



Focusing-Oriented Art Therapy

Laury Rappaport

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Focusing provides an effective way of listening to the innate wisdom of the body, while art therapy harnesses and activates creative intelligence. This new, Focusing-based approach to art therapy integrates the two concepts so that the client can deepen their relationship with their inner self, allowing their mind to provide images that helpfully reflect their emotions and enabling them to express and understand these feelings in a meaningful way.

The book explores how the relationship between art therapy and Focusing is mutually beneficial: art therapy brings Focusing an array of methods, tools, and materials for self-expression, just as Focusing offers art therapy an added dimension of connecting the imagination with mindfulness and the bodily felt experience. The author explains how Focusing-Oriented Art Therapy can be adapted to a variety of clinical populations, including those with severe psychiatric illness, trauma, PTSD, anxiety, depression, and life-threatening and chronic illness in order to cultivate acceptance and compassion towards self and others.

Integrating theory, clinical practice, and guided exercises, this accessible book will be of interest to art therapists, focusing therapists, social workers, psychologists and counselors, as well as trainers and students.

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