**Focusing-Oriented Therapy courses in Elgin Scotland and Manchester**

**John L Threadgold**

 My Level 1 Introduction to Focusing-Oriented therapy ( 12 hour CPD) is in being run in partnership with PCCS in Manchester on the 9th and 10th May 2015, and with MACCS in Elgin Scotland on the 6th and 7th June

What does my Level 1 course cover ?

**Level 1. Introduction to Focusing-Oriented therapy.(FOT)**

This is an introductory course for therapists and no prior knowledge of FOT is assumed. The course covers the following areas.

1. Exploring the nature and definition of Focusing-Oriented therapy
2. How to spot the different ways that clients use therapy, and to identify potentially successful clients with higher/ deeper experiencing levels and not get in their way.
3. Facilitating higher/ deeper experiencing levels for all clients by offering Reflective Listening and Deepening Propositions.
4. Introduction to Focusing Partnership skills and Guided Focusing for personal development.
5. Focusing partnerships for personal development
6. Integration of FOT into your existing practise, and a look at further Focusing resources.

Please click the following Link for the course in Elgin Scotland. 6th and 7th June 2015. http://newfocustherapy.co.uk/about/dates-for-focusing-oriented-therapy-courses

Manchester in partnership with Person Centred Counselling Services ( PCCS) 9thand 10th May 2015. Please click on the following link

<http://pccsworkshops.co.uk/?page_id=605>

I am also offering a follow-up Level 2 course in Manchester on the 26th and 27th September 2015.

**Introduction to Focusing-Oriented Therapy Level 2**

**Deepening your focusing and listening skills with John L Threadgold**

**Who is the course suitable for?**

The course is suitable for therapists who have completed my Level 1 FOT course, and want to build on their existing knowledge, skills and practice. This course may also be suitable for therapists who have had other Focusing training and who already use Focusing for their own personal development/counselling practice. This course is not suitable for therapists who have no knowledge or experience of Focusing or Focusing-oriented therapy.

**Course Outline.**

* Exploring how you are already using Focusing in your personal development and / or therapeutic practice.
* Re-visiting client process, how clients use therapy, also the role of reflective listening and deepening propositions in therapy. This section includes more focusing theory on Pre-conceptual experiencing and its role in cognitions, and its links to the core conditions of the Person Centred Approach.
* Further exploration of client process. The ‘four attitudes’ and their implications for therapy practice. Includes group experiential exercise.
* The use of ‘Parts Language’ and its implications for therapeutic practice and client process.
* Guided Focusing, skills. Includes Guiding In to bodily awareness, facilitating the focusing process, and ending the session.
* Use of Imagery in Focusing-oriented therapy.
* Exploring the ‘Inner Critic’ , dealing with overwhelming feelings, and other process difficulties in FOT
* Integration into your therapeutic practice, and further training and resources in FOT.

**Training methods used in the course.**

This course is highly experiential and participative. Training methods include some direct teaching, question and answer sessions, group discussions, group experiential exercises, pair work and triad work. I believe that the best way of understanding FOT, is to experience it direct and this is fully reflected in this course.

**Please click on the following link for more details.**

[**http://pccsworkshops.co.uk/?page\_id=837**](http://pccsworkshops.co.uk/?page_id=837)

**Information about John Threadgold.**

I am BACP accredited for Counselling and Psychotherapy and hold an MA in Focusing and Experiential Psychotherapy. I am also recognised by the Focusing Institute as a Focusing teacher and therapist. I am a member of various professional organisations including the BACP, BAPCA, the ACC, the Focusing Institute, and the British Focusing Association. I run a private counselling psychotherapy and supervision practice in London called New Focus Therapy. You can find out more from my web site. [www.newfocustherapy.co.uk](http://www.newfocustherapy.co.uk/).