



## FOCUSZART Focusing Studio & School

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<https://artsfocusing.com>

### Smash 'n' Focus – FREE EFA Workshop Series

6th October 2025 - 12th October 2026

This workshop series is designed for members who are curious about the interest group EFA Community Art Table starting late autumn 2026.

The workshop series provides opportunities to explore inner healing through Focusing oriented art-based self-care and group support. We are going to use tools of Expressive Arts Focusing to articulate our Felt Sense through the visual medium. Artistic skills are not a prerequisite for participation.

The meetings are scheduled to take place 3 times per annum via zoom. The initial meeting has taken place Monday October 6, 2025.

**The next upcoming meeting is scheduled Monday October 12, 7 pm CET/6 pm GMT to 8.30 pm CET/7.30 GMT.**

Enrollment is open 7 days ahead. For the second meeting you can enroll from January 19, 2026 to January 26, 2026 **till 5 pm CET/4 pm GMT**. Please use this off-page [LINK](#) for enrollment. Zoom link will be sent 30 minutes before start.

Kindly refer to the art supply list before checking in to the zoom room.

Future meetings will be announced on this resource page as well.

Here is an overview of what will happen:

In the course of the workshop series we are going to follow a safe technique called 'Smash 'n' Focus'. This technique is going to help us explore our inner landscape using the one-page method: Everything that comes up is put down and processed on one page. Thus the page becomes a holding container.

We are going to prepare our page in accordance with the sensory based art journaling practice of Cosmic Smash Booking® CSB (an easy to learn form of healing art journaling created by Catt Geller).

The process of artistic expression will be continued by building layers of paints that serve as supportive ground for our emotional and aesthetic journey to unfold. We are going to smash our bodily feelings artistically onto the page and unleash our inner artist (our fundamental creative force of nature). We will encounter our embodied self (or embodied parts) and process difficult feelings through art making and body-art dialogue.

Smash 'n' Focus is a theme-directed Self-Focusing practice and a tool to support clients.

The meetings will be facilitated by [Freda Blob](#)

#### List of art supplies:

- 2 A4 sheet of paper (any quality, can be printer paper) to be glued together or use your art journal
- glue stick
- tape
- scissors
- old credit card
- 2 extra sheet of paper (A4) and some collage material
- coloured pens or sharp markers
- 1 black bullet shaped marker (e.g. from posca's) or graphite pencil
- jar with water, paint brushes, tissue
- 3-10 of your favourite water colours or water paintable crayons (oil pastels can be substitute)
- if it's available for you: white gesso or white acrylic paint – it's also fine without!