

Bio

Freda Blob, MAAT, AEd.grad., Psych.grad., PCCAT, PCT, has 30 years of experience in the field. She is known for her endless curiosity and enthusiasm for experimenting creatively with the multitude of Focusing approaches, methods and tools. She has contributed to the German-Swiss Focusing Network (FN, 2001 – 2023) and the German Focusing Association (DFG, since 2019) by teaching Focusing, Focusing-Oriented Expressive Arts (FOAT®), and trauma-informed Creative Arts for Focusing Professionals

Clinical Training and Career

2022, 2024

Guest lecturer for Focusing and the Expressive Arts at the Department of Clinical Curative Education at the [Catholic University of Freiburg](#), Germany

2016

The Tübingen Focusing Center, or FOCUSZ, was founded. It is now known as FOCUSZART: Focusing Studio & School

2010

Degree in Adult Education (German equivalent to BA, MA), Eberhart Karls University of Tübingen

1997 – 2004

Seven-year postgraduate program in person-centered psychotherapy (PCT) with eighteen clinical teachers. Two certification processes: One at the Person-Centered Institute AGB Berlin (depth-oriented), and one at the Person-Centered Institute IGB Stuttgart (behavioral-oriented)

1996

Registered as a non-medical practitioner for psychotherapy. Since then, working in private practice

1995 – 2002

Focusing training with 14 German and Swiss pioneers and practitioners of the method. Additional basic training in body psychotherapy was completed, including Biosynthesis with founder David Boadella and Biodynamic Therapy with founder Gerda Boyesen. Receiving instructions in Sensual Awareness (Gindler-Goralewski) for two years

1994

Since then, teaching classes for mental health professionals

1989 – 1996

Worked in public health institutions

1992

Degree in Clinical Psychology (German equivalent to BA, MA), Free University of Berlin

Focusing Expertise

In 2013, Freda certified as a Certifying Coordinator for The International Focusing Institute TIFI. In 2020 she certified as a TIFI Focusing Oriented Therapist.

To complete her FN training, Freda took the following international courses:

2023 Focusing-Oriented Relational Psychotherapy (Intro) with [Lynn Preston](#)

2019 Dynamic Expressive Focusing/Being Seriously Playful with [René Veugelers](#)

2015 Wholebody Heartfelt Conversation ([Kevin McEvenue](#)) with Katrijn van Look and Lara Peumans

1997 Integrative Focusing with René Maas

Freda's teaching improved with these additional training programs:

2017-2020 Focusing Oriented Arts Therapy FOAT® with [Dr. Laury Rappaport](#)

2026-2017 Focusing with the Whole Body with [Astrid Schillings](#)

2016 Existential Wellbeing Counseling with [Prof.em Mia Leijssen](#)

Expertise in Therapeutic Arts

Freda earned a Master's degree in Art Therapy and a postgraduate Diploma of Advanced Studies in Art Therapy, both from the [Catholic University of Freiburg](#) in 2026 and 2022, respectively

In addition to her 2020 certification as a Focusing Oriented Therapist with Specialization in Expressive Arts FOAT®, Freda qualified as a Registered Person-Centered Creative Arts Therapist (2024), a FOAT® Practitioner (2019), and a Guided Drawing® Practitioner (2019)

Since 2020, Freda has attended numerous international continuing professional development (CPD) and continuing education (CE) courses in creative and expressive arts and museum art education, ensuring the excellence of her professional skills

Background in Design

Foundational Degree (Fd) in Design Techniques, University of Duisburg-Essen GER, with a preliminary internship in design crafts

Her main coursework and work as a student assistant (1981 – 1984) was with sculptor and Folkwang teacher [Prof. Franz Rudolf Knubel](#)

Freda was a participating artist at the [International Stone Sculpture Symposium Kaiserslautern](#) (1982)

Non Academic Therapeutic Credentials

Registered Person Centred Creative Arts Therapist (Reg. PCCAT) | Cert Guided Drawing® Practitioner (GDP) | Cert Focusing Oriented Expressive Arts FOAT® Practitioner

TIFI Certifying Coordinator | TIFI Focusing Oriented Therapist FOT with Specialization in FOAT® (FOT-FOAT) | TIFI Focusing Trainer FOAT® | TIFI Focusing Trainer

European Certified Person-centred and Experiential Psychotherapist/Counselor (PCT) with diploma in Existential Well-Being Counseling, GwG Certified Person-centred Psychotherapist and Counselor

Memberships

[International Expressive Arts Therapy Association IEATA](#)

[Association of Person Centred Creative Arts APCCA](#)

[The International Focusing Institute TIFI](#)

[Focusing Oriented Therapists Association FOTA](#)

[European Focusing Association EFA](#)

[British Focusing Association BFA](#)

[German Focusing Association DFG](#)

[European Network for Person-Centred and Experiential Psychotherapy and Counselling PCE](#)

[German Association for Person-Centred Psychotherapy and Counseling GwG](#)

Collaborations

<https://focusingarts.com>

<https://apcca.org.uk>

<https://focusinginternational.org>

<https://lynnprestonforp.com>

<https://noelleimparato.co>

<https://focusinginstitut.eu>

<https://gfk-institut.ch>

<https://christianegeiser.ch>

<https://teresadawson.ch>

<https://monikalindner.com>

<https://sybille-evert-wittich.de>