



FOCUSZART The Focusing Studio

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15 INTERNATIONAL CONFERENCE IEATA 2023

Creative Compassion: Building Relational Empathy through Expressive Arts Focusing Activities, Workshop

In this workshop you will be introduced to a practice of Expressive Arts Focusing ExAF evolved from Focusing-oriented Receptive Art Therapy. The practice enhances a sense of empathy stretching beyond personal preferences and limitations. You are invited to experiment with pastel drawings of Adolf Hölzel as reference pictures. This painter and early pioneer of Modern Arts, art teacher and musician was the first artist who put color and sound in conjunction. His paintings have been performed by dance companies in 2018.

You have the possibility to explore the range of intermodal expressions coming from his art. Your doing implies receptive-active arts engagement from the Art Sense. The Art Sense is a body sense expressly referring to the Fine Arts. You will go back and forth between perceiving, sensing and expressing. You will be able to bridge between the work of the professional artist and your own artistic work from empathic Embodied Aesthetics. Stepping into this practice you get access to a method of Expressive Arts Focusing ExAF that can be integrated in your field of the Expressive Arts without previous knowledge of Focusing or Receptive Art Therapy.

Keywords: Focusing-oriented Receptive Art Therapy, Relational Art Sense, Expressive Arts Focusing

Creative Compassion is a practice cultivating self-empathy and empathy for others through the arts

The Creative Compassion practice is designed for building basics of Relational Empathy within an educational framed setting of Expressive Arts Focusing ExAF.

Aesthetic feeling and aesthetic empathy are foundations of Creative Compassion.

Other concepts playing in come from Polyaesthetic Education (Wolfgang Roscher), the Philosophy of the Implicit (Eugene Gendlin) with the practical method of Focusing and Existential Wellbeing Counseling (Mia Leijssen).

What is Relational Empathy?

Relational Empathy (Maureen o`Hara) is tuning in to the whole instead of tuning in to parts only. Relational Empathy is promoting personal and collective growth, fostering a sociocentric instead of an egocentric world view.

Within the arts Relational Empathy is to tune in to all of what an artwork is offering: Aesthetics that match the personal interests of the viewer and aesthetics that are of no interest or conflicting. Relational Empathy is to be able to shift between both kinds of aesthetics with empathic curiosity for differences (Christiane Geiser) and to explore the interconnectedness of both nonjudgemental (with positive regard).

In social life Relational Empathy is to tune in to inner parts and to tune in to relationships with others depending on the given situation, and to respond to the needs of the individuals involved (with all the interrelational dynamics of group collectives that might be contradictory to personal needs, points of view or moral standards).



The transfer from artistic to social Relational Empathy needs some kind of facilitation. A Creative Compassion guide can support the practitioner to find life forwarding action steps for integrating their experiences with the arts (including bodily felt shifts and insights) into their current life situation.

Creative Compassion practice is stretching empathy beyond personal preferences and limitations, and does so on multiple layers of existence. The practitioner can learn to

- cultivate empathy for what feels familiar and unfamiliar
- process what looks divergent or exclusive
- tune into and connect with different bodily feelings and energy states
- shift their perspective on parts and the whole
- get a bigger picture of themselves and a sense of the Bigger Us

The art practitioner comes to a wider range of social empathy by implicitly training interactive skills through making arts and dialoging with the arts from the body sense.

Coming in touch with the body sense (a kinaesthetic sense of inner truth emerging from the body's inner wisdom) new ways of being in the world can be found that make the art practitioner feel more at home with where life is placing them.

The revolutionary benefit of operating from the body sense will become accessible by following the Creative Compassion art directives.

The art practitioner will be guided through art directives for warming up, art directives for stepping into the process and art directives for developing the process further.



The arts directives come from different therapeutic art approaches: Receptive Art Therapy, Dynamic Shape Drawing (anthroposophic art therapy), Guided Drawing® (Sensorimotor Art Therapy) and Focusing Oriented Expressive Arts FOAT®.

The practitioner will be supported artistically by artwork of a pioneer of Modern Arts, artist, art teacher and musician Adolf Hölzel. His simple pastel drawings serve as reference pictures for the receptive-active arts engagement of the practitioner (low-skill-high-sensitivity approach).

The Creative Compassion website www.creativecompassion.eu

What to get from the website:

Upcoming event: Follow up webinar November 12, 2023, 4- 5.30 pm CET

The Creative Compassion story: Persecuted Arts and compassion for creative life, Self-Focusing on finding peace and calm with Hölzel's pastels

Freda's story of creative self-care: Experience with arts and intergenerational trauma at early age and the creative intelligence of the living body

Support for understanding the doing in the art making: Framework of Creative Compassion practice in eight chapters

Art directives for self-pathed practice: 2 warming ups: Audio and PDF (FOAT® Pebble Meditation/Dynamic Shape Drawing) - 2 Art Directives for Processing: PDF and Video (FOAT® based, Focusing based) - 2 forwarding Directives (Receptive Art Therapy, Intermodal Transfer) - Video Example of intermodal transfer (Performance of Hölzel pictures by State Gallery Stuttgart, GER)

Art links: Artwork of the artist Adolf Hölzel and The Hölzel Circle (reference pictures)

Background of artist Hölzel: His work, life and influence on Modern Arts and the Bauhaus School, audio of Hölzel's sound of colors

Hölzel art and social justice: Example of receptive-active arts engagement with Hölzel art by Freda Blob

Reading: Books, articles, videos on: Adolf Hölzel and his color theory, Embodied Aesthetics, Receptive Art Therapy, Focusing and Focusing Oriented Expressive Arts FOAT®, Relational Empathy, Compassion

Conference Workshop Saturday July 15th, 2023, online

Workshop Keywords:

Your Reference Picture for the conference workshop:

Choose **ONE** of the four pictures that speaks to you **BEFORE** workshop day!

Print it out in colors (or download it on your computer)

Notice: Having downloaded instead of printed out you have to minimize your Zoom window during the workshop session to be able to work with your picture of reference!

Put the print (or downloaded PDF) of your reference picture aside so that you can look at it freshly on workshop day

List of materials for workshop day: 4 pieces of paper or sketch pad (minimum size: DinA3/11.6 x 16.5 inches), tape, oil pastels, pencil (or marker) plus art supplies you like (eg. watercolors)

Thank you!

Reference pictures

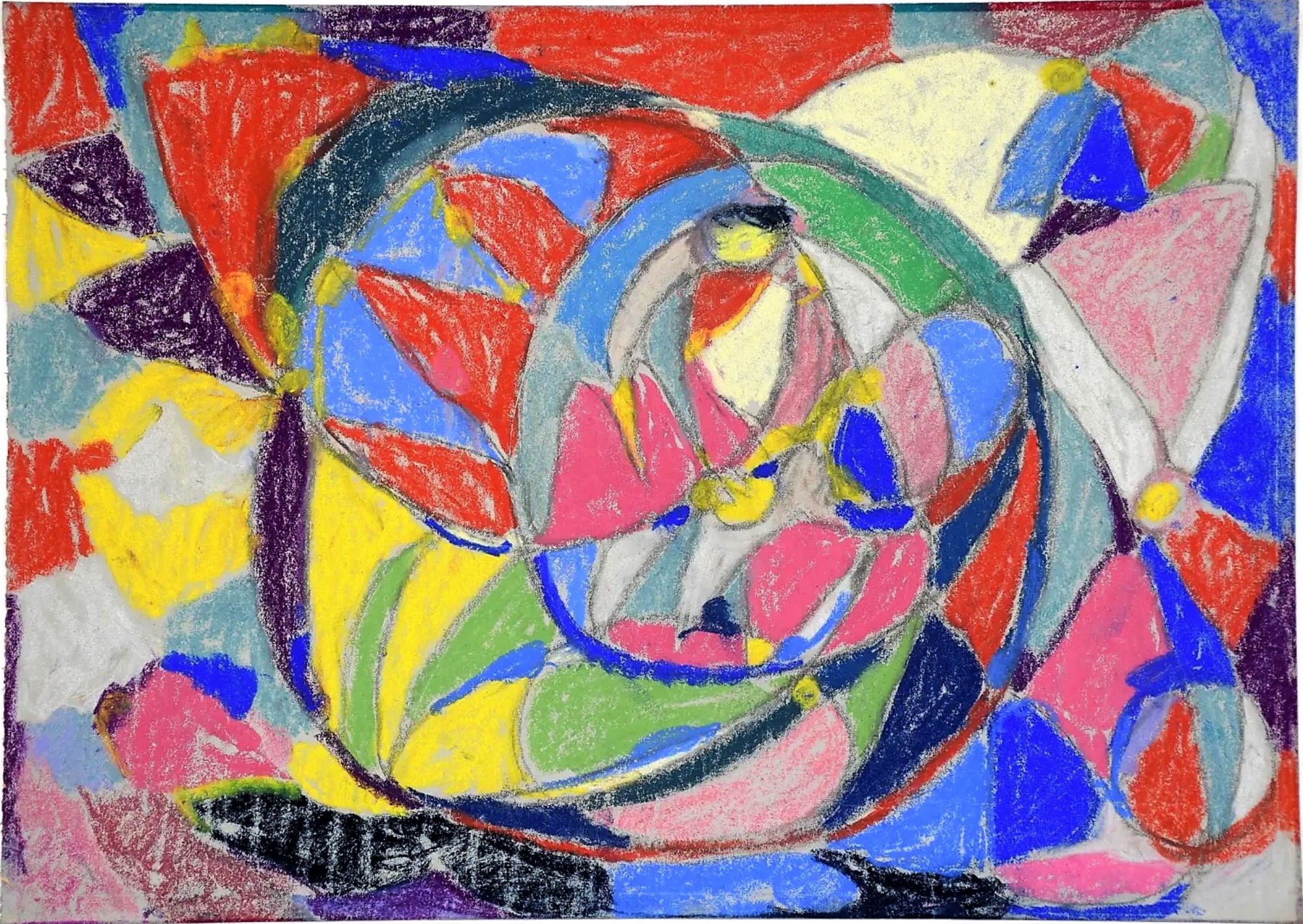
Sources in order of reference picture presented:

Adolf Hölzel, Color Composition (1), KMR-Inv-Nr-00154 ©Kunstmuseum Reutlingen

Adolf Hölzel, Color Composition (2) ©Ketterer Kunst

Adolf Hölzel, Color Composition (3) ©Galerie Schlichtenmaier

Adolf Hölzel, Color Composition (4) ©Ketterer Kunst





H. HOELZEL.



