or find more ease, or your work is about finding the right expression for something.

Mentors and trainees work together to create an atmosphere of safety, in which trainees are encouraged to be transparent about their learning process. The whole training is based on the idea of each person finding their own way of teaching Focusing.

Individual mentors design their own Practitioner and Teacher training in their own way, so these courses are not all the same. Mentors make details of their courses available to other Mentors and BFTA members to learn from feedback and discussion and to ensure some commonality in the standards required for certification.

To request details of training courses please contact one of our mentors: [Rob Foxcroft](#), [Peter Afford](#), [Barbara McGavin](#), [Fiona Parr](#) and [Kay Hoffman \(Mentor in training\)](#)