

## **BFTA Practitioner training**

The *BFTA Focusing Practitioner certificate* is awarded by a BFTA Mentor on successful completion of a Practitioner course. It is also signed by the student's secondary mentor, a BFTA Practitioner or Teacher who has followed the student's progress throughout the training period. It recognises a Practitioner 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

BFTA members with this certificate are entitled to describe themselves as a 'BFTA recognised Focusing Practitioner'.

Individual Mentors design and run their own Practitioner trainings, so these courses are not all the same. Prospective students are advised to sound out more than one Mentor to find the one they feel is right for them. There is some common ground however, as described below.

### **Requirements for starting a Practitioner training course**

Students need to have attended either a BFTA Focusing Skills certificate course or an equivalent training in Focusing and listening. They also need some experience of Focusing in a peer partnership and the agreement of the prospective Mentor that they are ready for this training.

### **Practitioner course aims**

Practitioner courses support students in exploring ways of bringing Focusing into their life and work, developing their listening and companioning skills and introducing new people to Focusing. They also support them in deepening their theoretical understanding. Mentors aim to help their students identify and develop their strengths, and support each individual in developing his or her own way of working with Focusing.

### **Practitioner course contents**

There is normally some mix of workshops and further training, one to one mentoring, practical project work and some written work. The precise content is down to the Mentor. Students will continue their own practice of Focusing.

### **Criteria for gaining the Practitioner certificate**

Students attaining this level will have demonstrated their ability to use Focusing and companioning skills in a one to one setting in an effective and reflective manner. They will have been practicing Focusing and listening in their personal lives for at least two years, and will have studied with at least one experienced teacher in addition to their main Mentor. The development of a relationship of mutual transparency and trust will have enabled the students to share, discuss and focus on all aspects of their learning with their Mentors.

### **Assessment**

This usually includes self-assessment, peer assessment and assessment by both the main and secondary mentors. It is Focusing-oriented and based around the above criteria.

### **Common ground in Practitioner trainings**

To promote a degree of common ground across all the Mentors' courses and in the standards required for certification, Mentors undertake to share and discuss details of their courses with the other BFTA Mentors.