

Creative Bloom Focusing © Freda Blob

Creative Bloom Focusing (CBF) is a Focusing-Oriented Creative Arts Engagement and Therapie (FOCEAT) program that provides access to artistic practices to unleash your inner artist and help you develop your creative flow. The program draws inspiration from the work and teachings of artists Nicholas Wilton, Adele Sypestayn, and Jenny Nelson. It also incorporates the principles of the Bauhaus movement and the Museum of Modern Art's (MoMA) educational methods.

Creative Bloom Focusing makes art and a life of wonder and change. It uses Felt Sense-Based Art practices, fine and folk art references, and hands-on techniques for visual art-making to help you move toward a more creative version of yourself

- CBF is an action-oriented approach that blends the transformative power of art making with the fundamental principles of design.
- CBF helps you become more you by creating art you love
- CBF helps you build a more creative and fulfilling life by cultivating creative shifts in both your art and your daily life
- CBF restores your full aliveness through a Focusing-informed engagement with the visual arts, which may or may not draw from references to fine and folk art
- CBF is a self-exploratory program designed for absolute beginners and for creatives who have lost their creative voice

