



**FOCUSZART The Focusing Studio**

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Introduction to Expressive Arts Focusing (ExAF) Hands-on Methods: Finding Ground in Experiential Arts. The Focusing and Expressive Arts Institute, Roots, Branches, and Wings Series for Pioneers and Master Teachers, April 19, 2024

The Focusing and Expressive Arts Institute: *Can you share with us what inspired you to create your branch, Expressive Arts Focusing?*

Presenter Freda Blob: I was inspired from two inside resources:

A dream from 2017, depicting that I was taking the wrong direction train specializing in Focusing with the Whole Body (German Whole Body Focusing), which I actually was doing, being in certification supervision with Astrid Schillings, Focusing Institute Cologne GER, ... and depicting that I had to take immediate jump on a train going into a totally different direction, unknown and having to do with the arts. - The dream was telling that 'More Body in Focusing' was not the truly felt track for me.

The inner re-activation of a picture I had drawn in 1994.

When I had done that jump and had been trained with the Focusing and Expressive Arts Institut, this early picture became highly activated.

I drew it during a visionary workshop in my thirties and it depicts a scenery of an outdoor art center in the woods as my workplace, where there are places for all the arts to be learned and practiced (psychodrama, creative writing, dancing, sculpturing, rhythmic percussion, painting, body work).

Kunsttherapeutin  
Psychodrama-Heilerin  
Körperpsychotherapeutin  
Tanztherapeutin  
freie Dozentin  
Schift-Stellarin  
Sozialarbeiterin im freien Jugendzentrum  
Kultur- & Kunst-Kneipenbesitzerin  
Bildhauerin  
Holzschnitzerin  
im Handwerkerin

The label 'FOCUSZART The Focusing Studio' is showing this: FOCUSZART is the German short for 'Spending Focusing Time with Arts' (German: '*Focusing Zeit mit Kunst*'), indicating 'ZART' being a word of itself, meaning: 'tender', 'with love' ... So it's all about spending Focusing time with the arts in a loving way and in its own time. Doing it 'outside' as the drawing is depicting, means: Doing it connected to the Open Space. My mission of bringing Expressive Arts to Focusing communities needed a branch that is offering 'slow time artying'. And so we are going to spend much time on artmaking in this workshop along the time of our bodies