

FOCUSZART The Focusing Studio

Freda Blob



<https://expressiveartsfocusing.com>

Sponsored by the Focusing and Expressive Arts Institute
Roots, Branches, and Wings Series with Pioneers and Master Teachers



WORKSHOP

Introduction to Expressive Arts Focusing (ExAF)
Hands-on Methods: Finding Ground in Experiential Arts

WORKSHOP OVERVIEW



- Introduction
- ExAF Methods
- Gendlin's Concept Of 'The More'
- Museum Art-based Engagement (MAE):
Example of ExAF Best Practice
- Experiential MAE Activities
- Share and Closing

EXAF METHODS

- Coming from experiential arts (arts that come from the body sense and are processing along the order of the living body)
- Multiplicity of methods and activities of person-centered and experiential approaches
- Situational and contextual crossing of various tools of the creative and the expressive arts
- Bodily forwarding the process of the client through therapeutic co-creation completion within the triassic of therapist, client, art

GENDLIN'S CONCEPT OF 'THE MORE'

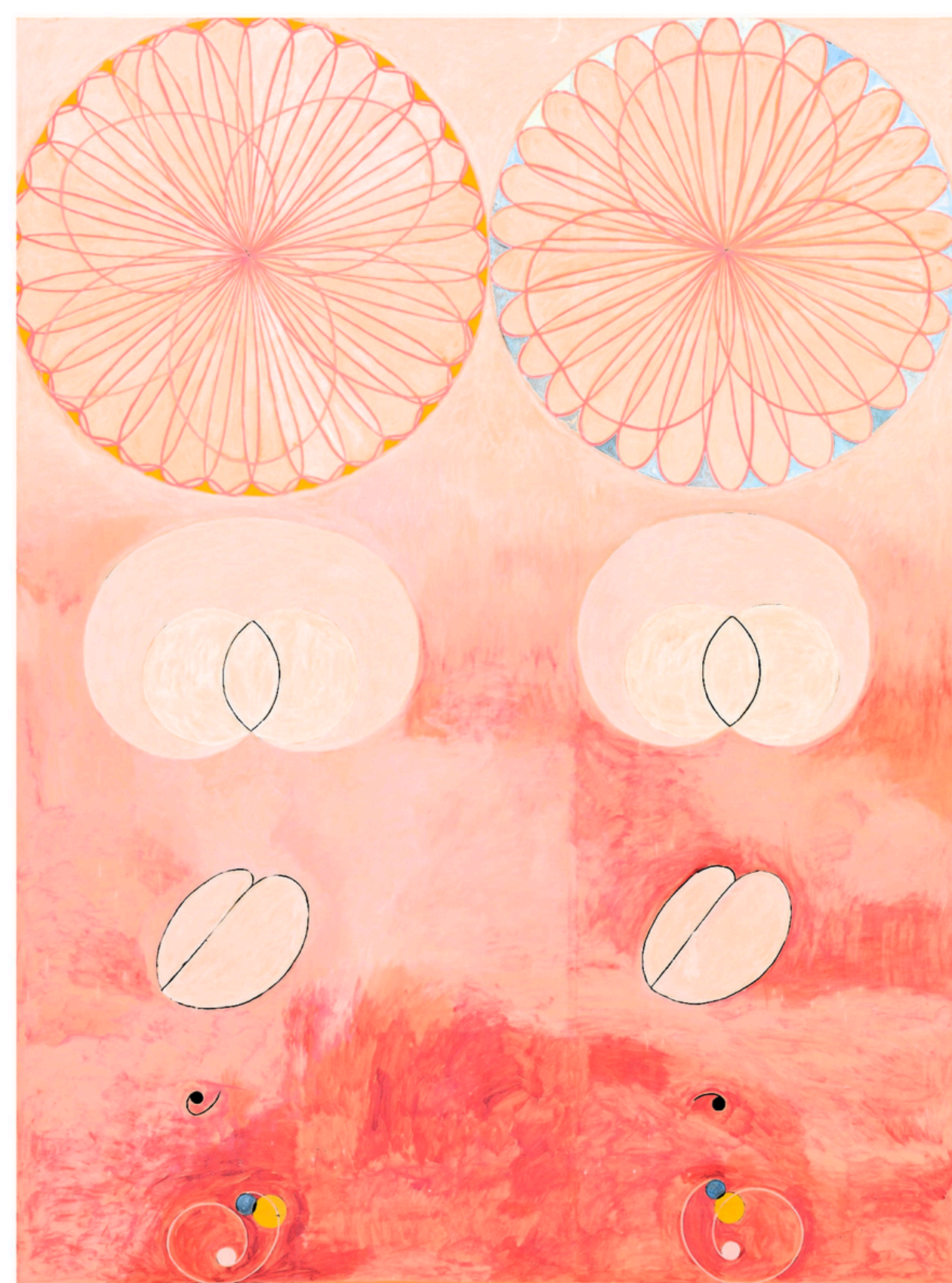
‘Experiencing ... never has just one
form or >propositional< content’
(Gendlin 1999, 204)

IMPLYING

INTO THE
NEXT

IMPLYING

Implying into the next
implying is pointing
towards ‘a More of ...’



The Ten Largest by
Hilma af Klint:
Being-and-becoming
put into visual
representation

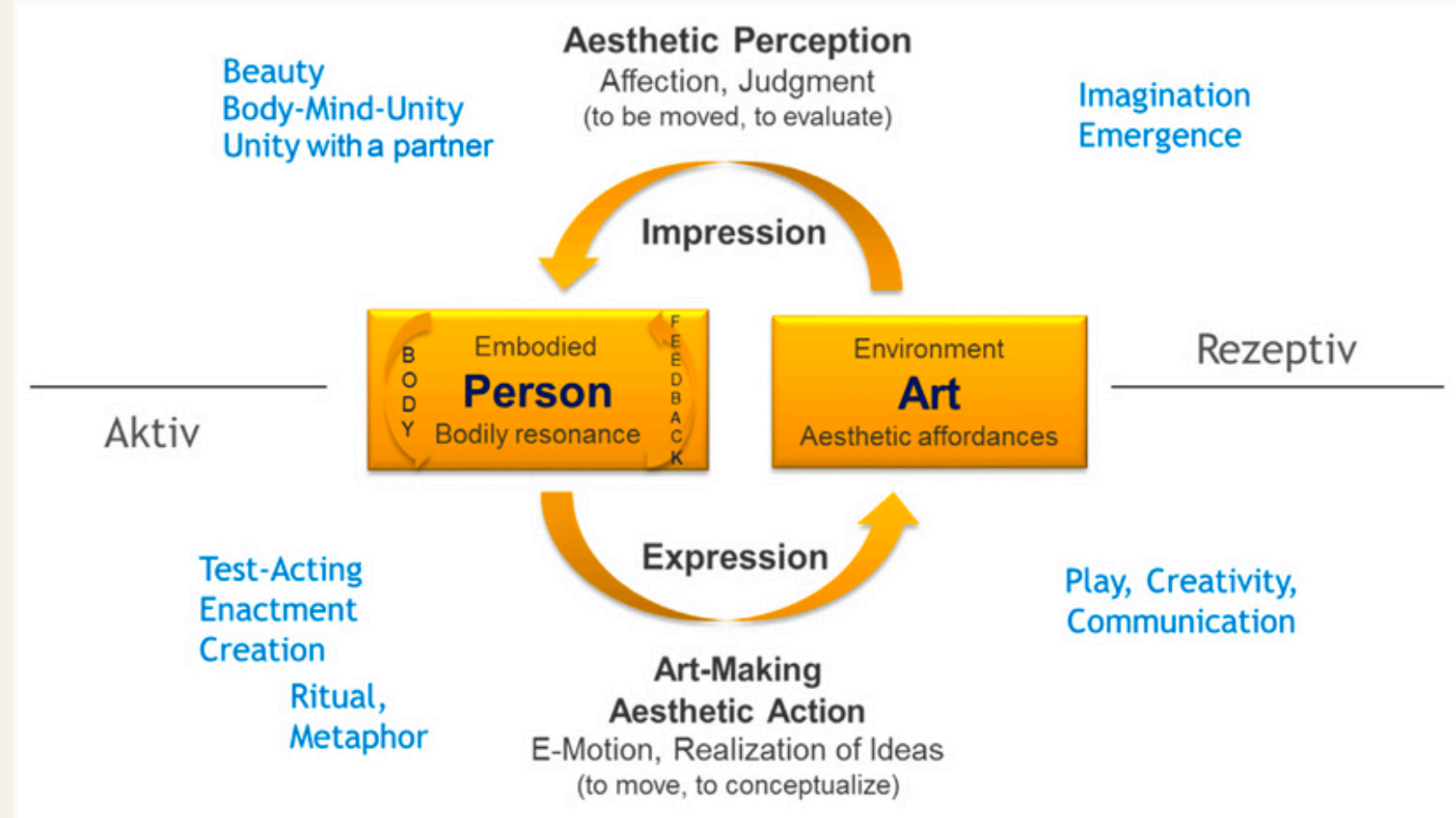
Hilma af Klint, The Ten
Largest No 9, Old Age,
Group IV, 1907

MODEL OF EMBODIED AESTHETICS (EA)

The model of EA: One of the foundations
of experiential museum art-based
engagement (MAE)

The loop of experiential MAE is infinite
spiral ongoing

Figure 1. The Model of Embodied Aesthetics with loosely assigned therapeutic factors [2]
(p. 89).



MUSEUM ART-BASED ENGAGEMENT (MAE)

FROM IMPRESSION TO EXPRESSION: FROM
INDIRECT CREATIVITY TO CREATIVE ACTION

IMPULSE FOR EVOCATING BODY RELEASE, SELF-
REFLECTION AND INSIGHT

ART ORIGINALS ARE CARRYING ENERGY,
AESTHETICS AND MEANING

POWER OF HEALING: WHAT IS SIMILAR, CONNECTS

EXPERIENTIAL MAE ACTIVITIES

Choose what's right for you

GROUNDING:

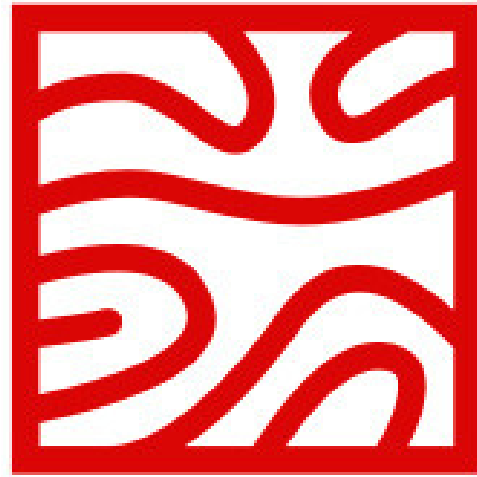
SETTING THE ART TABLE. TAKING UP SPACE.
CONNECTING TO INNER SPACE AND CLEARING A
SPACE WITH DYNAMIC SHAPE DRAWING (DSD)

EXPERIENTIAL MAE:

WORKING WITH A FINE ART PIECE BY HILMA AF
KLINT THROUGH RESPONDING, RE-
EXPERIENCING, DIALOGING AND BRIDGING

ANKERING:

RE-CONNECTING WITH THE INNER SPACE BY
DYNAMIC SHAPE DRAWING (DSD)



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