FOCUSZART Focusing Studio & School

Workshop Archiv

International Workshops

Trauma-informed Focusing with the Arts

Therapeutic Training for Focusing Practitioners and Person-Centered Counselors

October 24, 2026, Institute for Body Therapy, Focusing and Person-centred Psychotherapy GFK, Zurich, Switzerland

EFA Community Color Table: Smash'n Focus. Workshopseries for Members of the European Focusing Association (EFA)

October 12, 2026

Making Meaning From the Body: Introduction to Focusing-Oriented Creative Arts Engagement and Therapy (FoCAET)

March 20, 2026, CPD Workshop for the Association for Person Centred Creative Arts (APCCA)

Shaping Our Questioning: Making Space for Poiesis in Focusing Practice

May 26, 2025, Community Empowerment Help for Helpers

EFA Community Color Table: Smash'n Focus. Workshopseries for Members of the European Focusing Association (EFA)

January 28, 2026, October 6, 2025

How We Name it. Talking About Focusing Crossings: Forwarding Language Through Experiential Felt Arts

September 25-29, 2024, Annual Gathering 2024, European Focusing Association (EFA)

Creative Compassion: Towards a Sense of Belonging

June 28, 2024, FOCUSZART The Focusing Studio

Introduction to Creative Compassion Practice

June 6, 2024, FOCUSZART The Focusing Studio

Introduction to Expressive Arts Focusing Hands-on Methods: Finding Ground in Experiential Arts. Roots, Branches, and Wings Series with Pioneers and Master Teachers

April 19, 2024, Focusing and Expressive Arts Institute, US

Creative Compassion

November 6, 2023, Community Empowerment Help for Helpers

Creative Compassion: Building Relational Empathy through Expressive Arts Focusing Activities

November 3, 2023, Focusing Oriented Therapy Conference TIFI 2023

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**

Creative Compassion: Building Relational Empathy with Expressive Arts Focusing

June 15th, 2023, Online Workshop 15. International Expressive Arts Therapy Conference IEATA 2023 Taiwan

Introduction to Expressive Arts Focusing ExAF: Learn to Trust Your Inner Artist and Your Body's Inner Guidance. Webinar

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

Into the More: Exploring the Transformative Potential of Expressive Avenues

January 16, 2022, Workshop Presentation 14. International Conference IEATA 2022

Into The More: Exploring the Transformative Potential of the Avenues - FOAT Connections, Applications and Vision

October 17, 2021, Focusing and Expressive Arts Institute

With the Help of Your Inner Advisor. Webinar

May 06, 2020, Focusing Initiatives International, www.coronaplaza.life

National Workshops

Aligning with Yourself: Felt Art Journaling for Personal Growth, Introduction
October 4, 21 and 28, 2026, Women's Academy Stuttgart, BW/GER

Getting Creative: Felt Art Journaling Day
October, 2026 Adult Education Center Stuttgart, BW/GER

Painting as I See It – Acrylics and Mixed Media
June 25 till July 30, 2026, Adult Education Center Herrenberg, BW/GER

Aligning with Yourself: Felt Art Journaling for Personal Growth, Advanced
April 29, May 6 and 13, 2026, Women's Academy Stuttgart, BW/GER

Getting Creative: Felt Art Journaling Day
March 21, 2026 Adult Education Center Stuttgart, BW/GER

Creative Ways to Work with Focusing Questions: Artistic Decentering for Focusers
March 14, 2026, Annual Gathering of The German Focusing Society DFG, Heidelberg, GER

Aligning with Yourself: Felt Art Journaling for Personal Growth, Introduction
March 4, 11, and 18, 2026, Women's Academy Stuttgart, BW/GER

Color Talks: The Potential of Early Person-Centered Art and Creative Therapies in the Fields of Counseling and Coaching – Day Seminar
February 7, 2026, German Association for Personcentered Psychotherapy and Counseling GwG, Stuttgart, BW/GER

Poetry in Pictures: Following the Footsteps of Paul Klee. Community Art Workshop
December 13, 2025, Catholic Church Reutlingen, BW/GER

Aligning With Yourself: Felt Art Journaling for Personal Growth, Advanced
November 26 to December 10, 2025, Women's Academy Stuttgart, BW/GER

Getting Creative: Felt Art Journaling Day
November 22, 2025 Adult Education Center Herrenberg, BW/GER

Slow Art: Meditative Painting
November 13., 20., 2025, Edult Education Center VHS Tübingen, BW/GER

Getting Creative: Felt Art Journaling Day
November 18, 2025 Adult Education Center Stuttgart, BW/GER

More than Words: Introduction to Tauma-informed Expressive Arts Focusing EXAF
November 15, 2025 Adult Education Center Hospitalhof Stuttgart, BW/GER

Getting Creative: Felt Art Journaling for Beginners
November 11, 2025 Adult Education Center Reutlingen, BW/GER

Art Under Fascism: Charlotte Salomon and the Creative Act of Living History
November 6, 2025 Adult Education Center Stuttgart, BW/GER

Aligning with Yourself: Felt Art JournalingfFor Personal Growth, Introduction
October 6, 15 and 22, 2025, Women's Academy Stuttgart, BW/GER

Color Talks: Learn From Pioneers of the Person-centered and Experiential Creative Arts Therapies
14-16 June 2024, 24. Congress of the German Association for Personcentered Psychotherapy and Counseling GwG, Erfurt, Th/GER

Arts Based Self Focusing for Supporting Clients in Trauma-informed Focusing Oriented Psychotherapy
May 5th, 2024, Annual Gathering of The German Focusing Society DFG, Heidelberg, BW/GER

Trauma-informed Focusing with the Arts
April 20, 2024, Adult Education Center Hospitalhof Stuttgart, BW/GER

Becoming Friends with the Inner Critic through Experiential Art Dialog
April, 16, 2024, Caritas Conferences Stuttgart, BW/GER

Focusing Art Joy: From Color to Composition
March 18, 2024, Adult Education Center VHS Stuttgart, BW/ GER

Healing Color Touch: Focusing With the Arts for Pastoral Care
March 16, 2024, Training for Pastoral Care Volonteers, Catholic Church Böblingen, BW/GER

Focusing Art Joy: When Dot and Line Go For a Walk
March 12 -19, 2024, Adult Education Center VHS Tübingen, BW/GER

Aligning with Yourself: Felt Art Journaling for Personal Growth
March 6, 13 and 20, 2024, Women's Academy Stuttgart, BW/GER

Art Fo Focusing Joy: From Color to Composition
March 5, 21, 2024, DEKART Design and Art Academy Reutlingen, GER

Creative Compassion: Making Space for Empathy, Focusing and the Arts
February 10, 2024, 5. Focusing Impuls Conference 'The Best Practice', The Focusing Institute DFI/DAF, GER

Coping With Arts in a Changing World
22. Januar 2024, Catholic Church Zollernalb, BW/GER

Colors Of Decision: Day Seminar
January 20, 2023, Adult Education Center Hospitalhof Stuttgart, BW/GER

Introduction to Expressive Arts Focusing
January 15, 2024, Seminar Department of Clinical Curative Education, Catholic University Freiburg, BW/GER

Play With Yourself, Then Play With the World: Finding Solutions Through Creativity
December 2, 2023, Training for Daycare Parents and Nannies, TEV Tübingen, BW/GER

Aligning With Yourself: Felt Art Journaling for Personal Growth
November 9, 15 and 22, 2023, Women's Academy Stuttgart, BW/GER

Get in Toach with Art: Make an Intuitive Concertina Sketchbook
November 21, 2023, Adult Education Center Tübingen, BW/GER

Free up Yourself with Arts
November 14 and 22, 2023, Adult Eduation Center Stuttgart, BW/GER

Felt Art Journaling for Everyone: Day Seminar
November 11, 2023, Adult Education Center Stuttgart, BW/GER

Aligning with Yourself: Felt Art Journaling for Personal Growth
November 8, 15 and 22, 2023, Women's Academy Stuttgart, BW/GER

Free up Yourself with Arts
October 14, 2023, Adult Education Center Hopitalhof Stuttgart, BW/GER

Get in Touch with Art: Felt Art Journaling
October 10, 2023, Adult Education Center VHS Tübingen, BW/GER

Slow Draw: Following Paul Klee
September 28, DEKART Design and Art Academy Reutlingen, BW/GER

What Color Is Your Sky? Dreams, Creativity and Self-Expression
September 24, 2023, Adult Education Center KEB Reutlingen, BW/GER

Finding Balance Through Creative Selfcare: Retreat
September 23, 2023, TS Telephone Pastoral Care Staff Tübingen, BW/GER

Paint Your Dreams with Expressive Arts Focusing
September 7, 2023, Adult Education Center Hospitalhof Stuttgart, BW/GER

Get In Touch With Art: Make an Intuitive Concertina Sketchbook
July 19, 2023, Adult Education Center VHS Tübingen, BW/GER

Introduction to Trauma-Informed Focusing with the Expressive Arts
August 6 -10, 2023, 42. Focusing Network FN Summercamp, International Cultur Center Humboldt House, Lindau/Lake of Constance, BW/GER

Paint Your Dreams wth Expressive Arts Focusing
June 22, 2023, Adult Education Center VHS Herrenberg, BW/GER

Aligning with Yourself: Felt Art Journaling for Personal Growth
May 24, June 14, 21 and 28, 2023, Women's Academy Stuttgart, BW/GER

Express Yourself! Receptive Arts Meet Expressive Arts Focusing
May 16h, 2023, Adult Education Center VHS Stuttgart BW/GER

Creative Compassion: Building Relational Empathy with Expressive Arts Focusing
May 13, 2023, Annual Gathering of The German Focusing Society DFG, Heidelberg, GER

Get In Touch With Art: Make An Intuitive Concertina Sketchbook
May 9, 2023, Adult Education Center VHS Tübingen, BW/GER

Free Painting with Expressive Arts Focusing
May 6, 2023, Adult Education Center Hospitalhof Stuttgart, BW/GER

Mindfulness Based Botanical Drawing: Drawing Nature From the Body Sense
April 30, Monastery St. Luzen Zollernalb, BW/GER

Felt Art Journaling: Pocket Art From the Body Sense
April 27, 2023, Adult Education Center KEB Reutlingen, BW/GER

Contemplative Drawing: Learn From the Bauhaus Founders
April 25, 2023, DEKART Design and Art Academy Reutlingen, BW/GER

Felt Art Journaling: Pocket Art from the Body Sense
March 25, 2023, Adult Education Center VHS Stuttgart, BW/GER

Where to Find Creativity Within: Inner Artist Meets Inner Critic
March 03, 2023 - virtual FOCUSZART Workshop Event

Smash'n Focus: SAFE Felt Art Journaling. How to Cross Focusing and Cosmic Smash Booking®
February 26, 2023 - virtual FOCUSZART Workshop Event

The Color Table: Creativity in Community
February 27, 2023, Psychiatry Project VSP Tübingen, BW/GER

Child Care Needs Adult Selfcare: Finding Ressources with Focusing and the Arts
February 7, 14 and 28, 2023, Training for Daycare Parents and Nannies, TEV Tübingen, BW/GER

Colours of Decision: Art-Based Decision Making
January 13, 2023 - virtual FOCUSZART Workshop Event

FOCUSZART Virtual Best Agers Group for Mental Health and Resilience
January 12, 2023 | December 08, 2022 | November 17, 2022 | July 28, 2022 | July 13, 2022 | June 30, 2022 | March 17, 2022 | February 16, 2022 | January 12, 2022 | December 8, 2021 | November 17, 2021 | October 13, 2021 | September 21, 2021 | July 14, 2021 | June 16, 2021 | May 19, 2021 | April 21, 2021 | March 24, 2021 | February 24, 2021 | January 20, 2021 | December 2, 2020 | November 25, 2020

Introduction to Expressive Arts Focusing
December 12, 2022, Seminar Department of Clinical Curative Education, Catholic University Freiburg, BW/GER

Felt Art Journaling: Upgrade Course
September 29, 2022, Adult Education Center VHS Stuttgart BW/GER

Felt Art Journaling: Community Art Week Stuttgart
August 29, 2022 - September 2, 2022, Adult Education Center VHS Stuttgart BW/GER

Time to Grow Artistically
FOCUSZART Smash Arts Focusing Challenge 2022,
virtual program with weekly meetings July 5 to August 4, 2022

Felt Art Journaling: Introduction
May 31, 2022, Adult Education Center VHS Tübingen BW/GER

Felt Art Journaling: Introduction
May 6, 2022, Adult Education Center VHS Stuttgart BW/GER

Being in Presence with Expressive Arts Focusing
May 15, 2022, Annual Gathering of The German Focusing Societey DFG, Heidelberg, BW/GER

FOCUSZART Virtual Ubuntu FOAT®-Based Community Wellness Group
February 24, 2022 | December 16, 2021 | September 30, 2021 | June 17, 2021 | April 22, 2021 | February 18, 2021 | Dezember 4, 2020

FOAT® Based Relaxation For Children
Date: December 5, 2021, Oneday Training for professional Caregivers and Educators, TEV Tübingen, BW/GER

Introduction to FOAT®
November 12, 2021, Continuing Education Training Program Art Therapy, Catholic University of Applied Sciences Freiburg, BW/GER

Compassionate Listening in We-Space: Finding Balance Between Engagement and Self Care Through FOAT®

October 2 to October 3, 2021, Annual Conference for Telephone Pastoral Care Staff, Retreat, - TS Tübingen, BW/GER

Colours of Decision: Art Based Decision Making

September 10, 2021 - virtual FOCUSZART Workshop Event

Mindfulness Based Botanical Drawing: Drawing Nature from the Body Sense

Outdoor workshops with different collaboration partners in South Germany BW/GER:
Adult Education Centers

- **KEB Zollernalb September 12, 2021**
- **VHS Herrenberg, September 11, 2021**
- **VHS Tübingen, July 4, 2021**
- **VHS Reutlingen, June 20, 2021**
- **KEB Zollernalb June 13, 2021**

Time To Grow Artistically: FOCUSZART FOAT® Summer Challenge

July 12, 2021 to September 10, 2021, virtual program

Where To Find Creativity Within? Dialog With Your Inner Critic Through FOAT®

June 29, 2021, DEKART Art and Design Academy Reutlingen, BW/GER

Colour Sounds: Creating Meaning Through Embodied Art Making

May 02, 2021 - virtual FOCUSZART Workshop Event

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

May 01, 2021, Annual Gathering of The German Focusing Society DFG, Heidelberg, BW/GER, virtual event

FOCUSZART FOAT® Virtual Lectures: Hybrid Focusing Network Summer Camp 2020

August 7, 2020 to August 8, 2020, Achberg, BW/GER

Your Body is Making Your Art: Learn About Your Artistic Sense

April 25, 2020 | November 22, 2020 - virtual FOCUSZART Workshop Event

Inside And Outside: How I See Myself as a Focuser

A Crossing Of Expressive Arts Focusing And Children's Focusing, Co-Teacher Heidrun Essler
May 09, 2020, Annual Gathering of The German Focusing Society DFG, Heidelberg, BW/GER

Inner Artist Meets Inner Dreamer
May 11, 2019, Annual Gathering of The German Focusing Society DFG, Heidelberg, BW/GER

Bilingual Workshops Integrating Arts into Focusing

The Inner Critic: Enemy Or Friend? - Finding Healing And Harmony Within by Making Peace With Your Inner Critical Voices, assisting Ruth Hirsch MSW, MPH, CC TIFI/Israel, 39. Focusing Network Summercamp, Achberg 2020, BW/GER

Dynamic Focusing - Being Seriously Playful, assisting René Veugelers/NL, 36. Focusing Network Summercamp, Achberg 2017, BW/GER

Creativity Focusing Studio Time

October, 30, 2026 | September, 4, 2026 | April, 10. 2026 | March 6, 2026 | February 6, 2026 | January 9, 2026 | December 5, 2025 | November 7 2025 | October 3, 2025 | July 4, 2025 | June 6, 2025 | May 9, 2025 | April 4, 2025 | March 7, 2025 | February 7, 2025 | Dezember 27, 2024 | November 1, 2024 | July 5, 2024 | June 7, 2024 | May 3, 2024 | April 12, 2024 | March 1, 2024 | February 16, 2024 | January 12, 2024 | December 8, 2023 | November 10, 2023 | Oktober 6, 2023 | September 8, 2023 | July 21, 2023 | June 9, 2023 | May 5, 2023 | April 14, 2023 | March 3, 2023 | February 3, 2023 | January 13, 2023 | December 2, 2022 | November 4, 2022 | October 7, 2022 | September 9, 2022 | June 3, 2022 | April 1, 2022 | March 1, 2022 | February 4, 2022 | January 7, 2022 | December 10, 2021 | November 5, 2021 | October 15, 2021 | September 9, 2021 | June 4, 2021 | May 14, 2021 | April 11, 2021 | March 6, 2021 | February 12, 2021 | Januar 8, 2021 | December 13, 2020 | November 24, 2020