



**Focusing  
Facilitator  
Training**

**Share Focusing  
with the World**

**with Amona Buechler**

# Professional Focusing Training - Online

Leading to Certification as a Focusing Facilitator with the International Focusing Institute  
with *Amona Buechler*



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# Deepen your Focusing Skills — Become a Focusing Facilitator

Leading to Certification as a Focusing Facilitator with the International Focusing Institute (TIFI)

## Training Overview — Is this for you?

This training is for you if you want to refine and deepen your Focusing, listening and teaching skills in order to share Focusing professionally. You are equally welcome if you simply want to enhance your Focusing Partnerships and enrich and beautify your daily living.

The training program provides you with the conditions for self-responsible learning. You will explore Focusing areas that you are drawn to and feel passionate about. The training format allows you to expand your intellectual and experiential understanding of Focusing, and it encourages you to awaken your creativity in finding your own unique style and niche.

The combination of a structured training schedule and self-directed learning allows you to find your own rhythm and choose an overall training duration that fits both your learning process and your life situation.

The Facilitator training takes a minimum of one year. I recommend completing it within two years at most, in order to maintain continuity and momentum.

## Personal & Professional Competencies you will gain through this Training

### Facilitator Training – (Certified Focusing Facilitator)

- ✓ The ability to offer one-to-one Focusing sessions to people who are new to Focusing
- ✓ The ability to teach Focusing to individuals
- ✓ The ability to integrate Focusing into your professional field (e.g. as a therapist, bodyworker, etc.)
- ✓ The ability to naturally weave aspects of Focusing into your everyday interactions

## Prerequisite to Join this Training

- You must have completed a [Focusing Skills Course level 1-5](#), or have an equivalent foundation in Focusing skills. If you are unsure whether you meet this prerequisite, [please ask](#).
- You have had a regular Focusing Partnership for some time.
- You will need to become a member of the International Focusing Institute (TIFI) as part of joining the training.
- We will meet for a one-on-one session. You can ask questions about the training and my background, and I can learn more about your interests, expectations, and experience. Together we will sense whether it feels like the right moment for you to begin this training.



## Training Structure, Duration & Commitment

### Focusing Facilitator Training

All classes and mentoring sessions described here—122 hours in total—take place over the course of one year. In addition, please plan for an average of half a day per week for the components listed under “Self-Directed Learning.”

The training is structured over one year of scheduled classes and meetings. While you are free to take additional time for assignments and integration, I recommend completing the overall training within two years. After the first year, continued one-to-one mentoring is required at least every other month.

### I will

accompany and support you in your learning journey toward becoming a Focusing Professional (Focusing Facilitator & Focusing Trainer), as well as in the personal development that naturally unfolds alongside it.

At the same time, I provide supportive conditions and a safe framework for you to explore the areas of Focusing that you feel drawn to and passionate about. This can awaken your creativity and help you discover your own style and niche.

In our one-to-one mentoring sessions, I follow your interests through Focusing processes and dialogue. Together, we carefully explore your questions and challenges, sensing for next steps, while I support you in finding the resources that are needed in each moment.

I offer my teaching within a small group setting, so that I can accompany each person attentively in their own unique process.

# The Facilitator Training

In the Facilitator Training, you will receive professional and personal accompaniment for deepening your ability to be a relaxed, grounded, and supportive Companion, able to guide a person new to Focusing into and through their process.

This training is a further step towards self-responsible learning and living.

Only a small portion of this training is instructional in scheduled classes. The majority of the time, you are engaged in self-directed learning, developing and following your sense of rightness. In my role as trainer/mentor, I create a safe framework and support you in trusting your curiosity and growing confidence in your abilities. Trainees share what they have developed in Training Classes and Peer Groups and receive feedback and support.

Training tools will include the following:

- Written materials such as tips and guidelines, videos, reading assignments, partner and group practices, and discussion
- Trainees will bring and present a recorded sample of their work with people one-to-one in Focusing sessions
- Each participant will receive peer feedback and supervision support
- Each class will be recorded and available for at least one year after the training ends

While participation in the classes is expected, each person's situation and needs are unique. If something doesn't fit or isn't possible for you, we can look for alternatives together.

## Pre-Training

One Focusing session prior to the start of the training

This allows the trainer/mentor and the potential trainee to sense whether it is the right moment to begin this training. I would like to learn about your interests, expectations, and visions, as well as your previous experience. You can ask me any questions about the training and my background.

Additionally, you can ask for a free 20-minute informal conversation.

Preferably you have your first Self-Assessment Session before the training begins. (See under "Online Sessions")

## What happens in the first year - Facilitator Training?

### Online Classes

In the classes you will share your learning-journey with other trainees. These classes will offer you a basic framework in which your self-directed learning takes place. Class topics include revisiting Focusing basics and learning to accompany and guide those new to Focusing and teach Focusing one-to-one.

Fourteen 3-hour training classes

In this training, we embark together on an alive and ever-changing learning journey. After having covered the basics of working with people new to Focusing, the class curriculum will evolve around the trainees' interests and their experiences during practice sessions.

Months 1, 2, 3: Theoretical & practical preparation for offering sessions to those new to Focusing

Months 4 to 9: Learn by offering sessions, sharing your insights, and discussing challenges

Months 10, 11: Peer discussion/mentoring with trainees' Focusing session recordings/transcripts

Month 12: Competencies - Where do you stand with your learning? Name your unique direction

### Basic topics in year one:

- Basic principles of working with new people and how to guide a first session
- How to provide a safe space and give safe feedback
- How to support Presence in yourself and the Focuser
- Reminding suggestions and teachable moments for finding a friendly inner relationship
- Going as slowly as the slowest part, and our respect for process skipping
- Listening for and touching/reflecting the essence by ways of experiential listening
- Challenging moments: Feeling nothing, emotional overwhelm, a story without a body sense... Help finding the right distance and the 'zig-zag' to make 'staying with' possible and beneficial
- Identify beliefs, bias, tendencies of forcing a choice. Learn/teach listening without valuation
- Obstacles: The inner critic, doubt, fear... Invite listening to what it intends, needs or wants
- Support the Focuser in crystalizing their topic and getting a felt sense of it
- Help letting an action step show itself, if desired
- Teach a person how to be self-guiding in a Focusing process
- How to integrate Focusing in your daily life and other areas of expertise
- Tips and guidelines for peer support
- Professional boundaries and self-care, trusting the process

### Join my basic [Focusing Skills Course Level 1-5](#)

- Revisit the basics and gain inspiration for offering Focusing one-to-one.
- Participate in the exercises, observe, reflect, and, if you feel ready, occasionally assist.
- Meet regularly with fellow trainees for debriefing, including reflection, sharing, and questions.
- Access all session recordings throughout the training program.

## Mentoring Sessions

### Two Self-Assessment Sessions

This is not an evaluation. It is an opportunity for Focusing, reflection, sharing, and for receiving support, information, and feedback for your learning. One self-assessment session takes place at the beginning of the training year, and the final self-assessment session takes place when you feel ready or close to ready to certify. The session can include questions like: "Where am I now as a Focuser?" and "What am I looking forward to, and what am I unsure about when I envision this training/finishing this training?" Where am I with my learning and is anything needed or wanted?" In the final session you may sense into your competencies, your vision with Focusing and how you wish to move forward.

## Seven additional Focusing sessions

One-to-one meetings offer an opportunity to share your progress and explore directions forward. You can bring questions and topics for discussion, as well as request emotional support when facing challenges. Meeting formats may include Focusing time, mentoring, supervision, or any other support you need.

Additional sessions can be booked at any time at a reduced rate, upon request. If you choose a more spacious training rhythm and extend the training beyond one year, additional sessions (at least every other month) are required and are charged separately from the training fee.

## Supporting Mentor

Meet your Supporting Mentor at least twice per year, but as often as feels useful to you. This can be a Focusing Professional with whom you have a trusted connection and/or someone who has specific experience in an area of Focusing you are particularly interested in such as: Wholebody Focusing, Thinking at The Edge, Gendlin's Philosophy... It is also someone you can consult if you ever have an issue with me, which can be as simple as having a different perspective on something.

## Self-Directed Learning

Outside of scheduled classes, you will set your own pace for the following activities: Focusing Partnership Practices (at least fortnightly), Peer Support meetings, practice sessions with clients, research and reading, your chosen Focusing project.

You can plan about half a day per week for these activities.

More specifically, your self-directed learning will include the following:

### Have an Ongoing Focusing Partnership

To deepen your understanding of Focusing, it is essential to practice regularly. A weekly partnership is recommended – at least fortnightly is required. You can meet with long-term partners (at least two), which can feel personally supportive. Practicing with different partners can help you learn a lot about the variety of Focusing styles.

### Participate in Peer Support meetings

Establish regular meetings with other trainees in groups of three or more. These gatherings offer space for supportive discussion, sharing, and Focusing time. They allow you to inspire one another around challenges that arise when offering sessions to beginners, explore training topics more deeply, and support each other in developing your projects.

### Introduce People to Focusing

This is where you develop your skills and grow comfort in introducing people to Focusing and accompanying and guiding them through the process. In such sessions you need to teach individuals how to be self-guiding Focusers.

You can invite friends, family members, or clients from diverse backgrounds, offering a few sessions to each person for a total of about thirty sessions.

You will write reports on the Focusing sessions you offer and ask the Focuser to fill out a feedback form. The reports & feedback will be reviewed by your mentor and/or discussed during class. You will record three sessions with transcripts for peer support, group discussion or mentor review.

### Read

The book “Focusing” by Eugene Gendlin, as well as other course materials.

### Practical and Theoretical Project

If you wish to complete only the first or second year of the training, these projects are always part of the curriculum. Most trainees begin in the first year but will most likely complete their projects in the second year.

#### Practical Project

You will design and carry out a Focusing project, an experiment related to a curiosity or question you have about Focusing. This could involve exploring a specific aspect of Focusing, combining Focusing with another discipline, or targeting a particular audience or organizational structure. You will experiment with your ideas, keep notes on your explorations, and share your explorations and findings in a written summary and possibly with other trainees as it feels comfortable for you.

#### Theoretical Project

Research what Eugene Gendlin and other Focusers have said about an aspect of Focusing that interests you. You will write a final thesis. The topic can be the same as that of your practical project.

## Optional Learning

I encourage trainees to get involved in the international Focusing community, get inspired by experienced Focusing teachers, participate in local and online group gatherings, Changes Groups, workshops and conferences. You can learn about the different branches of Focusing, for example through the TIFI 2-hour Highlights.

In addition to the required logbook and session & teaching reports, I encourage you to keep a journal about your personal journey through Focusing and of your professional learnings.

Reading books and articles and watching talks about Focusing on YouTube that you find relevant and inspiring to your own emerging direction are also great ways to fuel your learning and development. I am happy to review any journaling or creative work that comes from your research and your meetings with Focusers and learning from other Focusers.

## Training Schedule – Overview

Depending on which season the training starts, the schedule varies. I discuss class times and days with all trainees to make it work for everyone. Participation in the classes is required, but if an aspect of the training does not fit or isn't possible for you, we can find other options together.

**FM** Focusing Meeting, to sense if it's the right moment to begin the training

**SA** Self-Assessment

**\*** In which phase of the training the Level 1-5 course takes place varies from year to year. In some cases, a trainee might join Level 1-5 in the second year.

**break** There will be one or two class breaks for up to 6 weeks

### Facilitator Training

00	01	02	03	04	05	06	07	08	09	10	11	12	month
<b>FM</b>													>>> SA
<b>SA</b>													
							<b>*Level 1-5 Focusing Course + 1/2h debriefing</b>						
		Bi-monthly	break	Once per month						break	Bi-monthly		
		<b>Training Classes, 3-hours each</b>											
		Every other month with trainees											
		<b>Peer Support</b>											>>>>
		Weekly or fortnightly											
		<b>Focusing Partnerships</b>											>>>>
		About 30 practice sessions with feedback form & brief report											
		<b>Trainees offer Focusing Sessions for people new to Focusing</b>											>>>>
													>>> Certification
		Trainees decide when to engage with their practical and theoretical projects.											

# Certification as a Focusing Facilitator

## Becoming Certified as a Focusing Facilitator

Completing the professional training is done at your own pace and typically takes between one and two years. One of the most important aspects of becoming a Focusing Professional is that you feel a readiness within yourself to offer Focusing the way you wish. In the final Self-Assessment Focusing session you check with yourself once again.

When you have met all training requirements, and when you and I, your mentor, your Certifying Coordinator, agree on your competence and confidence to offer Focusing to others, you are eligible for certification by the International Focusing Institute. You can then call yourself a Focusing Facilitator. You may also be eligible for certification in your country, sometimes called Focusing Practitioner or a different term depending on your language or local context.

As a *Certified Focusing Facilitator*, you can introduce people to Focusing and offer Focusing sessions.

## Certification Requirements

- ✓ Completion of the training program (Keep track in your milestones-logbook).
- ✓ The training is competency-based. Your Felt Sense, and the sense of your mentor will confirm when you are ready to teach Focusing safely and confidently.
- ✓ To maintain your certification, remain a member in good standing with the International Focusing Institute. With certification, your annual membership fee changes from 'Trainer in Training' to the 'Focusing Professional' fee.
- ✓ Pay the TIFI certification fee.

## Limitations of your Certification

This training is designed to enable you to offer Focusing sessions to people with the understanding that you are not offering therapy, but support in a self-help process. Certification does not authorize you to offer Focusing in a therapeutic or counseling setting. If you want to use the title 'therapist' or 'counselor', you are responsible for your own education and certification, as required in your country. Only Focusing Coordinators can train Focusers to become Focusing Professionals.

## The International Focusing Institute (TIFI)

You may choose to receive your certificate at the annual Weeklong organized by TIFI. This five-day retreat is a rich experience, both personally and professionally, and ends with a graduation ceremony for those who have been certified as a Focusing Professional.

### Benefits & Possibilities of being a TIFI Member

Connect with the international Focusing community

- You can attend and offer TIFI workshops, [Highlights](#), Round Tables and more
- You can join the [TIFI discussion list](#)
- You can sign up for the [TIFI NEWS FEED](#)
- You can [collaborate with other Focusers](#) in your areas of interest
- You can participate in [many volunteering possibilities](#)

On the TIFI website Focusing.org

- You can join the [Partnership Network](#)
- You can add your name to the [Directory of Professionals](#) and link to your website
- You can [advertise your events and workshops](#)
- You can explore a wealth of [writings by Eugene Gendlin in the online library](#) (open to all)
- And [much more](#)

## How to Join my Training

### My Upcoming Training

Training times will allow those in America and Europe to join.

There are three ways to train with me:

#### **Focusing Facilitator Training (also known as Practitioner Training)**

The envisioned start date for each training may be listed [on my website](#). If it is not, please ask.

#### **Focusing Teacher Training (Certified Focusing Trainer)**

*(For those who have completed the Facilitator Training for working one-on-one with people.)*

The envisioned start date for each training may be listed [on my website](#). If it is not, please ask.

#### **The Full 2-Year Training (Facilitator & Teacher Training)**

This training always begins with the Facilitator Training.

If you do both trainings with me, the Focusing Facilitator Training and the Focusing Trainer Training, please see the Two-Year Training description for discounts in the second year.

## Training Fee Breakdown

The 1-year Facilitator Training consists of 122 hours with me as your mentor plus your supervised self-directed learning, which is the larger part of the training.

**The cost of the 1-year Focusing Facilitator Training is €2.456/ \$2,858.**

- Pay the discounted annual fee of €2.456 / \$2,858 in a lump sum (**saving €144 / \$162**)
- Pay a fee of €650 / \$755 four times per year (€ 2.600 / \$ 3,020)

The fee for the 1-year Facilitator Training in Euro breaks down as follows:

• Preliminary 1:1 meeting – free of charge	(20 minutes)	free
• 1 Focusing Session before the training @ €60 p/h	(1 hour) ( <i>discounted</i> )	€60
• 2 1-hour Self-Assessment sessions @ €60 p/h	(2 hours) ( <i>discounted</i> )	€120
• 7 1-hour Mentoring sessions @ €60 p/h	(7 hours) ( <i>discounted</i> )	€420
• 14 3-hour Zoom group classes @ €23 p/h	(42 hours)	€966
• Focusing Skills Course 1–5 @ €9,15 p/h	(60 hours) ( <i>~50% discounted</i> )	€550
• Focusing Skills Course, ½ h. debriefing with trainees @ €15 p/h	(10 hours)	€150
• Admin & reading session reports, transcripts, written work etc.		€190
<b>Total</b>		<b>€2.456</b>

The fee for the 1-year Facilitator Training in US Dollars breaks down as follows:

• Preliminary 1:1 meeting – free of charge	(20 minutes)	free
• 1 Focusing Session before the training @ \$70 p/h	(1 hour) ( <i>discounted</i> )	\$70
• 2 1-hour Self-Assessment sessions @ \$70 p/h	(2 hours) ( <i>discounted</i> )	\$140
• 7 1-hour Mentoring sessions @ \$70 p/h	(7 hours) ( <i>discounted</i> )	\$490
• 14 3-hour Zoom group classes @ \$27 p/h	(42 hours)	\$1,134
• Focusing Skills Course 1–5 @ \$10.50 p/h	(60 hours) ( <i>~50% discounted</i> )	\$629
• Focusing Skills Course, ½ h. debriefing w. trainees @ \$17.50 p/h	(10 hours)	\$175
• Admin & reading session reports, transcripts, written work etc.		\$220
<b>Total</b>		<b>\$2,858</b>

### **DISCOUNTS:**

- Pay in a Lump sum to save: €144 / \$162
- As part of the training, all sessions and the “Focusing Skills Course 1–5” are discounted.
- During the entire training period, you can book additional mentoring sessions with me at a 20% discount on [my regular session rates](#).

### **BONUS:**

- If you join both the Facilitator and Teacher Training with me, the cost for the second year will be greatly reduced. (see the two-year training description)

Additional costs:

- You may wish to book additional sessions with me at a **20% discount** on [my regular session rates](#)
- You are required to meet with your Supporting Mentor at least twice per year (their fee applies).
- If your training lasts longer than two years (or longer than one year for the one-year program), you are required to book additional one-on-one mentoring sessions at least every other month at a 20% discount on [my regular session rates](#).
- You are required to attend at least one workshop with another teacher in the second year as part of the teacher training (or in the first year if I have been your only teacher so far).
- If you want to apply for certification, the TIFI certification fee varies between [\\$100 and \\$500, depending on where you live](#).
- To maintain your certification, remain a member in good standing with The International Focusing Institute. Once certified, your annual membership fee changes from the [‘Trainer in Training’ to the ‘Focusing Professional’ fee](#). Rates vary by country in order to support an equitable membership structure.

## How to Sign Up

A Focusing session is required before you can sign up for the training if you have not trained with me yet. You pay for this session at my [regular session rates](#). This full amount is credited against the training fee if you decide to join.

Pay the remaining balance to register for the training: Your first quarterly rate or the discounted annual fee in a lump sum.

## Cancelation Policy

If you cancel more than one month before the training begins, your payment will be refunded minus a €50/\$55 administration fee. If you cancel within the last month before the training begins, you can receive a refund minus a €50/\$55 administration fee if someone else takes your place, or you can use your credit for other courses and one-on-one sessions.

## Contact

[amona@move-with-life.org](mailto:amona@move-with-life.org)

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+49 175 8156256

*I am a Certifying Coordinator in Training. My Mentor is Fiona Parr (England), and my Supporting Mentors are Ria van Hage (Holland) and Beth Mahler (United States).*