

# FOCUSZART Focusing Studio & School

## Workshop Archiv

### International Workshops

**Making Meaning From the Body: Introduction to Focusing-Oriented Creative Arts Engagement and Therapy (FoCAET)**

**March 20, 2026, CPD Workshop for the [Association for Person Centred Creative Arts \(APCCA\)](#)**

**EFA Community Color Table: Smash'n Focus**

**Workshopseries for Members of the [European Focusing Association \(EFA\)](#)**

**January 28, 2026, October 6, 2025**

**Shaping Our Questioning: Making Space for Poiesis in Focusing Practice**

**May 26, 2025, [Community Empowerment Help for Helpers](#)**

**How We Name it. Talking About Focusing Crossings: Forwarding Language Through Experiential Felt Arts**

**September 25-29, 2024, Annual Gathering 2024, [European Focusing Association \(EFA\)](#)**

**Creative Compassion: Towards a Sense of Belonging**

**June 28, 2024, FOCUSZART The Focusing Studio**

**Introduction to Creative Compassion Practice**

**June 6, 2024, FOCUSZART The Focusing Studio**

**Introduction to Expressive Arts Focusing Hands-on Methods: Finding Ground in Experiential Arts. Roots, Branches, and Wings Series with Pioneers and Master Teachers**

**April 19, 2024, [Focusing and Expressive Arts Institute, US](#)**

**Creative Compassion**

**November 6, 2023, [Community Empowerment Help for Helpers](#)**

**Creative Compassion: Building Relational Empathy through Expressive Arts Focusing Activities**

**November 3, 2023, [Focusing Oriented Therapy Conference TIFI 2023](#)**

**Trauma-informed Focusing with the Arts**

**Therapeutic Training for Focusing Practitioners and Person-Centered Counselors**

**September 30 2023, [Institute for Body Therapy, Focusing and Person-centred Psychotherapy GFK, Zurich, Switzerland](#)**

**Creative Compassion: Building Relational Empathy with Expressive Arts Focusing**

**June 15th, 2023, Online Workshop [15. International Expressive Arts Therapy Conference IEATA 2023 Taiwan](#)**

**Introduction to Expressive Arts Focusing ExAF: Learn To Trust Your Inner Artist And Your Body's Inner Guidance. Webinar**

**November 05, 2022, Focusing Initiatives International, [www.coronaplaza.life](http://www.coronaplaza.life)**

**Creative Intelligence and Trauma-informed Focusing: Introduction To Expressive Arts Focusing**

**Online Training for Focusing Practitioners, Person-Centered Counselors and Therapists**

**October 2022, [Institute for Body Therapy, Focusing and Person-centred Psychotherapy GFK, Zurich, Switzerland](#)**

## **Into The More: Exploring The Transformative Potential Of Expressive Avenues**

**January 16, 2022, Workshop Presentation [14. International Conference IEATA 2022](#)**

## **Into The More: Exploring The Transformative Potential Of The Avenues - FOAT Connections, Applications and Vision**

**October 17, 2021, [Focusing and Expressive Arts Institute](#)**

## **With The Help Of Your Inner Advisor. Webinar**

**May 06, 2020, Focusing Initiatives International, [www.coronaplaza.life](http://www.coronaplaza.life)**

## **National Workshops**

### **Painting As I See It: Acrylics and Mixed Media**

**June, 25, July 1 – 30, 2026, Adult Education Center Herrenberg, BW/GER**

### **Aligning With Yourself: Felt Art Journaling For Personal Growth, Advanced**

**April 29, May 6 and 13, 2026, Women's Academy Stuttgart, BW/GER**

### **Getting Creative: Felt Art Journaling Day**

**March 21, 2026 Adult Education Center Stuttgart, BW/GER**

### **Creative Ways to Work with Focusing Questions: Artistic Decentering for Focusers**

**March 14, 2026, [Annual Gathering of The German Focusing Society DFG](#), Heidelberg, GER**

### **Aligning With Yourself: Felt Art Journaling For Personal Growth, Introduction**

**March 4, 11, and 18, 2026, Women's Academy Stuttgart, BW/GER**

### **Color Talks: The Potential of Early Person-Centered Art and Creative Therapies in the Fields of Counseling and Coaching – Day Seminar**

**February 7, 2026, [German Association for Personcentered Psychotherapy and Counseling GwG](#), Stuttgart, BW/GER**

Poetry in Pictures: Following the Footsteps of Paul Klee. Community Art Workshop  
December 13, 2025, Catholic Church Reutlingen, BW/GER

Aligning With Yourself: Felt Art Journaling For Personal Growth, Advanced  
November 26 to December 10, 2025, Women's Academy Stuttgart, BW/GER

Getting Creative: Felt Art Journaling Day  
November 22, 2025 Adult Education Center Herrenberg, BW/GER

Slow Art: Meditative Painting  
November 13., 20., 2025, Edult Education Center VHS Tübingen, BW/GER

Getting Creative: Felt Art Journaling Day  
November 18, 2025 Adult Education Center Stuttgart, BW/GER

More Than Words: Introduction to Trauma-informed Expressive Arts Focusing EXAF  
November 15, 2025 Adult Education Center Hospitalhof Stuttgart, BW/GER

Getting Creative: Felt Art Journaling For Beginners  
November 11, 2025 Adult Education Center Reutlingen, BW/GER

Art Under Fascism: Charlotte Salomon and the Creative Act of Living History  
November 6, 2025 Adult Education Center Stuttgart, BW/GER

Aligning With Yourself: Felt Art Journaling For Personal Growth, Introduction  
October 6, 15 and 22, 2025, Women's Academy Stuttgart, BW/GER

Color Talks: Learn From Pioneers of the Person-centered and Experiential  
Creative Arts Therapies  
14-16 June 2024, [24. Congress of the German Association for Personcentered  
Psychotherapy and Counseling GwG](#), Erfurt, Th/GER

Arts Based Self Focusing For Supporting Clients in Trauma-informed Focusing  
Oriented Psychotherapy  
May 5th, 2024, [Annual Gathering of The German Focusing Society DFG](#), Heidelberg,  
BW/GER

Trauma-informed Focusing with the Arts

April 20, 2024, Adult Education Center Hospitalhof Stuttgart, BW/GER

Becoming Friends with the Inner Critic through Experiential Art Dialog

April, 16, 2024, Caritas Conferences Stuttgart, BW/GER

Art To Focusing Joy: From Color to Composition

March 18, 2024, Adult Education Center VHS Stuttgart, BW/ GER

Healing Color Touch: Focusing With The Arts Tor Pastoral Care

March 16, 2024, Training for Pastoral Care Volunteers, Catholic Church Böblingen, BW/GER

Art To Focusing Joy: When Dot And Line Go For A Walk

March 12 -19, 2024, Adult Education Center VHS Tübingen, BW/GER

Aligning With Yourself: Felt Art Journaling For Personal Growth

March 6, 13 and 20, 2024, Women's Academy Stuttgart, BW/GER

Art To Focusing Joy: From Color to Composition

March 5, 21, 2024, DEKART Design and Art Academy Reutlingen, GER

Creative Compassion: Making Space for Empathy, Focusing and the Arts

February 10, 2024, [5. Focusing Impuls Conference](#) 'The Best Practice', The Focusing Institute DFI/DAF, GER

Coping With Arts In A Changing World

22. Januar 2024, Catholic Church Zollernalb, BW/GER

Colors Of Decision: Day Seminar

January 20, 2023, Adult Education Center Hospitalhof Stuttgart, BW/GER

Introduction to Expressive Arts Focusing

January 15, 2024, Seminar Department of Clinical Curative Education, Catholic University Freiburg, BW/GER

Play With Yourself, Then Play With The World: Finding Solutions Through Creativity

December 2, 2023, Training for Daycare Parents and Nannies, TEV Tübingen, BW/GER

Aligning With Yourself: Felt Art Journaling For Personal Growth  
November 9, 15 and 22, 2023, Women's Academy Stuttgart, BW/GER

Get In Toach With Art: Make An Intuitive Concertina Sketchbook  
November 21, 2023, Adult Education Center Tübingen, BW/GER

Free Up Yourself With Arts  
November 14 and 22, 2023, Adult Eduation Center Stuttgart, BW/GER

Felt Art Journaling For Everyone: Day Seminar  
November 11, 2023, Adult Education Center Stuttgart, BW/GER

Aligning With Yourself: Felt Art Journaling For Personal Growth  
November 8, 15 and 22, 2023, Women's Academy Stuttgart, BW/GER

Free Up Yourself With Arts  
October 14, 2023, Adult Education Center Hopitalhof Stuttgart, BW/GER

Get In Touch With Art: Felt Art Journaling  
October 10, 2023, Adult Education Center VHS Tübingen, BW/GER

Slow Draw: Following Paul Klee  
September 28, DEKART Design and Art Academy Reutlingen, BW/GER

What Color Is Your Sky? Dreams, Creativity and Self-Expression  
September 24, 2023, Adult Education Center KEB Reutlingen, BW/GER

Finding Balance Through Creative Selfcare: Retreat  
September 23, 2023, TS Telephone Pastoral Care Staff Tübingen, BW/GER

Paint Your Dreams With Expressive Arts Focusing  
September 7, 2023, Adult Education Center Hospitalhof Stuttgart, BW/GER

Get In Touch With Art: Make An Intuitive Concertina Sketchbook  
July 19, 2023, Adult Education Center VHS Tübingen, BW/GER

Introduction To Trauma-Informed Focusing With The Expressive Arts

August 6 -10, 2023, [42. Focusing Network FN Summercamp](#), International Cultur Center Humboldt House, Lindau/Lake of Constance, BW/GER

**Paint Your Dreams With Expressive Arts Focusing**

June 22, 2023, Adult Education Center VHS Herrenberg, BW/GER

**Aligning With Yourself: Felt Art Journaling For Personal Growth**

May 24, June 14, 21 and 28, 2023, Women's Academy Stuttgart, BW/GER

**Express Yourself! Receptive Arts Meet Expressive Arts Focusing**

May 16h, 2023, Adult Education Center VHS Stuttgart BW/GER

**Creative Compassion: Building Relational Empathy With Expressive Arts Focusing**

May 13, 2023, [Annual Gathering of The German Focusing Society DFG](#), Heidelberg, GER

**Get In Touch With Art: Make An Intuitive Concertina Sketchbook**

May 9, 2023, Adult Education Center VHS Tübingen, BW/GER

**Free Painting With Expressive Arts Focusing**

May 6, 2023, Adult Education Center Hospitalhof Stuttgart, BW/GER

**Mindfulness Based Botanical Drawing: Drawing Nature From the Body Sense**

April 30, Monastery St. Luzen Zollernalb, BW/GER

**Felt Art Journaling: Pocket Art From the Body Sense**

April 27, 2023, Adult Education Center KEB Reutlingen, BW/GER

**Contemplative Drawing: Learn FromThe Bauhaus Founders**

April 25, 2023, DEKART Design and Art Academy Reutlingen, BW/GER

**Felt Art Journaling: Pocket Art From the Body Sense**

March 25, 2023, Adult Education Center VHS Stuttgart, BW/GER

**Where To Find Creativity Within: Inner Artist Meets Inner Critic**

March 03, 2023 - virtual FOCUSZART Workshop Event

**Smash'n Focus: SAFE Felt Art Journaling. How To Cross Focusing and Cosmic Smash Booking®**

February 26, 2023 - virtual FOCUSZART Workshop Event

#### The Color Table: Creativity In Community

February 27, 2023, Psychiatry Project VSP Tübingen, BW/GER

#### Child Care Needs Adult Selfcare: Finding Ressources With Focusing And The Arts

February 7, 14 and 28, 2023, Training for Daycare Parents and Nannies, TEV Tübingen, BW/GER

#### Colours Of Decision: Art Based Decision Making

January 13, 2023 - virtual FOCUSZART Workshop Event

#### FOCUSZART Virtual Best Agers Group For Mental Health And Resilience

January 12, 2023 | December 08, 2022 | November 17, 2022 | July 28, 2022 | July 13, 2022 | June 30, 2022 | March 17, 2022 | February 16, 2022 | January 12, 2022 | December 8, 2021 | November 17, 2021 | October 13, 2021 | September 21, 2021 | July 14, 2021 | June 16, 2021 | May 19, 2021 | April 21, 2021 | March 24, 2021 | February 24, 2021 | January 20, 2021 | December 2, 2020 | November 25, 2020

#### Introduction to Expressive Arts Focusing

December 12, 2022, Seminar Department of Clinical Curative Education, Catholic University Freiburg, BW/GER

#### Felt Art Journaling: Upgrade Course

September 29, 2022, Adult Education Center VHS Stuttgart BW/GER

#### Felt Art Journaling: Community Art Week Stuttgart

August 29, 2022 - September 2, 2022, Adult Education Center VHS Stuttgart BW/GER

#### Time To Grow Artistically

FOCUSZART Smash Arts Focusing Challenge 2022, virtual program with weekly meetings July 5 to August 4, 2022

#### Felt Art Journaling: Introduction

May 31, 2022, Adult Education Center VHS Tübingen BW/GER

#### Felt Art Journaling: Introduction

May 6, 2022, Adult Education Center VHS Stuttgart BW/GER



### Being In Presence With Expressive Arts Focusing

May 15, 2022, [Annual Gathering of The German Focusing Society DFG](#), Heidelberg, BW/GER

### FOCUSZART Virtual Ubuntu FOAT® Based Community Wellness Group

February 24, 2022 | December 16, 2021 | September 30, 2021 | June 17, 2021 | April 22, 2021 | February 18, 2021 | Dezember 4, 2020

### FOAT® Based Relaxation For Children

Date: December 5, 2021, Oneday Training for professional Caregivers and Educators, TEV Tübingen, BW/GER

### Introduction to FOAT®

November 12, 2021, Continuing Education Training Program Art Therapy, [Catholic University of Applied Sciences Freiburg](#), BW/GER

### Compassionate Listening in We-Space: Finding Balance Between Engagement and Self Care Through FOAT®

October 2 to October 3, 2021, Annual Conference for Telephone Pastoral Care Staff, Retreat, - TS Tübingen, BW/GER

### Colours of Decision: Art Based Decision Making

September 10, 2021 - virtual FOCUSZART Workshop Event

### Mindfulness Based Botanical Drawing: Drawing Nature From The Body Sense

Outdoor workshops with different collaboration partners in South Germany BW/GER:

Adult Education Centers

- KEB Zollernalb September 12, 2021
- VHS Herrenberg, September 11, 2021
- VHS Tübingen, July 4, 2021
- VHS Reutlingen, June 20, 2021
- KEB Zollernalb June 13, 2021

### Time To Grow Artistically: FOCUSZART FOAT® Summer Challenge

July 12, 2021 to September 10, 2021, virtual program

### Where To Find Creativity Within? Dialog With Your Inner Critic Through FOAT®

June 29, 2021, DEKART Art and Design Academy Reutlingen, BW/GER

### Colour Sounds: Creating Meaning Through Embodied Art Making

May 02, 2021 - virtual FOCUSZART Workshop Event

### Along The Growing Edge: Exploring The More Of ... Artistically

May 01, 2021, [Annual Gathering of The German Focusing Society DFG](#), Heidelberg, BW/GER, virtual event

### FOCUSZART FOAT® Virtual Lectures: Hybrid Focusing Network Summer Camp 2020

August 7, 2020 to August 8, 2020, Achberg, BW/GER

### Your Body Is Making Your Art: Learn About Your Artistic Sense

April 25, 2020 | November 22, 2020 - virtual FOCUSZART Workshop Event

### Inside And Outside: How I See Myself As A Focuser

A Crossing Of Expressive Arts Focusing And Children's Focusing, Co-Teacher Heidrun Essler

May 09, 2020, [Annual Gathering of The German Focusing Society DFG](#), Heidelberg, BW/GER

### Inner Artist Meets Inner Dreamer

May 11, 2019, [Annual Gathering of The German Focusing Society DFG](#), Heidelberg, BW/GER

## Bilingual Workshops Integrating Arts into Focusing

### The Inner Critic: Enemy Or Friend? - Finding Healing And Harmony Within By

Making Peace With Your Inner Critical Voices, assisting [Ruth Hirsch](#) MSW, MPH, CC TIFI/Israel, [39. Focusing Network Summercamp](#), Achberg 2020, BW/GER

### Dynamic Focusing - Being Seriously Playful, assisting [René Veugelers](#)/NL, [36.](#)

[Focusing Network Summercamp](#), Achberg 2017, BW/GER

## Creativity Focusing Studio Time

September 4, 2026 | April 10, 2026 | March 6, 2026 | February 6, 2026 | January 9, 2026 | December 5, 2025 | November 7, 2025 | October 3, 2025 | July 4, 2025 | June 6, 2025 | May 9, 2025 | April 4, 2025 | March 7, 2025 | February 7, 2025 | Dezember 27, 2024 | November 1, 2024 | July 5, 2024 | June 7, 2024 | May 3, 2024 | April 12, 2024 | March 1, 2024 | February 16, 2024 | January 12, 2024 | December 8, 2023 | November 10, 2023 | Oktober 6, 2023 | September 8, 2023 | July 21, 2023 | June 9, 2023 | May 5, 2023 | April 14, 2023 | March 3, 2023 | February 3, 2023 | January 13, 2023 | December 2, 2022 | November 4, 2022 | October 7, 2022 | September 9, 2022 | June 3, 2022 | April 1, 2022 | March 1, 2022 | February 4, 2022 | January 7, 2022 | December 10, 2021

**| November 5, 2021 | October 15, 2021 | September 9, 2021 | June 4, 2021 | May 14, 2021 | April 11, 2021 | March 6, 2021 | February 12, 2021 | Januar 8, 2021 | December 13, 2020 | November 24, 2020**