



“ *Ideal teachers are those who use themselves as bridges over which they invite their students to cross, then having facilitated their crossing, joyfully collapse, encouraging them to create bridges of their own.* ”

-Nikos Kazantzakis

Focusing Resources Certification as an Inner Relationship Focusing Professional

Why become a Certification Trainee?

Would you like to help other people learn and practice the empowering skill of Focusing? If Focusing has been a gift to your life—letting you bring forth the treasure of your self—perhaps you would like to turn around and help others receive that gift as well.

Becoming a Certified Focusing Teacher/Guide is a possibility for someone from any walk of life. You do not need to be a therapist or have other formal credentials in order to become a Focusing Teacher. You just need to go through the training process and demonstrate your ability to provide safe and empowering Focusing experiences for others, both one-to-one and in groups.

Program Prerequisite

Level Four Inner Relationship Focusing (IRF) Training and approval by the Training Coordinator

What Do I Do First?

1. Schedule free 30 minute certification chat with Ann Weiser Cornell to determine a fit between you and this program
2. Upon approval, decide who you would like to have for your second mentor (For a Directory of IRF teachers, see www.focusingresources.com/irf/finding_a_focusing_teacher.htm)
3. Schedule your first 3-way Self-Assessment with the two Mentors (*this step must be completed before you can register for any classes*)
4. Pay your Certification Fees to your Mentors. You can pay Ann here: http://www.focusingresources.com/irf/becoming_a_focusing_teacher.htm

Program Components

General Requirements

Consultation group for Emerging Teachers: attend monthly

Focusing sessions with Mentors (min. 6 with each mentor total)

Focusing project

Treasure Maps to the Soul Retreat

Complete the Recommended Reading

One-to-One Requirements

Ongoing Focusing partnership

Demonstrations of Facilitating Focusing course

Module 1 Course

Guiding New People workshop

Guided Sessions & mentor feedback

Group Requirements

Assist with classes (see requirements on page 8)

Module 2 Course

Develop plan to teach Level One

Teach Level One

Marketing Requirements

Module 3 Course

Develop a marketing plan for your first Level One

Create a Level One Flyer

Design a brochure or website

Self-Assessment

Self-Assessments (3 total)

Details about each of the core program components are provided starting on page 4 of this document.

Program Costs

Core Program Components

Certification fees to Ann	\$600
Certification fees to your 2nd mentor	\$500 (payable directly to 2nd mentor)
6 Focusing sessions with Ann	\$750 (\$125 per session)
6 Focusing sessions with 2nd mentor	\$TBD (see second mentor)
Module courses	\$570
Focusing Teacher's Manual plus shipping	\$197 + applicable shipping
Demonstrations of Facilitating Focusing	\$100
Guiding New People workshop	\$475
Focusing Institute Trainer-in-Training fee	\$75 (varies depending on country)
Treasure Maps to the Soul Workshop	\$1750 (estimated)
Certification Fee to Focusing Institute	\$500 (varies depending on country)
Estimated Costs	\$5517

Not included: travel costs to in-person workshops, phone charges, books on reading list

The Certification fees include payment for the Emerging Teacher Consultation Group and three self-assessment sessions with both Mentors. The general fee has no time limit--even if your training lasts more than one year, no additional general fee will be due.

There is no fee for written session feedback from mentors, however there is a \$125 per hour fee for mentors to listen to recorded sessions *with client's permission*.

Payment Options

You can pay for your training in stages by paying for components as you go or you can opt to pay most of your costs via a payment plan agreement with our office.

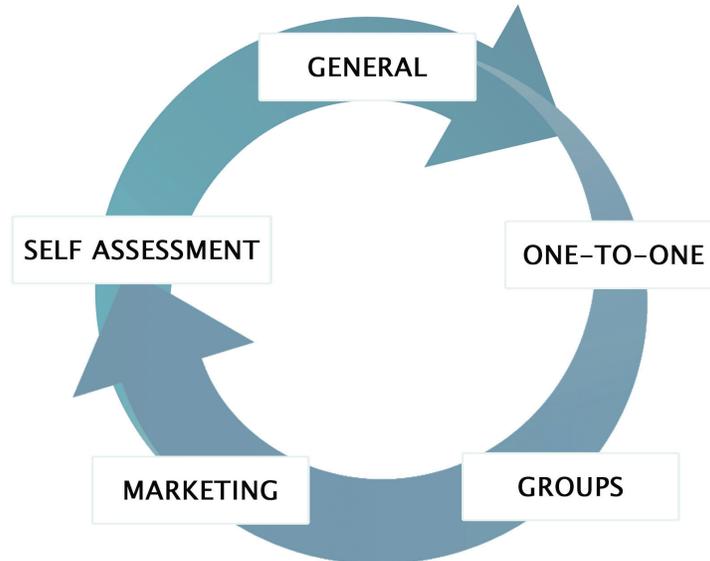
Payment plans are an interest free option that allow you to pay for your training program over the course of a year. The Certification Training Payment Plan agreement does not cover costs payable to your second mentor, The Focusing Institute, Treasure Maps to the Soul Retreats, transportation costs or the cost of phone calls.

Participation in the payment plan requires an initial payment of \$600 and a minimum monthly payment of \$175. For a copy of our latest payment plan paperwork, go to the last paragraph of this page on our website:

http://www.focusingresources.com/irf/becoming_a_focusing_teacher.htm

Requirements Overview

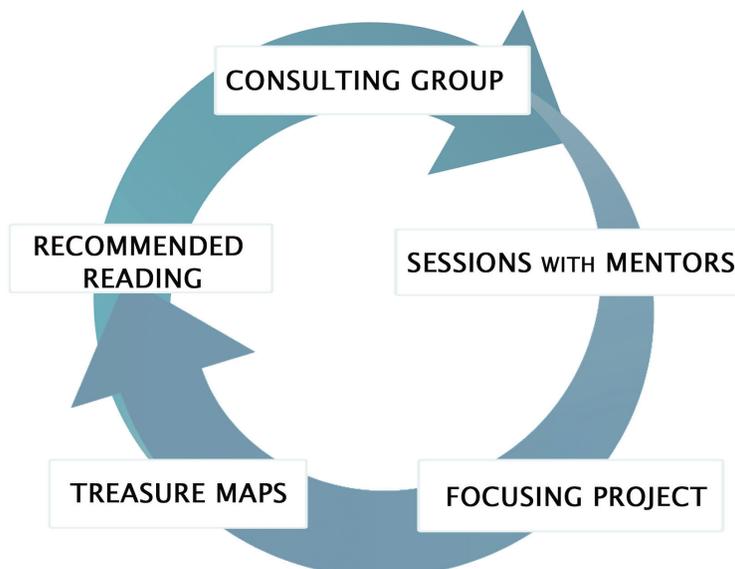
Five Core Components



Note: This document is effective January 1, 2013. If you were on an earlier plan some of these requirements & fees may not apply to you. Please ask if you'd like to see the previous document.

All requirements are flexible and open to discussion based on your goals and past experience. The discussion about varying from the requirements given here needs to happen at the start of the training.

General Requirements



Monthly consultation group

Attending the “Emerging Teacher’s Group,” at least once a month is required. This group offers a place to raise issues and bring questions in regard to doing one-to-one sessions, creating and teaching classes, and doing marketing activities.

Fee: 0

Purpose: Regular contact with Ann as well as a chance to get to know other trainees. Opportunity to share issues, challenges, and triumphs in a supportive group.

Focusing sessions with mentors

You need to have one regular Focusing session per month (12 total). The usual practice is to work with the Mentors in alternate months. After 12 sessions, further sessions are optional.

Fee: Determined by Mentor at a discounted rate for trainees

Purpose: For you to experience the quality of relationship, empathy, and support over time that you are learning how to give to others, and for you to know in your bones that “Focusing works.”

Focusing Project

You create, research, and write up a “Focusing project” - usually an area of interest that you would like to pursue. Examples: Focusing work with children; music or yoga.

***Documentation: a paper of about 10 pages OR a multimedia presentation OR a report on a workshop you designed and offered.

Purpose: Pursuing a project and writing about it is an important way for you to make the Focusing process your own in an active way.

Treasure Maps to the Soul

The “grad school for Focusing” - taught by Barbara McGavin and Ann Weiser Cornell. This training illuminates the theoretical roots of the Inner Relationship process, and shows how to apply it to some of life’s most difficult issues.

Treasure Maps to the Soul is an intensive 6-day retreat offered in various parts of the world, two or three times per year, so trainees need to plan ahead.

Fee: Varies by workshop. For current offerings go here: <http://www.focusingresources.com/irf/retreats.htm>

Reading List

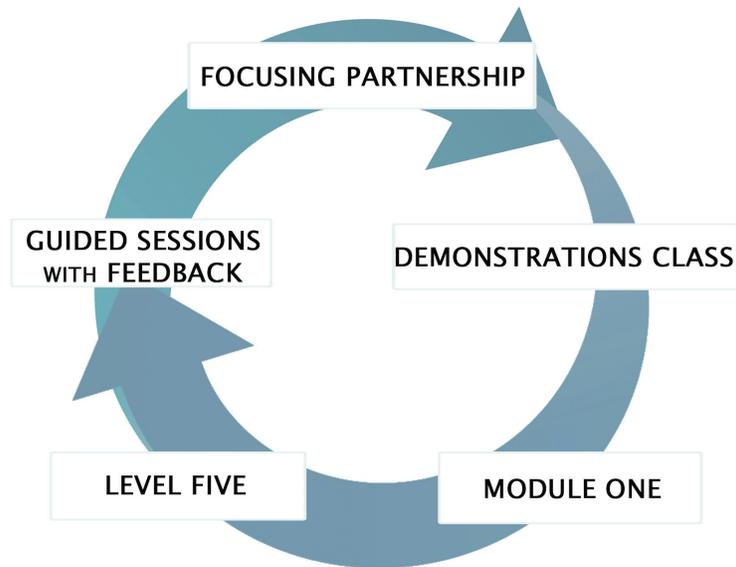
Cornell, Ann Weiser. *The Focusing Teacher’s Manual*. Berkeley CA: Focusing Resources, 2008.
Cornell, Ann Weiser. *The Radical Acceptance of Everything*. Berkeley CA: Calluna Press, 2005.

Note: Although the following two books are on Focusing-oriented therapy, they provide invaluable information to the Focusing practitioner as well.

Gendlin, Eugene. *Focusing-Oriented Psychotherapy*. New York: Guilford Press, 1996.
Purton, Campbell. *Person-Centred Therapy: The Focusing-Oriented Approach*. London: Palgrave-MacMillan, 2005.

One-to-One Requirements

The following classes and activities are intended to develop your ability to offer one-to-one Focusing sessions.



Focusing Partnership

Regular Focusing partner (weekly or biweekly) throughout your training. If one Focusing partnership ends, you need to seek out and start another one. Other trainees are a good source for partnerships.

Fee: 0

***Documentation: 500-750 word essay on the benefits of Focusing partnership due prior to certification.

The Demonstration Class

Required. You need to take at least one Demonstration Class by phone, observing Ann Weiser Cornell work with three different people new to Focusing. Offered 4-5 times per year at different times. Taking more than one of these classes adds benefit.

Fee: \$100. After the first paid course, the class can be repeated at no charge for the duration of your participation in the training program.

Module One: Creating a Professional Practice: Working with Focusing Clients One-to-One

Required. This phone course, offered twice a year at different times, offers training in the elements of creating a professional practice as a Focusing guide. Work with two practice clients is also included.

Fee: \$190

Materials Cost: \$197 + shipping for The Focusing Teacher's Manual which covers all three Modules.

Guiding New People Workshop

Required. This course is the most advanced in the series of classes regarding one-to-one sessions. Trainees work with guest volunteers who are new to Focusing, observed by the teacher and the other trainees.

Offered in person in Oakland, CA, twice each year as a three-day workshop in May/June or December/January.

Fee: \$475, no discount for trainees but \$100 off for repeating

Doing Guided Sessions with Feedback

After you have taken either Module One or Level Five, you can do guided individual Focusing sessions for up to six meetings per person, either with people you find or with practice clients we find for you. Sessions can be provided in person or on the phone. There is a feedback structure for receiving feedback from the practice clients and reporting on the sessions to your mentors.

Requirement: Do at least fifty sessions (that is number of sessions not number of people) and report to your mentors on at least half of them.

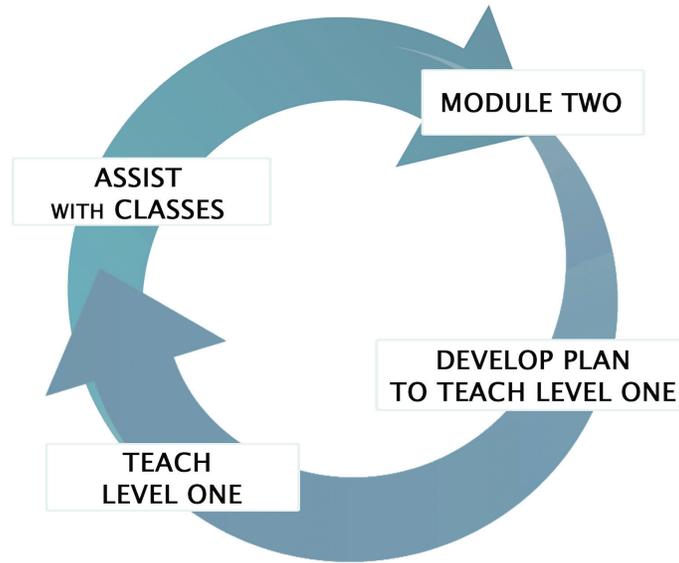
Fee: 0

Fee for listening to recorded sessions (with the clients' permission): \$125/hour

Purpose: Doing guided sessions is a skills that improves greatly with practice. The more the better! Written reflections greatly increase your learning from the sessions you do, and they also provide your Mentors with opportunities to support you more fully.

Group Requirements

The following classes and activities are intended to develop your ability to plan and teach Focusing courses and workshops for groups.



Assist with Classes

You need to assist your Mentors with Focusing classes or workshops, either in person or on the phone. You may do this as often as you like. The minimum requirement is to assist once with all four Levels, following the same group, and two additional Level One classes.

Fee: 0

***Documentation for Mentors: The first or second time you assist with Level One, write out an outline of the course including topics, demonstrations, and exercises.

Module Two: Teaching Focusing to Groups: Course Design and Group Process

Required. This phone course, offered twice a year at different times, offers training in the elements of designing and teaching Focusing courses, recommendations for what goes in each level, methods for handling group process, how to give group guided exercises, and how to support partnership and Focusing community.

Fee: \$190

Develop plan to teach Level One

Sometime after assisting with at least one Level One class, the trainee will develop a plan for his or her own Level One course, in person (weekend or weekly) or on the phone, including topics, demonstrations, and exercises set out in order with times, and show this plan to the Mentors.

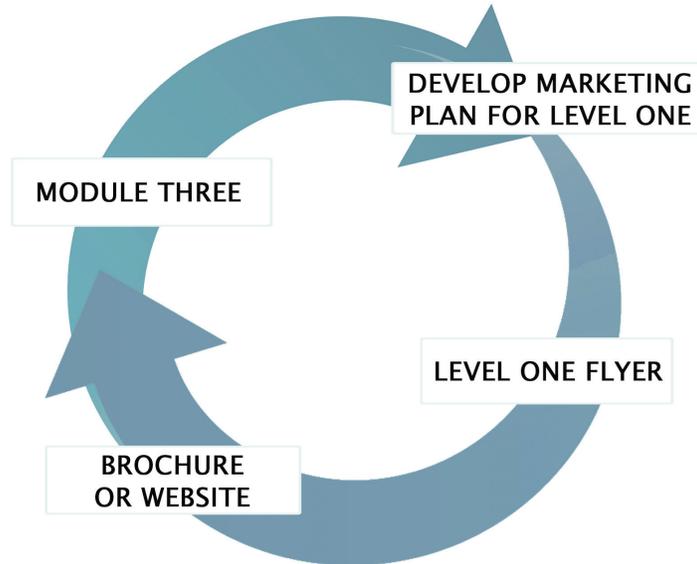
Teach Level One

Teaching Level One is the next step after planning it and bringing in the students. You may want to invite another trainee to be your assistant, and offer to be theirs.

***Documentation for Mentors: Write an assessment of your Level One including what you learned and appreciated, as well as what you would do differently.

Marketing Requirements

The following classes and activities are intended to develop your ability to do marketing for your sessions and classes, and to communicate meaningfully about your work.



Module Three: Empathy-Based Marketing: Finding People to Teach

Required. This phone course, offered twice a year at different times, offers training in the elements of marketing based on empathy for the potential client or student, including an understanding of the stages of marketing, and practice in planning and carrying out marketing activities. Also includes solid support in writing attractive descriptions of one's own work and offerings.

Fee: \$190

Develop a marketing plan for your first Level One

How will you find the students for your first Level One? Your answer to this question is essentially your marketing plan. This is a good question for discussion in the monthly Emerging Teacher group.

Level One Flyer

No matter what your marketing plan, you probably need a flyer that contains information about your course. Write and design a flyer for your first Level One, and show to the Mentors.

Brochure or website

Ongoing marketing requires a way for people to learn more about what you do. Develop a brochure or a website describing yourself and what you offer and share it with Mentors and fellow trainees.

Self Assessment Requirements

The certification training is “framed” by three self-assessment sessions:

- At the start of your training
- Mid-way through your training
- At the completion of your training

A self-assessment session is a Focusing session: yours. In the presence of your two Mentors, you Focus on issues of your training, such as:

- “How am I feeling now about becoming a Focusing teacher?”
- “What are my strengths?”
- “Where do I need to grow?”
- “What support do I need?”

The Mentors listen to your Focusing, reflect, (and guide if you ask). At the very end of the session, the Mentors have a few minutes to respond from their felt senses in a Focusing way.

The self-assessment is not an evaluation of you by your Mentors. It is tuning in to how your own felt sense is guiding your training process. This is a radically different educational form. People have found that they experience their growing readiness to teach Focusing in a bodily way. Rather than being told from outside that you are ready, this process allows you to feel it from inside.

“ *The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind* ”

–Khalil Gibran

The timing of each self-assessment is determined by you. When you are ready to start your training, when you feel about halfway through, and when you are ready to complete, you call or email the two Mentors and ask to schedule your first or next self-assessment. There are some general guidelines about whether each item is usually in the first or second half of the training period, but each person is different.

Role of the Two Mentors

The role of the Mentors is to support your process of training by being present for your Self-Assessments and staying in touch with you in between, being available for practical questions and emotional support. The Mentors do sessions with you, give you feedback on your assignments, and may teach Level courses at which you can assist.

Each Mentor also supports your relationship with the other Mentor. If you and either Mentor encounter issues between you that need to be worked out, the other Mentor will support the working out of the issues by listening to you both, and with other interactive techniques.

Being in certification training requires two Mentors. If you lose one of your Mentors for any reason, your certification training is on hold until you find a new Mentor.

Recommended: email both Mentors with questions that arise during your training.

Sample Program Timeline

There is no starting date or fixed time period for the certification; each person goes through the certification program at his/her own pace. The process usually takes about 18-24 months.

First Steps as a Certification Trainee

- First Self-Assessment
- Join the Focusing Institute as a Trainer-in-Training
- Be in an ongoing Focusing partnership
- Begin doing readings
- Begin monthly Focusing sessions with Mentors

Recommended Order of Training Components

- Demonstration Class
- Module One Course
- Start doing guided sessions with practice clients and sending reports to your Mentors.
- Start assisting in a Level One course
- Module Two Course
- Guiding New People workshop
- Have your second Self-Assessment
- Be thinking about your Focusing project
- Continue monthly sessions with Mentors as well as your Focusing partnership
- Continue attending monthly Emerging Teachers phone support group
- Continue assisting with Mentors' courses
- Attend a Treasure Maps to the Soul retreat
- Module Three Course
- Develop a marketing plan for your first Level One... and carry it out.
- Create a Level One flyer.
- Develop a teaching plan for your first Level One
- Teach your first Level One. Write a learning assessment afterward
- Develop a brochure or website offering your work to the public
- Write your Focusing Partnership Essay (see page 6) and send to mentors
- Finalize your Focusing project and send to Mentors
- Have your third and final Self-Assessment

Final Steps

- Send the certification fee to the Focusing Institute
- **OR** arrange to attend the Certification Weeklong in New York.

You are welcome to continue to attend the Emerging Teachers Support Group as your steps as a Focusing Professional continue to go forward. (After you graduate, the cost of the group is \$20 each time.)

Note: Other continuing education activities for being an Inner Relationship Focusing Professional are still being determined.

Relationship with the Focusing Institute

This certification is given by the Focusing Institute, so you need to meet their requirements as well:

- You need to join The Focusing Institute as a Trainer-in-Training, which costs \$75 per year, from the beginning of your training.
- There is also a final payment of either \$500 or taking a Certification Workshop in New York (see below).
These are the fees for US residents, fees for other countries vary.

To maintain your certification on an annual basis, you will need to remain a member in good standing of the Focusing Institute at the Trainer rate, which is currently \$125/year.

Becoming Certified

At the completion of your training you have the choice of going to New York for a certification weeklong at the Focusing Institute, or paying \$500 to the Focusing Institute in lieu of the weeklong training. The philosophy here is that your work with Ann Weiser Cornell and your other Mentor is complete training in itself, but the Focusing Institute receives a fee (either directly or from the weeklong workshop) for your certification.

In the past, certification was only possible by traveling to the Focusing Institute in person, for a weeklong workshop, after working with a Mentor. The Coordinators lobbied hard to create an alternative to this. Working with a “Certifying Coordinator” and paying the \$500 is now an alternative to going to New York. Ann Weiser Cornell is a Certifying Coordinator.

Time Limits, Inactivity & Termination without Completion

There is no time limit for completing the certification process, but trainees who are not involved in any certification activity for nine months shall be deemed Inactive. After a trainee has become Inactive, s/he needs to have a session with Ann Weiser Cornell (paid at the current trainee rate) to discuss reactivation. If requirements and/or fees have changed since the trainee's original inception, the discussion will include which of the new requirements and/or fee changes to include in the new plan.

Examples of activities that keep certification active:

- attending emerging teacher groups
- assisting with Level classes
- having sessions with mentors
- emailing mentors with reports of practice sessions
- taking Module classes
- taking a Treasure Maps to the Soul retreat
- emailing mentors with reports of progress on project

Being in certification training requires two Mentors. If you lose one of your Mentors for any reason, your certification training is on hold until you find a new Mentor. If the on-hold status continues for nine months, you become Inactive (see above), and need to go through a reactivation process as described, as well as a process for starting with a new Mentor. Starting with a new Mentor involves a new Self-Assessment session with both Mentors which may be payable additionally if it is an extra session, and payment of a fee to the new Mentor.

Starting the certification process does not guarantee completion of certification. Trainees who do not complete certification for any reason are not due a refund of fees. Trainees who switch Mentors are not due a refund of fees to the first Mentor.