



**Focusing
Teacher
Training**

**Share Focusing
with the World**

with Amona Buechler

Professional Focusing Training - Online

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



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Deepen your Focusing Skills — Become a Focusing Trainer

Leading to Certification as a Focusing Trainer (Teacher) 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, facilitate or participate in group process differently 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 Trainer (Teacher) 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

Teacher Training – (Certified Focusing Trainer)

- ✓ Focusing Facilitator competencies are a prerequisite for joining the Teacher Training
- ✓ The ability to teach Focusing to individuals and groups ([and offer the PFP Award](#))
- ✓ The ability to facilitate groups of any kind with the Focusing Attitude

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.
- To join the Teacher Training, you must have the Focusing Facilitator competencies.
- 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 Teacher Training (Certified Focusing Trainer)

If you have already trained with another Coordinator to offer Focusing one-on-one and would like to attend the second year of my training to learn how to teach Focusing to groups, [please ask](#). 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 teacher training within one to 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 Teacher Training

In this training you will receive professional and personal accompaniment in developing your teaching style and subject-area. It 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. In Training Classes and Peer Groups participants share what they have developed 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 while teaching groups
- 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")

The Training Year

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 to groups.

Attend fourteen 3-hour training classes which include the following

Teaching Focusing is a whole different art than offering Focusing Companionship one-on-one. When being a Companion you can follow your intuition in guiding the Focuser, but how do you

teach a group, step by step? How do people learn self-guiding in Focusing? How does one deepen the art of listening to others? And how do you deal with group dynamics and respond to questions?

Months 1-3: Offer practices during our classes and theoretical preparation for teaching Focusing

Months 4-7: Develop your teaching of L 1 & 2 in peer groups and discuss your concepts during class

Months 8-11: Offer your teaching while receiving peer feedback and support through supervision

Month 12: Articulating your skills for advertising, running a business, closing celebration

Basic topics:

- Teaching principles – Create the right condition for learning the Focusing way
- Teaching contents – Develop the Basic Focusing Skills Course and courses on other topics
- How to follow participants' interests and needs without getting lost?
- How to respond to students' questions. Quick answers or deepening contact with the question?

Students develop teaching concepts, exercises, and demonstrations in peer groups and during class

- Students present their teaching concepts, offer mini-lessons and brief introductions to Focusing
- Students introduce each other to Focusing literature and lead sharing and discussions
- Students present their practical and/or theoretical project
- How to communicate (advertise) your specific offerings and explain what Focusing is?
- Practical aspects of working as a Focusing professional, including boundaries, insurance...
- Developing a clear sense of your skills and articulating them, and the completion of the course

You will receive professional and personal accompaniment in developing your teaching style and subject-area.

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

As part of the Teacher Training, you will be stepping into a new role with added responsibility. This may include holding space in small group sharing, offering one or two guided practices, and supporting participants in reflecting on their process with each other. There will also be debriefing time, which offers space for your observations, questions, and reflections on my teaching approach and on how the students respond.

Those who have not done the Facilitator training with me need to join my full Level 1-5 Course. If you have also joined my Focusing Facilitator Training, you may join levels 1 and 2 only (see the two-year training description).

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, facilitating group practices, research and reading, your chosen Focusing project, and your development and teaching of Focusing courses. 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 meetings offer space for supportive discussion, sharing, and Focusing time. They allow you to explore training topics more deeply, support each other in developing your projects and your curriculum for teaching Focusing to groups, and inspire one another around challenges that arise when offering Focusing courses.

Introduce groups of people to Focusing

Step-by-step you will explore the art of teaching Focusing by first teaching in the training group, then to friends, family members, clients or anyone else who has never done Focusing before. You

will develop the structure and content of your course, offer it, write reflection reports and ask participants to fill out feedback forms to be discussed during class or reviewed by your mentor.

You can invite friends, family members, or clients from diverse backgrounds, offering mini-practices or an entire course. You will write reports on what you offer and ask the participants to fill out a feedback form. The reports & feedback will be reviewed by your mentor and/or discussed during class. You may record some of your offerings (with transcripts) for peer support and group discussion.

Read

the book “Focusing” by Eugene Gendlin, as well as other course materials. As part of your teaching practice, you will offer a brief presentation during class on one of the readings.

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.

Focusing Workshops

Attend at least one Focusing workshop of two days or more offered by another Focusing teacher. I recommend choosing a different branch of Focusing such as Wholebody Focusing, Interactive Focusing, Focusing with Dreams, Thinking at the Edge...

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. If you join levels 1-5 or levels 1 and 2 only is to be discussed.

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

The Training Year

0	1	2	3	4	5	6	7	8	9	10	11	12	< month	
	Class every 3-4 weeks			break			Class every 3-4 weeks							
	Training Classes, 3-hours each													
		*Level 1-5 Focusing Course + 1/2h debriefing												
	Focusing Partnerships												>>>>>	
	Peer Support Partnerships												>>>>>	
		Trainee develops and offers Focusing classes												
FM														
SA													>>> SA	
													>>> Certification	
	Trainees decide when to join a course with another teacher & practical + theoretical projects													

Certification as a Focusing Trainer (Teacher)

Becoming Certified as a Focusing Trainer (Teacher)

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 Trainer 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 Certified Focusing Trainer (CFT). You may also be eligible for certification in your country, sometimes called Focusing Teacher or a different term depending on your language or local context.

As a Focusing Trainer you can introduce people to Focusing, offer Focusing sessions, and teach Focusing to groups. You are eligible to offer the TIFI *Proficiency in Focusing Partnership Award* to students of your Focusing Courses. This allows your students to join Focusing Partnership Networks (such as the TIFI network) and/or it can be the first step before they train to become a Focusing Professional.

More about certification with [TIFI](#) and with [BFA](#).

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)

My 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.)

My 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 Teacher 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 Teacher 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 Teacher 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
Total		€2.456

The fee for the 1-year Teacher 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
Total		\$2,858

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

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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).