



FOCUSZART Focusing Studio & School
Hirschauer Strasse 50
D-72070 Tübingen
www.artsfocusing.com

Freda Blob, ED (GRAD), CP (GRAD), FOT-FOAT, PCCAT, PCT, GDP

**Focusing-Oriented Creative Arts Engagement and
Therapy (FOCAET)
Making Meaning from the Body**

Friday March 20th, 2026, 6 pm GMT/UCT = UK time, duration: 2 hours



FOCAET is an integrative approach combining the frameworks of museum arts engagement and creative arts therapies in Focusing or Focusing-oriented settings. Rooted in the history of European Focusing and art therapy, FOCAET is founded on the principles and ethics of the Person-Centred and Experiential (PCE) approach.

FOCAET enhances therapeutic engagement with the arts by using artwork from museum collections and other global sources. By combining the concept of the Focusing Felt Sense with trauma-informed art activities, FOCAET promotes well-being and healing from emotional and cultural wounds.

This workshop introduces FOCAET's flagship programme, Receptive-Expressive Arts Focusing (REAF), providing insight into Eugene Gendlin's evidence-based Focusing method for growth, change and healing. User-friendly exercises demonstrate how blending museum art, therapeutic arts, and Focusing tools can enrich the creative process of making meaning.

Developed by Freda Blob, Focusing-Oriented Creative Arts Engagement and Therapy (FOCAET) can be applied in all clinical and non-clinical contexts, with all populations, and in all settings. For more information about REAF, visit:

<https://artsfocusing.com>

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