

## **Focusing-oriented training<sup>1</sup> /training programme/**

**Training institute:** Hungarian Institute for Focusing and Focusing-oriented Psychotherapy

**Updated: 2nd December 2022.**

### **Introduction**

Focusing and focusing-oriented therapy (FOT) is an approach that has philosophical and humanistic psychological roots. It has been developed by Eugene T. Gendlin, and is a tool for self-awareness, and also a direction of psychotherapy. Based on its approach and toolkit it belongs to the person-centered and body psychotherapy methods.

The Focusing-oriented training is accredited by The International Focusing Institute, New York (TIFI; <https://focusing.org/>) and the Hungarian Association for Body Psychotherapy (HABP; <https://habp.hu/>). It follows and is bound by the professional and ethical directives of the above institutes and those of the Hungarian Council of Psychotherapy (HCP; <https://pszichoterapiastanacs.hu/>). The Focusing-oriented training is supervised by the Hungarian Institute for Focusing and Focusing-oriented Psychotherapy (HIFFOP), currently led by dr. Árpád Kántor, TIFI coordinator and focusing-oriented trainer therapist.

The course of the training is divided into two main parts (figure no.1), Basic and Advanced levels. Participation in the 150-hour-long focusing-oriented self-reflection group serves as the preparation phase of the training, where participants experience FOT in a self-reflective way, and also get acquainted with the most important principles of the method. This Self-reflection phase does not form a part of the training process in the strictest sense, however, it is still considered as an entry point, since this phase is essential to understand the logical structure of the whole training process. The FOT basic level is the Focusing trainer training, to which one can apply after completing the focusing-oriented self-reflection group. The main aim of the Focusing trainer training is to deepen those focusing skills that constitute the basis for FOT and have already been acquired during the Self-reflection phase. Besides, the Focusing trainer training also teaches experiential listening and how to teach focusing. Upon completion, participants receive the focusing trainer title. The focusing trainer is entitled to conduct individual self-reflective processes using the focusing approach, and to teach focusing for individuals or groups.

After completing the FOT Basic level, the focusing trainer might choose from three different training routes for the Advanced level, according to their interest and professional competencies. The first is the Therapist training (figure no.1. II/A) which is intended for those who would like to work as an individual therapist or consultant with their clients. The second training route is the Training of trainers (figure no.1. II/B), where focusing trainers can further deepen their knowledge and competencies in teaching focusing. The third training route is the Training with a specialization (figure no.1. II/C) – for those who work at a special field and would like to explore how to apply the focusing approach and toolkit to enrich their profession and make their own work more effective.

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<sup>1</sup>The Focusing-oriented training programme has been developed by dr. Árpád Kántor, focusing-oriented therapist and coordinator of the International Focusing Institute with the supervision of Zack Boukydis, focusing-oriented therapist and coordinator. Emese Molnár (focusing-oriented therapist) and Vera Szilágyi (focusing-oriented therapist) participated in the development of the training programme as consultants. We would also like to thank Ágnes Schwarcz (focusing-oriented therapist) and Nóra Rosnyay (focusing-oriented therapist) for their work with the final version of the programme.

**Abbreviations:**

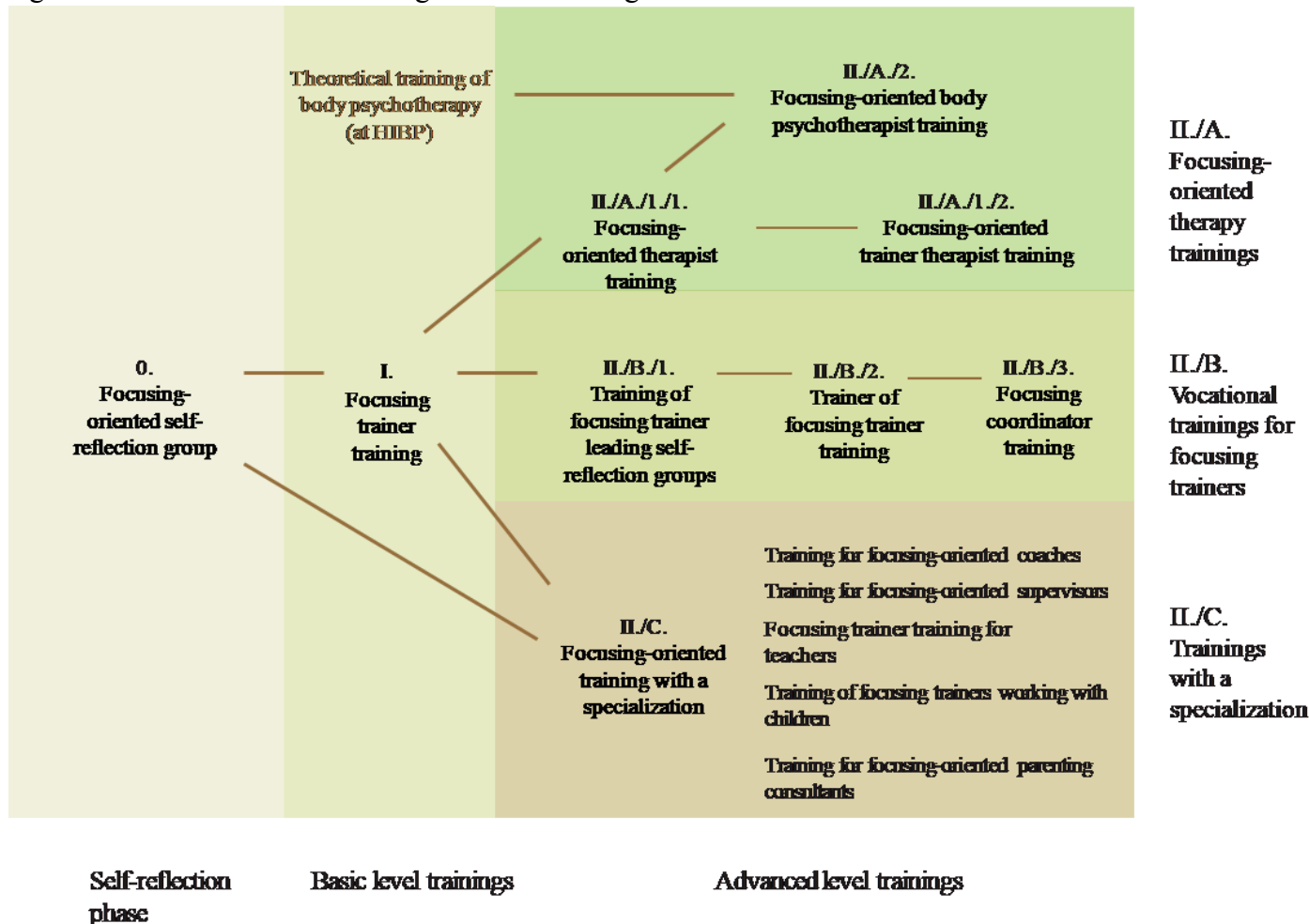
FOT = Focusing-oriented therapy

TIFI = The International Focusing Institute

HIBP = Hungarian Institute for Body Psychotherapy

HIFFOP = Hungarian Institute for Focusing and Focusing-oriented Psychotherapy (HIFFOP)

Figure 1. The structure of Focusing-oriented training



**The structure of the training**

**0. Self-reflection phase**

- Focusing-oriented self-reflection group (150 hours, or 60+90 hours)

**I. Basic level training**

- Focusing trainer training (120 hours)

**II. Advanced level training**

**II/A. Therapy trainings**

**II/A./1. FOT training for therapists**

1. Focusing-oriented therapist training (300 hours)
2. Focusing-oriented trainer therapist training (2 years)

**II/A./2. FOT body psychotherapist training**

1. Focusing-oriented body psychotherapist training (430 hours)

**II/B. Vocational trainings for focusing trainers**

1. Training of focusing trainer leading self-reflection groups (3 years)
2. Trainer of focusing trainer training (2 years)
3. Focusing coordinator training (2 years)

**II/C. Focusing-oriented training with a specialization**

1. Focusing-oriented trainings for professionals with a specialization (hours may vary according to specialization)

### **Detailed description**

#### **0. Self-reflection phase**

Focusing-oriented self-reflection group (150 hours)

#### **Focusing-oriented self-reflection group**

The focusing-oriented self-reflection group is not part of the Basic level training. It is, however, described here as it is the most important method-specific prerequisite of the basic level training.

The group is 150 hours long and takes place in a closed group format. It cannot be replaced with any other self-reflection method. Those who already completed a 60-hour-long self-reflection group might complete the 150 hours, which is necessary for the focusing trainer training, in a 90-hour-long focusing-oriented self-reflection group.

#### **Conditions for participation**

- taking part in a suitability interview and considered suitable
- acknowledgment and acceptance of the terms of the training
- no minimum degree requirement

#### **Requirements**

- active participation in the 150-hour-long closed group, which can also be completed in a 60+90 hours format if needed
- maximum 10% absence allowed

#### **Title and competencies to obtain**

In the self-reflection group, the participants will experience their inner processes with the felt sense in the center, through individual- and group focusing. The participants will also get acquainted with the theoretical and practical basics of focusing, including the conception of man and the therapy model of the experience-based approach; how to connect to their body sensations; the basics of focusing, and self-awareness topics such as the inner child, the inner critic, and how to unfold dreams with the help of focusing.

#### **I. Basic level training**

- Focusing trainer training (120 hours and exam)

#### **I. Focusing trainer training**

#### **Conditions for participation**

- completion of the 150-hour-long focusing-oriented self-reflection group
- suitability, recommendation from the leader of the self-reflection group
- intention to start a practice as a focusing trainer
- minimum BA degree bachelor diploma

#### **Requirements**

- active participation in the 120-hour-long closed group format trainer training
- the number of hours consist the lessons of the training, which is to be completed with further extra curricular tasks
- teaching focusing for individuals, including at least two individual processes. The optimal length of this individual training is 10 sessions (the minimum is 5 sessions in duly justified cases). These

individual processes are supervised by the leader of the trainer, and the sessions have to be recorded and shared for groupwork in the training group.

- holding a 20-hour-long group process to introduce focusing for a group of minimum 4 people (former name: Focusing I. course). The plan and minutes of the group process as well as the gained experience and lessons learnt shall be presented and brought for processing to supervision.
- writing self-reflective essays about the training sessions (min. 5)
- practicing focusing in pairs: focusing with a groupmate in between the sessions, writing self-reflective essays about the practice (min. 5)
- passing a theoretical and practical final exam in front of a focusing coordinator (on a separate occasion beyond the 120 hours)
- maximum 10% absence allowed
- the focusing trainer certification will be received upon registration to HABP, and paying the relevant fees

### **Title and competencies to obtain**

The **focusing trainer** is entitled to:

- teach focusing for individuals and groups
- apply focusing in individual self-reflective processes
- hold max. 60-hour-long focusing-oriented self-reflective groups
- might assist in conducting a 90- or 150-hour-long focusing-oriented self-reflective group, led by a focusing trainer or a trainer of focusing trainer.

## **II. Advanced level training**

### **II/A. FOT training for therapists**

#### **II/A./1. FOT training for therapists**

1. Focusing-oriented therapist training (300 hours)
2. Focusing-oriented trainer therapist training (2 years)

#### **II/A./2. FOT body psychotherapist training**

1. Focusing-oriented body psychotherapist training (430 hours)

### **II./A./1./1. Focusing-oriented therapist training**

#### **Conditions for participation**

- basic level knowledge of Focusing-oriented therapy: having a focusing trainer title or having completed the min. 150 hours of focusing-oriented self-reflection phase in a closed group format, and having started the focusing-oriented trainer training
- MA degree, or in case of obtaining a higher education degree before 2006, an appropriate qualification in any of the following disciplines: firstly, major in Psychology, Medical and Health science (in particular, psychologist, psychiatrist, or mental health professional); secondly, major in Conductor, Pedagogy and Teaching, Social worker, or sport sciences, and thirdly, other MA complemented with method specific specialist training course
- a frame of human support services, in which the applicant can or in the future would like to apply the acquired focusing-oriented knowledge
- considered suitable
- successful participation in the entry interview
- signing a contract with the training institute

#### **Terms to complete the training**

- Completion of the requirements of the FOT training for therapists:
  - 200 hours of individual self-reflection sessions, including min. 50 hours personal FOT experience

- o 200 hours of FOT theoretical and practical training (60 hours of theory, 30 hours of consultation of a case study, 20 hours of practicing focusing in pairs, 90 hours of FOT workshop)
- o 120 hours of FOT supervision
- o 300 hours of individual therapy practice
- o passing the theoretical exam and defending the case study
- number of hours cover the training hours of the training, and the extra curricular tasks
- maximum 10% absence allowed
- the focusing-oriented therapist or focusing-oriented consultant title is received upon registration to HABP, and paying the relevant fees.

**Title and competencies to obtain:**

- The **focusing-oriented therapist** is a helping professional (with a higher education degree as a psychologist, doctor, social worker, social pedagogue, teacher, kindergarten teacher, pastoral psychologist, mental health professional, nurse, or in pastoral care) who applies the focusing-oriented approach and method specific skills within their own professional competencies to healthy clients who are not under psychological or psychiatric treatment, for the purposes of personality development, self-reflection, prevention or education, either in an individual or group format.
- The **focusing-oriented consultant** is a professional – without any of the certificates listed above at the focusing-oriented therapist description – who applies the focusing-oriented approach and method specific skills within their own competencies, with healthy clients who are not under psychological or psychiatric treatment, for personality development, self-reflection, prevention and education, either in an individual or group format.

The participants receive a certificate after completing the training, and are entitled to have the focusing-oriented therapist or consultant title. The exact application of the focusing-oriented therapy and the title are defined by the original education and qualifications of the participant. A self-employed focusing-oriented therapy can only be practiced by a psychotherapist, medical specialist or clinical psychologist who is trained in focusing. In the absence of these, the person who completed the training can have a focusing-oriented practice with the supervision of a psychotherapist, medical specialist or clinical psychologist trained in the method.

**II./A/1./2. Focusing-oriented trainer therapist training**

**Conditions for participation**

- having a focusing-oriented therapist title and min. 5 years of experience as a focusing-oriented therapist
- a focusing-oriented trainer therapist with an active TIFI membership shall undertake the mentorship of the applicant
- suitability
- the candidate status is given by the mentor, based on the suitability of the candidate and their familiarity with teaching focusing-oriented therapy
- the candidate continues their practice under the auspices of the International Institute as a focusing-oriented trainer therapist candidate
- active membership at HABP and HIFFOP and registration at TIFI, plus paying the actual membership fee of the institute

**Terms to obtain the focusing-oriented trainer therapist title and competencies**

- min. 5 years experience in training focusing trainer candidates and focusing-oriented therapist candidates. The candidate’s work is supported by a professional team of 3-5 persons, summoned by the mentor. The mentor is also part of the team, they are the primary lead of training the candidate. The supporting team members do not receive numeration for supporting the candidate, except for the

mentor. The only exception is if the candidate receives a special training, in which case the supporting team is entitled to receive the normal fee of the given training.

- at least 4 people have to be trained to become focusing-oriented therapists, their processes are led by the candidate with the supervision of the mentor. The terms of this collaboration shall suit both the mentor and the candidate, and shall demonstrate the mentor that the candidate is capable of holding a highly qualified training.
- the training phase ends when the mentor and the professional team agree that the candidate is ready to receive the focusing-oriented trainer therapist title. In this case the professional team proposes the candidate for the title at HIFFOP.

#### **Title and competencies to obtain**

- the **focusing-oriented trainer therapist** is entitled to train and supervise focusing-oriented therapist candidates and focusing-oriented therapists
- practicing as a focusing-oriented trainer therapist is subject to an active membership at TIFI, HABP and HIFFOP.

### **II./A/2. Focusing-oriented body psychotherapist training**

#### **Conditions for participation**

- having a focusing-oriented therapist title

#### **Conditions for obtaining the focusing-oriented body psychotherapist title**

- successful completion of the 2-year-long Theoretical course of the Hungarian Institute for Body Psychotherapy (<https://hibp.hu/elmeleti-kepzes/>)
- completion of the 30-hour-long Integration of body psychotherapy and focusing-oriented psychotherapy course

#### **Title and competencies to obtain**

- The **focusing-oriented body psychotherapist** is a professional support specialist who applies the focusing-oriented and body psychotherapy approaches and method specific skills in their own professional competencies; with healthy clients who are not under psychological or psychiatric treatment; for the purposes of personality development, self-reflection, prevention or education; in an individual or group format.

### **II/B. Vocational training for focusing trainers**

1. Training of focusing trainer leading self-reflection groups (3 years)
2. Trainer of focusing trainer training (2 years)
3. Focusing coordinator training (2 years)

#### **II/B./1 Training of focusing trainer leading self-reflection groups**

#### **Conditions for participation**

- having a focusing trainer title
- suitability
- a designated focusing coordinator who will supervise the candidate during the training

#### **Terms to obtain the focusing trainer leading self-reflection groups title**

- having led minimum 2 groups of a 150-hour-long focusing-oriented self-reflection group with a close supervision. (Both the planning phase and the group process are supervised – min. 15 hours of supervision during a 150-hour-long group process.) The groups are either led by the candidate and their supervisor or another trainer of focusing trainer under the supervision of the training coordinator.

- recommendation of the focusing coordinator for receiving the title of focusing trainer leading self-reflection groups
- the focusing trainer leading self-reflection groups title is subject to registration to HABP and HIFFOP, and paying the relevant fees.

#### **Title and competencies to obtain**

- in addition to the entitlements of the focusing trainer, the **focusing trainer leading self-reflection groups** is entitled to lead a 150-hour-long focusing-oriented self-reflection group on their own
- to work as a focusing trainer leading self-reflection groups an active membership at HABP and HIFFOP is necessary.

### **II./B/2 Trainer of focusing trainer training**

#### **Conditions for participation**

- having a focusing trainer leading self-reflection groups title
- min. 8 years of practice as a focusing trainer
- suitability

#### **Terms to obtain the trainer of focusing trainer title**

- having led min. 2 groups of a 120-hour-long training for focusing trainers together with a trainer of focusing trainer
- the trainer of focusing trainer certification is received upon registration to HABP and HIFFOP, and paying the relevant fees.

#### **Title and competencies to obtain**

- besides the entitlements of the focusing trainer leading self-reflection groups, the **trainer of focusing trainer** is entitled to lead a 120-hour-long focusing trainer training on their own and to supervise focusing trainers individually or in groups
- to work as a trainer of focusing trainer an active membership at HABP and HIFFOP is necessary.

### **II./B/3 Focusing coordinator training**

#### **Conditions for participation**

- having a trainer of focusing trainer title, and min. 5 years of experience as a trainer of focusing trainer
- a proposal by two focusing coordinators who undertake the mentorship of the candidate and have an active membership at TIFI (one of the coordinators has to be a focusing-oriented trainer therapist)
- the nomination is based on the work of the candidate related to focusing and their active participation in the focusing community
- registration at TIFI, and paying the fee of the Institute

#### **Terms to obtain the focusing coordinator title**

- min. 2 years spent in educational, organizational and other method specific activities as focusing-oriented trainer therapist candidate. The candidate's work shall be supported by a professional team of 3-5 persons, summoned by the mentor. The mentor is also part of the team, they are the primary lead of training the candidate. The supporting team takes part in supporting the training candidate without remuneration, except for the mentor. The only exception is if the candidate receives a special training, in which case the supporting team is entitled to receive the normal fee of the given training.
- the candidate shall compile a full training programme in writing, suitable to train candidates to become focusing trainers and in line with the general directives of the profession. The programme must include the description of workshops and specific trainings, the extra curricular practice of

focusing in pairs, the recommended and mandatory readings, the number of individual focusing sessions, etc. The candidate shall compile the programme based on an already existing programme, either as a copy and/or reflecting their own field interest and style.

- having led a group (min. 4 persons) through the training programme, compiled by the candidate. The group shall be led by the candidate and their mentor together, where the terms of the collaboration suit both the mentor and the candidate, and demonstrate the mentor that the candidate is capable of conducting a highly qualified training.
- the training phase ends when the mentor and the professional team agree that the candidate is ready to receive the focusing coordinator title. In this case the professional team proposes the candidate for the title at TIFI.

#### **Title and competencies to obtain**

- the **focusing coordinator** is entitled to lead, develop and coordinate a focusing trainer training on their own, to supervise focusing-oriented professionals, and to examine focusing trainer candidates
- having a practice as a focusing coordinator is subject to an active membership at TIFI, HABP and HIFFOP.

### **II/C. Focusing-oriented training with a specialization**

#### **Conditions for participation**

- depending on the specialization having 60 or 150 hours of focusing-oriented self-reflection experience, or a focusing trainer title

#### **Short description**

Teaching practical skills specially designed for professionals with varying specializations, integrating the approach of focusing and the methods of the given specialization. For example, practical education for parenting consultants, teachers, professionals working with children, supervisors or coaches.

Development of the training programme of the Focusing-oriented training with a specialization is in progress.