

Focusing Certificates and Awards

Steps of learning and certification with BFA & TIFI in comparison

BFA: British Focusing Association <https://www.focusing.org.uk/>

TIFI: International Focusing Institute <https://focusing.org/>

The prerequisites for commencing and the requirements for completing each certification level differ between BFA and TIFI. Below is an overview and rough comparison of the two training structures.

Step one:

BFA: Certificate in Focusing Skills

- <https://www.focusing.org.uk/bfa-skills-certificate>
- For beginners and those wanting to deepen their Focusing skills
- Completion of this foundation course is one of the prerequisites for BFA Focusing Practitioner training
- During or after completion of the Focusing Skills certificate, one can join the Focusing Partnership network: <https://www.focusing.org.uk/how-do-i-become-a-focusing-partner>
- Students may also receive a PFP-Award if their certifying Focusing Teacher is also a TIFI recognized Professional/Trainer. They can then also join the TIFI international Focusing Partnership network
<https://focusing.org/partnership-network/joining-partnership-network>

TIFI: Proficiency in Focusing Partnership Award (PFPA)

- For beginners and those wanting to deepen their Focusing skills
- With the Proficiency in Focusing Partnership Award (PFPA) one can join the international Focusing Partnership network
<https://focusing.org/partnership-network/joining-partnership-network>
- <https://focusing.org/membershipcontent/focusing-skills>

Step two:

BFA: Certified Focusing Practitioner

- <https://www.focusing.org.uk/professional-training>
- The certificate in Focusing Skills is a prerequisite for Focusing Practitioner training
- Before beginning a Practitioner Training, the student is recommended to have around 12 months Focusing partnership experience
- Training to become a Focusing Practitioner takes at least one further year
- Students are referred to as *Practitioner trainees* and certified by a BFA Mentor
- Focusing Practitioners are certified to offer Focusing sessions to individuals
- Becoming a Certified Focusing Practitioner is a prerequisite for BFA Focusing Teacher training
- The trainee can be listed on the TIFI website as *Trainer in Training* if the certifying Mentor is also a TIFI Certifying Coordinator

TIFI:

Step two and three are combined under TIFI guidelines. See more details under step three

Step three:

BFA: Certified Focusing Teacher

- <https://www.focusing.org.uk/professional-training>
- Holding a Focusing Practitioner certificate is a prerequisite for Focusing Teacher training
- Training to become a Focusing Teacher takes at least one additional year
- Students are referred to as *Teacher trainees* and are certified by a BFA Mentor
- Focusing Teachers are certified to teach “Certificate in Focusing Skills” courses as well as other Focusing workshops to groups
- The certified Focusing Teacher can also register as a Certified Focusing Professional/Trainer with TIFI if the certifying BFA Mentor is also a TIFI Certifying Coordinator

TIFI: Certified Focusing Professional/Trainer (CFP)

- <https://focusing.org/membershipcontent/certification>
- The PFP Award is often a first step before becoming a *Trainer in Training*, but it is not required. The Certifying Focusing Coordinator (CC) uses their own judgment
- The training typically takes two years (steps 2 & 3 as offered with BFA are combined)
- Students are referred to as *Trainer in Training* and are trained and certified by a Certifying Focusing Coordinator
- Focusing Professionals/Trainers are certified to offer sessions to individuals and teach Focusing to groups, including the “PFP-Award”

TIFI: The FOT Certification (Focusing Oriented Therapist)

- The person teaching must be an FOT Certified Coordinator. The training includes FOT specific information.
- <https://focusing.org/membershipcontent/focusing-oriented-psychotherapy-training>
- www.focusingtherapy.org is a good source to find an FOT training

Step four:

BFA: **Mentor**

- The prerequisites for Focusing Mentor training are Practitioner and Teacher certifications, substantial experience of working with individuals and groups, a willingness to be an active member of the BFA community and acceptance into the training process by two existing Mentors
- Students are referred to as *trainee Mentors* and are supported and certified by two Mentors
- The process is likely to take around two years and the trainee will need to take at least two Practitioner trainees through to certification
- A Mentor offers all levels of BFA Focusing certification
- All current BFA Mentors are also TIFI Certifying Coordinators and therefore able to provide both BFA and TIFI certifications (2021)

TIFI: **Certified Focusing Coordinator**

- <https://focusing.org/sites/default/files/upload/2020-05/Explanation-of-Pilot-Program-2020-04.pdf>
- <https://focusing.org/sites/default/files/upload/2020-05/New-Process-for-Naming-Coordinators-2020-04.pdf>
- <https://focusing.org/sites/default/files/upload/2020-05/Old-Process-for-Naming-Coordinators.pdf>
- Holding a Focusing Professional/Trainer Certificate is the prerequisite to begin the Focusing Coordinator Training
- Focusing Professionals are typically interested in engaging in this next level of certification after two years of being a certified Focusing Professional, but no minimum time frame of experience is required
- Students are referred to as *Coordinator in Training (CiT)* and trained and certified by a Certifying Focusing Coordinator
- A Focusing Coordinator can offer all levels of Focusing Certification