

# Introduction to FOAT® and SoulCollage® for Growth and Transformation

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## Overview

- Introduction to Focusing and FOAT®
- Introduction to SoulCollage®
- FOAT® & SoulCollage® Experience
- Process and Dialogue with Your Card
- Group Sharing/Closure

## What is Focusing?

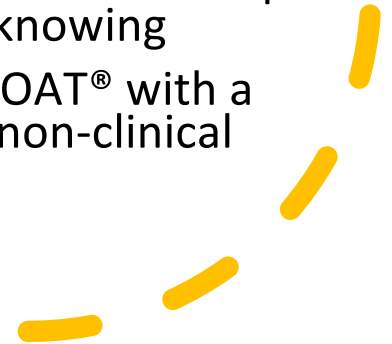


- *Focusing: Eugene Gendlin*
- A process of bringing mindful awareness...
- With a friendly or welcoming attitude toward our inner experience (happiness, pain, fear, excitement, etc.)
- Accessing your inner knowing and wisdom
- Developed out of research on what makes psychotherapy effective.

## What is FOAT®?



- *FOAT®: Laury Rappaport*
- Using the arts to express the whole felt sense of the experience
- The art has its own felt sense which can deepen connection and enhance inner knowing
- Based on 40 years of applying FOAT® with a variety of clients in clinical and non-clinical settings.



# How the arts enhance Focusing



# FOAT<sup>®</sup> Foundational Principles



Safety comes first



Presence



Reflection: compassionate listening;  
movement, energy; mirroring  
verbally/nonverbally



Focusing Attitude: toward felt sense and  
art



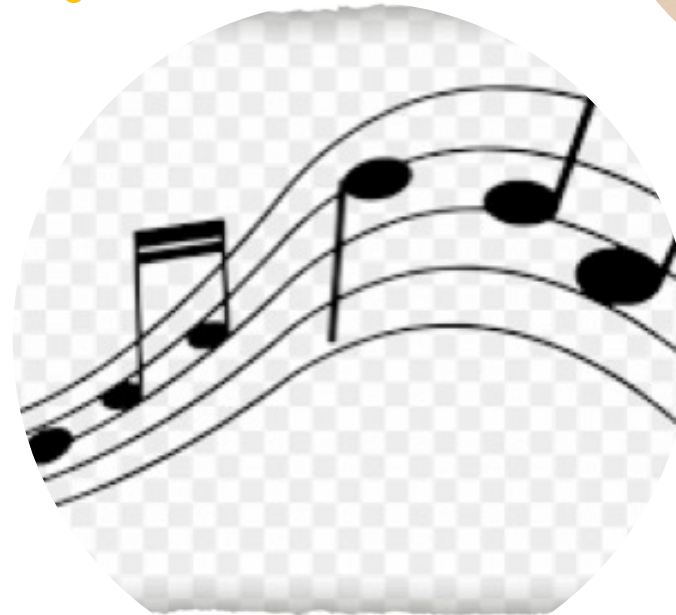
## Focusing Attitude

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“It is important for the Focuser to take a friendly attitude toward the felt sense...we might not like what we hear from the felt sense, but we want to be friendly to the messenger. So instead of criticizing or attacking it, the focuser learns to be friendly towards it and glad about its arrival” Gendlin

## Felt Sense is the Doorway to the Expressive Arts

- Word or phrase... poem or creative writing
- Image...visual art
- Gesture...movement or dance
- Sound...music



# Focusing Attitude

**Felt  
Sense**

**Handle/  
Symbol**

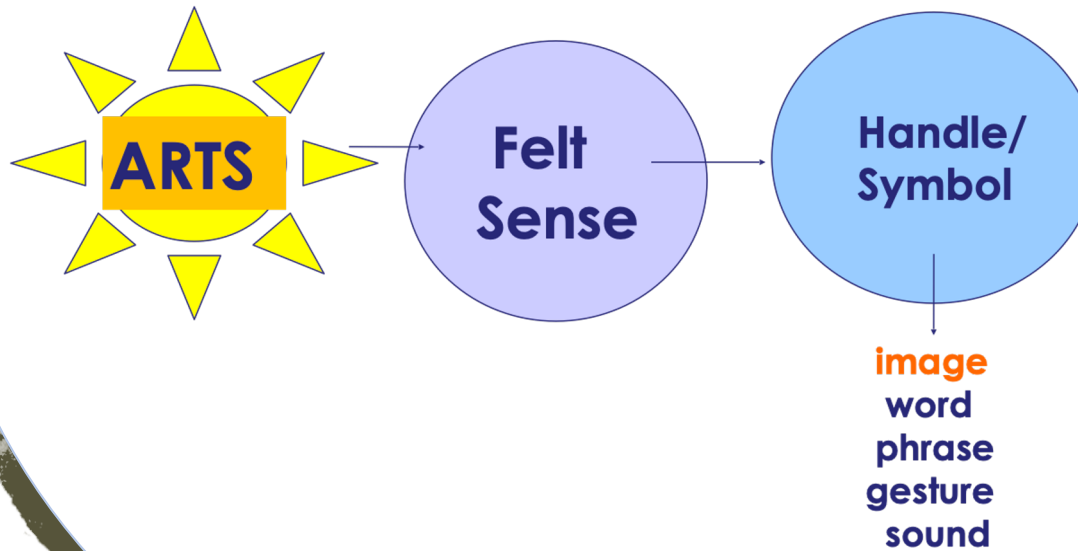
**ARTS**

**image**  
word  
phrase  
gesture  
sound



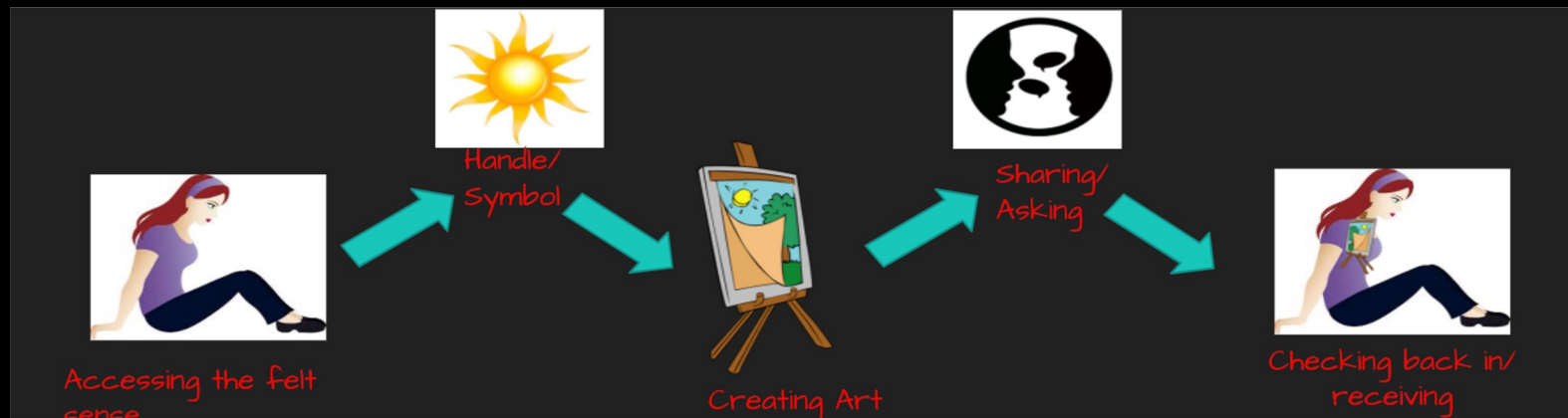
# FOAT®

Focusing Attitude



# The Zig-Zag

- In Focusing-Oriented Expressive Arts, there is often an alternation between listening to the felt sense, getting a handle/symbol as an image, creating art, sharing, and checking back in with the felt sense. Rappaport, 2009, p. 130.



# What is SoulCollage®?

- Developed by Seena Frost 1987-89
- Each card created is an aspect of the self
- The Deck is divided into 4 suits
  - The Committee (psychological dimension)
  - The Community (communal dimension)
  - The Companions (energetic dimension)
  - The Council (spiritual dimension)
- There is also a card for The Source



# The process of creating a card with the felt sense and the Focusing attitude

- Creating cards can be an intuitive process or an intentional process
- Select about 2-3 images or so that draw you in at this time. Keep with imagery and avoid words.
- Select an image that will act as a background for your card that reflects the felt sense of what is coming up for you in those images
- Clip loosely around each image to eliminate background “noise,” including words. Then, later, cut carefully around the edges of your final images, using smaller, sharp scissors for areas of detail.
- Compose your card, moving images around to see what fits and what part you want to cut out and use. Collage the whole card, using a background image if needed.



Source of  
Strength



## Processing the cards- I am the one who

- Once your card is finished, take in the whole sense of the card. Admire it. Breathe it in. It is an expression of some part of yourself. Honor it. Respect it.
- Pretend that you are actually *entering* the image. *Become* the main figure in the image (or whatever part wants to be heard). Even if it's a flower, or a tree, or a big yellow box. You are going to speak as if you *are* the image.
- Starting with the phrase, ***I Am the One Who...*** finish the sentence *as if you are the image*, reporting back to you. Continue this process until you feel as if you have run out of things to say.
- Then ask the felt sense of the card:
  1. What do you have to give me?
  2. What do you want from me or what do you need from me?
  3. Is there anything else you want to tell me today?
- Name the card if you are ready

A couple of people share

Upcoming  
Events



## FOAT® and SoulCollage® for Self-Discovery

Fridays April 29, May 6, 13, 20

6:30-8:30 pm ET

Visit [expressiveyou.thinkific.com](http://expressiveyou.thinkific.com) to be added to the mailing list!

Facebook Groups:

The International Focusing  
Institute: Members Forum

FOAT® Community



## Focusing and Expressive Arts Institute

go to [focusingarts.com](http://focusingarts.com) for more information

**Monday, April 4th, 2022**

**A Focusing Approach to Positivity:  
Focusing on What You Love and**

**What Matters Most**

**Joan Klagsbrun, Ph.D.**



**Thursday, April 21, 2022**

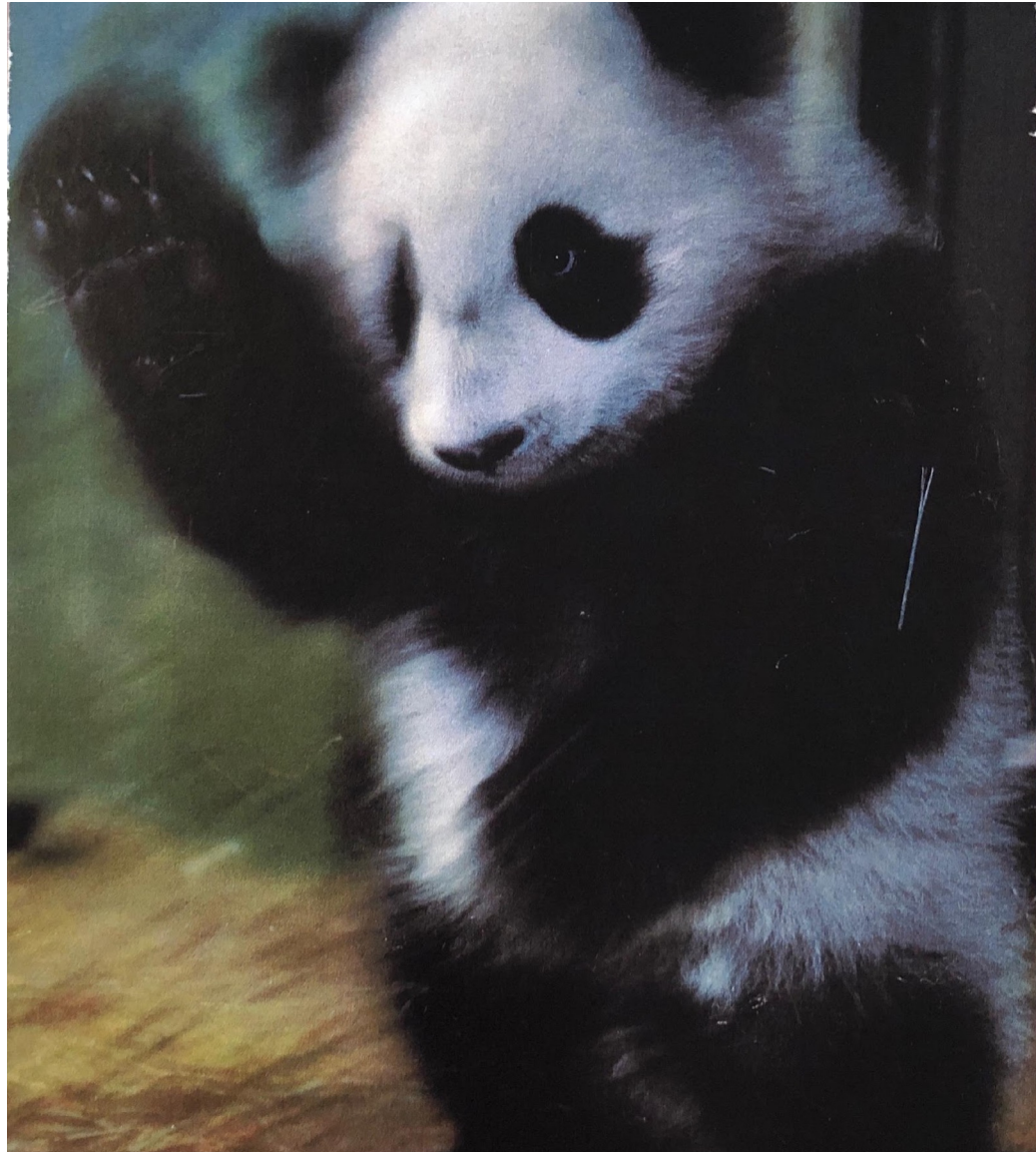
**Focusing-Oriented Expressive Arts (FOAT®) as a Trauma-Informed Approach**

Presented by Laury Rappaport, Ph.D., MFT, REAT, ATR-BC

*Offered as part of the Expressive Therapies Summit Los Angeles Conference*

**Coming October 2022 FOAT® Levels 1 - 6 Training Program**





Sharing/Closure