

## **BFTA Teacher training**

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

The main difference between a Teacher and a Practitioner is that the former is qualified to teach Focusing to groups. BFTA members with this certificate are entitled to describe themselves as a 'BFTA recognised Focusing Teacher'.

As with Practitioner courses, individual Mentors design their own Teacher trainings, so their 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 Teacher training course**

Students need the agreement of their chosen Mentor that they are ready to train to teach groups. They need to have completed the BFTA Practitioner training or hold some other significant qualification from elsewhere in the Focusing world, such as the Focusing Institute Trainer and Focusing Professional certificates.

### **Teacher training course aims**

Teacher training courses support students in learning to prepare and lead their own Focusing courses, including the organising and marketing activities generally required to run them. They also support them in further deepening their theoretical understanding. Mentors aim to help their students identify and develop their strengths and to support each individual in developing his or her own way of working with Focusing in group settings.

### **Teacher training course contents**

These courses are normally based around gaining experience in teaching groups. This is backed up with some mix of further training and one to one mentoring. The precise content is down to the Mentor. Students will, of course, continue their own practice of Focusing in a partnership and alone.

### **Criteria for gaining the Teacher certificate**

Students attaining this level will have demonstrated their ability to teach Focusing effectively to groups and gained some confidence in this area. They will have been practicing Focusing and listening in their personal lives for at least three years and experienced at least one teacher other than their main Mentor teaching Focusing to groups. They will have encountered a range of situations in their teaching and evaluated their experiences in a transparent and reflective manner. The development of a relationship of mutual respect and trust will have enabled students to share, discuss and focus on all aspects of their planning and teaching 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 Teacher training courses**

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

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