

FOCUSZART Focusing Studio & School

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www.artsfocusing.com

A Selection of a National and International Workshops

Creative Use of Focusing Questions: An Artistic Practice for Focusing Enthusiasts
March 21st, 2026, Annual Gathering of [The German Focusing Association \(DFG\)](#),
Heidelberg, Germany

How We Name it. Talking About Focusing Crossings: Forwarding Language Through Experiential Felt Arts
September 25-29, 2024, Annual Gathering of the [European Focusing Association \(EFA\) 2024](#)

Creative Compassion - Towards a Sense of Belonging
June 27, 2024, FOCUSZART Focusing Studio & School

Introduction to Creative Compassion Practice
June 6, 2024, FOCUSZART Focusing Studio & School

Trauma-informed Focusing with the Arts
May 5th, 2024, Annual Gathering of The German Focusing Association (DFG),
Heidelberg, Germany

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

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

Introduction To Trauma-Informed Focusing With The Expressive Arts
August 6-10, 2023, 42. Focusing Network FN Summercamp Achberg, Germany

Creative Compassion: Building Relational Empathy With Expressive Arts Focusing
May 13, 2023, Annual Gathering of The German Focusing Association (DFG),
Heidelberg, Germany

Introduction to Expressive Arts Focusing ExAF: Learn to Trust Your Inner Artist and Your Body's Inner Guidance A Debut Presentation
November 05, 2022, Focusing Initiatives International, 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

Being In Presence With Expressive Arts Focusing

May 15, 2022, Annual Gathering of The German Focusing Association (DFG), Heidelberg, Germany

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

May 01, 2021, Annual Gathering of The German Focusing Association (DFG), Heidelberg, Germany

Inside And Outside: How I See Myself As A Focuser. A Crossing Of Expressive Arts Focusing And Children's Focusing

May 09, 2020, Annual Gathering of The German Focusing Association (DFG), Heidelberg, Germany, Co-Teacher Heidrun Essler

With the Help of Your Inner Advisor. Support for Corona Resilience

May 6, 2020, Focusing Initiatives International IIF

Inner Artist Meets Inner Dreamer

May 11, 2019, Annual Gathering of The German Focusing Association (DFG), Heidelberg, Germany