



dean diamond, M.Ed, CCC, FOT

Nature Guided
Focusing Oriented
Embodied Counselling

236.508.3200 | hearthplace.ca

Experience how Nature and Play deepen Inner Wisdom

Are you ready to help your clients access their own inner wisdom?

Are you a therapist who would like to learn more about Nature Guided Focusing Oriented Therapy?

Would you like to experience how Nature and Play can support you and your clients to access Wonder and Awe?

Hearth Place is offering a two year Nature Guided Focusing Oriented Therapy Training

Your pathway to certification in Focusing Oriented Therapy.

A total of 16 Training days will be scheduled over a 2 year (24 month) period.

Each topic is covered in one day in person sessions at Hearth Place, a rural riverside property in the Cowichan Valley (unceded Quw'utsun First Nation Territory).

Each day will be six (6) hours inclusive of breaks equaling five (5) training hours per topic.

Each day will include a brief lecture, a topic relevant experiential, discussion, Focusing facilitation practice, and debrief. Also included is a catered vegetarian lunch.

Our bodies will not only be invited to participate, rather we will learn and engage and understand from our embodiment.

By the end of Year One, Training participants should be eligible to apply for the [Proficiency in Focusing Partnership Award](#) with The International Focusing Institute.

By the end of Year Two, Training participants should be eligible to apply for [Certification](#) as a Focusing Oriented Therapist or a Certified Focusing Professional.



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Requirements

- 1) Pre-readings will be required before each session. Three (3) reading options will be provided - usually an article, a book and a video. Participants are asked to listen/read/watch at least one (1) of the pre-readings, but two (2) is recommended. Each participant is to bring a minimum of one *question* and one *practice application idea* related to the pre-readings to the in-person session. These contributions will inform the discussion portion of the day.
- 2) A tracking document confirming attendance at each training topic day, sessions facilitated (minimum 50), sessions experienced (minimum 30), and supervision hours (minimum 50).
- 3) Regular Focusing sessions (2 per month for the duration of the Training) with other Training participants is expected, and will meet the requirements for facilitated sessions and experienced sessions. Experiencing Focusing with multiple fellow Training participants is expected. Focusing partnerships will be assigned and changed throughout the duration of the Training as needed.
- 4) An integration project will be presented to the group at the end of the Training (even if the participant hasn't yet completed all of their required Focusing sessions listed in requirement 2 above). More information available at the end of Year Two Topics section (below).
- 5) Lead a Focusing session of approximately 30 minutes either supervised in person by dean or submitted in video format to be reviewed by dean.
- 6) A creative personal process journal / documentation is strongly encouraged. This could be in the form of written entries, drawings, collages, poems, photos, or....? This will not be reviewed by anyone else but will allow for questions to emerge and for witnessing, tracking, and integrating one's own content learning and development.

"Journaling is a versatile ritual and a complementary companion to contemplative practices and inner looking. It can serve as a recording and reflecting process that helps you locate recurring themes, patterns and symbols in your Focusing practice over time. It can also be an environment to play with new ideas and possibilities, a way to pause and explore the murky and emerging, or a conduit to interact with the body and the felt sense." - Journaling and Focusing Roundtable, The International Focusing Institute, October 12, 2021



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Year One Topics

- 1) Focusing - Introduction to Theory and Practice
- 2) Focusing Philosophy (including Radical Acceptance, Self-Compassion, Parts, Inner Critics)
- 3) Focusing & Resources/Resourcing
- 4) Focusing & Nature Within (inquiring within)
- 5) Focusing & Nature Without (inquiring without)
- 6) Focusing & Place (including Terrapsychology)
- 7) Focusing & Grief & Pain (including The Work That Reconnects)
- 8) Finding your Focusing Niche

Year Two Topics

- 9) Focusing & Embodied Experiential Dream Exploration
- 10) Focusing & Play
- 11) Focusing & Social Justice (including Decolonizing Non-Violent Communication)
- 12) Focusing & Positive Psychology (including VIA Strengths)
- 13) Focusing & Sexuality (including Ecosexuality)
- 14) Topic to be determined in consultation with the current Training participants
- 15) & 16) Participants' Final Presentations - two sessions - various formats - experiential articulation of one's niche and plan/intentions for integrating Focusing with their own specialities and scope of practice - with time for questions and discussion

"Dean's eloquence in explaining pith principles, his skill in space and silence, his playful, creative companionship, make him a superb teacher of Focusing." ~ Gillian Parrish

Register Now

Email dean@hearthplace.ca or Call 236-508-3200
Learn more: hearthplace.ca

