

Children Focusing Companions: Training Programme

Prepared for PTC – GAZA

This programme involves 3 stages of training and we expect people coming on the course to attend all three parts.

What is Focusing

Focusing is a process for bringing a welcoming, friendly attitude towards the feelings that arise in our daily lives. Listening to our feelings with compassion and acceptance opens a doorway to the body's wisdom – this opens up a pathway towards growth and healing.

Course aim:

This training programme will enable you to develop skills in using Focusing for yourself as well as how to work with children and families in a Focusing way.

Course objectives: At the end of this course you will be able to:

- guide yourself through a Focusing session
- be a companion to another person in a Focusing session
- use a range of creative activities to enable children to recognize and trust the meaning of what they sense in their body
- help children to listen to their feelings and be with them in a helpful way

Target group

This course is suitable for Parents, Caregivers, Social Workers, Family Workers, Animators, Teachers and Psychologists. Parents and those who are currently working with Children will be able to use these skills in their professional and family lives.

Stage 1: Focusing Foundation - Using Focusing for Yourself - November 1st - 4th, 2010

Before you can help other people with Focusing you need to learn it for yourself.

What you will learn

- What Focusing is and how to sense inside and find a safe space
- How to listen to yourself and another person with acceptance and compassion
- How to form a relationship with your feelings without getting caught up in them
- Understanding the stages of a Focusing session

It will help you to

- strengthen your own resiliency as a helper and in leading your own life
- be more able to cope with difficult feelings
- be more accepting of yourself
- be better able to cope with stress in your life
- Understand the importance of acceptance of yourself and others

Stage 2: Introduction to Focusing with Children - February 13th - 17th, 2012

What you will learn on stages 2 and 3?

- To build resilience and competence in the self care of parents, caregivers and people who work with children and young people
- To develop theoretical and experiential understanding how individuals become aware of somatic/ bodily felt life experience

- To learn the practical skills, approaches and techniques required to build that same resilience and competence in the children and young people with whom they work
- To learn how to use the natural capacity of children and young people for imaginative play, drawing, storytelling and other forms of symbolisation to manage better their emotional experience
- In particular, to learn how to do all of the above within safe environments that respect the boundaries, privacy and vulnerability of much of childhood and adolescent experience
- To learn how to integrate a Focusing dimension into existing practices and activities they already use with children and young people

Stage 3: Focusing with Children Part 2 – Autumn 2012

By Teaching Children Focusing we help them to:

- Recognise and trust the meaning of what they sense bodily
- Be kind to themselves
- Listen to their body senses in everyday life
- Understand that a felt sense carries a story
- Allow difficult, sorrowful, scary or angry feelings as well as more pleasant ones such as joy and excitement
- Concentrate better on what they are doing
- Accept each other more
- Build better relationships with themselves and others.

People who complete all three stages will be eligible for certification as A Children Focusing Companion with the Focusing Institute in New York.

Supervised practice

We hope people will use Focusing in their lives and in their work with children and families. We will offer supervision in the development of skills from the UK using Skype and Telephone support and from Palestine Trauma Centre in Gaza. We hope people completing this course will be able to develop ongoing support networks to practice and develop their skills.

Next Steps

If you complete this course we hope that you will be able to go on undertake further training to be a Focusing Trainer.