

Certification as FOAT® Practitioner and Facilitator

Granted by the Focusing and Expressive Arts Institute

Requirements for Certified FOAT® Practitioner and Facilitator:

There are two training tracks: Practitioner and Facilitator

- **Certified FOAT® Practitioner:** must have a either 1). Master's degree in the arts therapy field and/or credentialed by one of the arts therapies professions (ATR, REAT, R-DMT, MT-BC, etc.); or 2). clinical counseling, psychology, social work, marriage and family therapy, or a related field in mental health with additional 50 hours of expressive arts training.
- **Certified FOAT® Facilitator:** Coaching, consulting, education, artists, body-workers, bachelor's degree social work, psychology, etc. Must have 50 hours arts training.

Requirements for Certification as FOAT® Practitioner or Facilitator:

I. Training

- a. Completion of FOAT® Levels 1-5 or equivalent
- b. Completion, with documentation, of 50 hours training in expressive arts outside of FOAT® (Can be through conferences, courses, from before or during FOAT® training.
- c. To become certified, you need to take an Ethics and Expressive Arts course (at least 6 hours) if you have not taken ethics in your other studies or trainings. You can take an online course through the Trauma Informed Practice and Expressive Arts Institute:
<https://www.trauma-informedpractice.com>
- d. Readings: Complete required readings on Focusing and FOAT® as well as additional readings based on your interests.
- e. Other Focusing training resources: become familiar with various Focusing and expressive arts websites, approaches, videos, DVDs, and/or audiotapes of other Focusing Trainers. (See resource list).

2. Practice

- Solo FOAT® (specified in Level 1)
- Partnership and Trio Practice: (specified in Levels 2-5).
- Practicum (50 hours): includes practicum within training group + application outside of training group. Trainee may begin practicum with permission of FOAT® Trainer during any part of training program. Must be in FOAT® supervision with FOAT® Coach or supervisor.

3. Supervision

- Supervision: group supervision (15 hours) plus minimum of 2 hours individual supervision with Dr. Laury Rappaport (\$125. US).
- FOAT® Coaching: FOAT® coaching is with advanced FOAT® Practitioners/Facilitators. Arrangement and hours are dependent on availability. (Hours specified on Levels 1-6).

4. Documentation and Projects Demonstrating Proficiency of FOAT® from training practice

- a. Completion of FOAT® written documentation demonstrating specific Solo FOAT® sessions (specified in Level 1).

- b. Completion of FOAT® partner and trio sessions with written documentation (specified in Levels 2-5).
- c. Demonstrated competence of “FOAT® Skills and Competencies” (reviewed with Laury in supervision)
- d. Documentation of education and training: submit copy of degree, transcripts, any certifications or licenses you may have.
- e. Documentation of 50 hours of expressive arts training: may be obtained through academic courses, continuing education, workshops, conferences, etc. outside of FOAT® training.

5. Final Evaluation demonstrating FOAT® Competency

- a. Videotaped or live observation of FOAT® session (working on an issue)—no longer than 50 minutes. It does not need to be with a client. It can be a with a FOAT® partner. We can send you a Zoom link to record the session. Be sure you have permission/consent to show it to the group (see handout).
- b. **Summary (5-8 pages):**
 - How has the Focusing-Oriented Expressive Arts Training impacted your life personally and professionally? (2-4 pages)
 - How would you describe Focusing-Oriented Expressive Arts? (1/2- 1 page)
 - What benefits do you think FOAT® offers? (1/2-1 page)
 - Do you suggest any cautions in using FOAT® (1/2-1 page)
 - How do you plan to carry FOAT® in your life?
 - Add in anything else that is important for you to share.

6. How to apply for Certification as a FOAT® Practitioner or Facilitator

After completing the above requirements, please submit:

- A. Review the Checklist for completion of requirements
- B. Be sure you have submitted the documentation for all solo, partner and trio FOAT® practice sessions.
- C. Send the following to: focusingartsoffice@gmail.com
 - a. video of FOAT® session
 - b. summary paper
 - c. degrees, transcripts, certification documents (showing your degree, licenses, credentials, etc.)
 - d. documentation of 50 hours of expressive arts training
 - e. documentation of ethics course

Trainer Certification

Focusing Trainer: Specialization in Focusing-Oriented Expressive Arts

Recommended by Dr. Laury Rappaport, Certifying Focusing Coordinator and Certified by The International Focusing Institute (www.focusing.org)

Requirements

1. **Prerequisite:** Certification as FOAT® Practitioner or Certified FOAT® Facilitator with the Focusing and Expressive Arts Institute
2. **Level 6 FOAT®: Train-the Trainer FOAT® for Teaching Focusing and FOAT®**
3. **Individual FOAT® Supervision with Dr. Laury Rappaport:** minimum of 1 session
3. **Assist with FOAT® Trainings:** Can be video teleconferences and/or in-person.
4. **Design an Introduction to FOAT® Course (or a course related to an in-service or other application that you plan to do).**
 - a. Include outline of content; timing; exercises; didactic theory; examples
 - b. Include basic teachings of Focusing and FOAT®
5. **Offer Introductory level FOAT® class, workshop, or in-service.** It doesn't have to be called "Introduction to Focusing-Oriented Expressive Arts but needs to have FOAT® content as part of it.
 - a. provide videotape for Laury's review. (You will let participants know it is for your own certification as a Focusing Trainer review- that it will not be used for other purposes). Need to have permission and signed release forms from participants.
 - b. Provide course evaluations to participants and give to Laury
6. **FOAT® Partnership.** Maintain FOAT® Partnership at least 2x month. Can be Focusing, listening, and/or with expressive arts.
7. You will need to become a Trainee member of The Focusing Institute. The current cost is \$35-75. depending on your country. Please read the following materials about Certification as a Focusing Trainer and visit The Focusing Institute website: [Click here.](#)

*Certification will occur when the competencies are met and both Coordinator and Trainee are in agreement of readiness. There is a one time fee for certification that is payable to The Focusing Institute plus yearly membership dues.

You may use one of the following titles based on your background and credentials:

- Certified Focusing Trainer, Certified Focusing Professional, or Focusing-Oriented Therapist with a specialization in Focusing-Oriented Expressive Arts (FOAT®).