

## **British Focusing Association Focusing Certificates**

### **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
- Certification in Focusing Skills is a prerequisite for Focusing Practitioner training
- During or after completion of this Focusing foundation course, one can join the Focusing Partnership network:  
<https://www.focusing.org.uk/how-do-i-become-a-focusing-partner>

### **Step two:**

#### **BFA Certified Focusing Practitioner**

- <https://www.focusing.org.uk/professional-training>
- Certificate in Focusing Skills is a prerequisite for 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 are certified by a BFA training Mentor and a supporting mentor.
- Focusing Practitioners are certified to offer Focusing sessions to individuals
- Becoming a certified Focusing Practitioner is a prerequisite for embarking on a BFA Focusing Teacher training

### **Step three:**

#### **BFA Certified Focusing Teacher**

- <https://www.focusing.org.uk/professional-training>
- Holding a Focusing Practitioner certificate is a prerequisite for 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 training Mentor and a supporting mentor.
- Focusing Teachers are certified to teach “Certificate in Focusing Skills” courses as well as other Focusing workshops to groups

### **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

You can also train through The International Focusing Institute-TIFI

[Click here to see how the BFA and TIFI certification processes compare](#)