



FOCUSZART Focusing Studio & School
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Creative Arts and Culture Focusing
Learn to Trust Your Body's Wisdom For the
Benefit of Your Clients

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



Creative Arts and Culture Focusing (CACF) is an integrative, body-centred approach with roots in European Focusing and culture-sensitive arts and design. It enhances therapeutic engagement with the arts by using artwork from museum collections and other global sources. By combining the concept of the Felt Sense with trauma-informed art activities, CACF promotes well-being and healing from emotional and cultural wounds. This workshop introduces CACF's flagship programme, REAF, and provides 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, Creative Arts and Culture Focusing 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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