


17:01:49 From Laury Rappaport : Hi everyone!

17:01:52 From Frances Ingouville : Hi from Frances in Guatemala.

17:01:59 From Gaby Riveros : hello!!! 

17:02:00 From Trisha Geraets to Hosts and panelists : Hello from Trisha in New Zealand

17:02:03 From Adam Lavitt : Hi Adam from Philadelphia!

17:02:05 From Nicolás Contreras Díaz : hiii

17:02:07 From Shlomit Sheila Geisler to Hosts and panelists : Hi from Jersey City, NJ

17:02:08 From Evelyn Ammon : Hi, from Guatemala

17:02:12 From Michele Dufey DOMÍNGUEZ : Hi!!! from Chile

17:02:13 From Laury Rappaport : Laury in Guatemala...welcome! happy to be with you!

17:02:14 From Jeffrey Kinnamon TIFI Volunteer : Greetings from outside of Boston MA

17:02:18 From 신민주 to Hosts and panelists : hi

17:02:19 From Inge Terrill - SW Virginia USA : Hello Everyone! From SW Virginia.

17:02:24 From Gloria Kan : Hi, from Toronto!

17:02:28 From april : Hi y'all from the unceded lands of the Chumash people

17:02:28 From Diana Kirigin : hi from New York city

17:02:30 From Mickey : Mickey from Florida

17:02:35 From Isolde : Hello, Isolde from Belgium

17:02:52 From bie.draulans : hello everyone, here Belgium, gent and it is very late at night here and still very very hot.

17:03:38 From Melanie - Tech Host TIFI : Countries people registered from:

India

Portugal

Belgium

United Kingdom

Canada

Australia

United States

Kuwait

Hong Kong - China

Israel

Austria

Chile

Netherlands

Guatemala

South Africa

Switzerland

Korea, Republic of

Argentina

Spain

Romania

Iceland

Slovenia

New Zealand

17:04:40 From Jeffrey Kinnamon TIFI Volunteer : For Donating: <https://focusing.org>

17:04:51 From Jeffrey Kinnamon TIFI Volunteer : kinnamonjeffrey@gmail.com

17:05:57 From david garlovsky to Hosts and panelists : What is FOAT?

17:06:49 From bie.draulans : wie is er vanuit nederland?

17:07:11 From david garlovsky to Hosts and panelists : I have use dexpressive arts when I teach focusing

17:08:08 From Gaby Riveros : Suggested Materials for the Experiential Exercise (simple is best):

- Gingerbread figure [download at <https://drive.google.com/file/d/1HrQwPdRErTgwD0003jAnMZOLgrp1WECn/view?usp=sharing>] Print and use for the exercise; print and cut out the figure and trace onto colored paper; or just use it as an idea...and then draw onto something else
- Paper: any kind, size, or color that you feel drawn for expressive arts expression
- Drawing materials (anything you like or have): markers, colored pencils, oil pastels, chalk pastels, crayons, watercolors, etc. Whatever you have is great!
- Writing materials: pen, pencil, marker
- Optional: Scissors, ribbon or yarn; magazine or collage image/word; glue sticks

17:26:04 From Evelyn Ammon : I love vulcanoes

17:26:06 From Dhyana - Florida : trees

17:26:07 From Adam Lavitt : I love that it makes me feel small. That it's wild and gets me out of my overly ordered (and sometimes overly controlled) way of thinking, and moving through space. It gets me in the moment.

17:26:12 From bie.draulans : hilly landscape, space, silence the overview

17:26:12 From Julia Livingston : What I love about the waves is the rythm

17:26:20 From Elizabeth Bram : what I love about the trees is how they are my friends

17:26:22 From Trisha Geraets to Hosts and panelists : I love the mountains cool, crisp, invigorating energy with the expansive vitality and strength I feel from being amongst them

17:26:31 From Linda Hedquist : Trees: beautiful, peaceful, silent, refreshing

17:26:32 From Gloria Kan : cloud

17:26:38 From Shashi Jain : vastness , vista, trees, colors fresh air.,

17:26:38 From Jeffrey Kinnamon TIFI Volunteer : a little urban pond

17:26:38 From Shlomit Sheila Geisler to Hosts and panelists : Taking walks in nature/parks helps me feel softer inside and more expansive.

17:26:40 From belindacody : what I love about the river is her transparent and dynamic flow

17:26:43 From Diana Kirigin : wA

17:26:43 From Inge Terrill - SW Virginia USA to Hosts and panelists : I particularly love the large puffy white clouds against the brilliant blue sky this time of year.

17:26:43 From David W : What I like about the mountain is how it provides perspective and a sense of being solid and feeling connected though out time.

17:26:44 From Judith : Redwood trees- upright, dignified, resilient, regenerative

17:26:45 From april : the sense of connection with the life that is living all around me and is a reflection of my livingbeingness

17:26:48 From Nicolás Contreras Díaz : i love the ocean for the waves!

17:26:54 From Isolde : What I love is to be able to look very far, to have perspective, the feeling of openness

17:27:01 From Alex to Hosts and panelists : trees seem to silently speak a good energy to me

17:27:02 From Diana Kirigin : wA

17:27:16 From Cornelius Hassell : iilike trees as dancers

17:27:23 From marie sheppard (she/her) : Flowers - constantly changing (from swollen buds to full blooms, to seed heads, to wilted compost. And the variety - of shapes, colors. And the multi-

sensory experience of being with them, feel, scent, look, and how they help me feel interconnected with all of nature - wind, rain, sun, earth

- 17:27:26 From Diana Kirigin : w
- 17:27:36 From Claire Beaumont : trees, shade , calming, randomness of leaf litter
- 17:28:03 From 신민주 to Hosts and panelists : warm and sunshine
- 17:35:37 From Shlomit Sheila Geisler to Hosts and panelists : Peaceful, inner calm....soothed.
- 17:35:49 From Adam Lavitt : Ahhhhhh was the sound that came, like an exhale
- 17:35:54 From Linda Hedquist : Alive connection and expansive freedom.
- 17:36:06 From Trisha Geraets to Hosts and panelists : I am deeply touched and have tears with a sense of being 'home', with love, peace and wholeness
- 17:36:13 From marie sheppard (she/her) : A sense of feeling vulnerable and Resilient at the same time, and accepting of all of this.
- 17:36:21 From David W : crumbling, dry, dense
- 17:37:01 From april : delight of aliveness bright with joy
- 17:37:09 From Nicolás Contreras Díaz : calma....
- 17:37:14 From 신민주 to Hosts and panelists : a piece of wool woven together
- 17:37:57 From Inge Terrill - SW Virginia USA to Hosts and panelists : About big white summer clouds - I sensed into their awe-inspiring magnificence and brilliance.
- 17:38:16 From Claire Beaumont : excited, delighted, thrilled, enlivening, surging
- 17:38:23 From belindacody : Calming/holding/sensuous/playful/smooth touch
- 17:39:43 From Inge Terrill - SW Virginia USA to Hosts and panelists : words
- 17:39:44 From Cornelius Hassell : trees take life Às it comes
- 17:39:50 From Julia Livingston : image and phrase
- 17:39:53 From Linda Hedquist : image
- 17:39:57 From Clare Jameson to Hosts and panelists : Image
- 17:39:58 From Adam Lavitt : sound
- 17:40:05 From Frances Ingouville : words
- 17:40:07 From Shashi Jain : did not get any words or images or sound.
- 17:40:08 From Judith : sound
- 17:40:09 From april : image and movement

17:40:09 From Trisha Geraets to Hosts and panelists : coming home

17:40:09 From bie.draulans : a profound feeling

17:40:10 From Shlomit Sheila Geisler to Hosts and panelists : word....

17:40:12 From marie sheppard (she/her) : sensory feel - like texture

17:40:13 From belindacody : powerful feeling/clear image/movement

17:40:22 From Shlomit Sheila Geisler to Hosts and panelists : smell...

17:40:49 From Nicolás Contreras Díaz : image

18:35:32 From belindacody : profound sensing into something important...thank you, Laury

18:35:47 From Shashi Jain : how do you use it patients who are highly reticent and not I touch with the feelons?iro

18:36:00 From april : resplendence

18:36:33 From Michele Dufey DOMÍNGUEZ : Thank you for teaching a novel approach to focusing practice

18:55:15 From Shashi Jain : how do you introduce it to the patient. the whole idea of FoAt.

18:55:30 From marie sheppard (she/her) to Hosts and panelists : Thank you Laury - I feel deeply grateful & also inspired. I'm sensing how i will integrate this into my own practice and my work as a teacher and guide, and smiling. A warm bow to you.

18:59:19 From Inge Terrill - SW Virginia USA to Hosts and panelists : Thank you so much for this workshop! I love the self compassion and self healing components of this work. Thank you for what you shared and the lovely examples of how you have used FOAT to help others in your Psychotherapy Practice. Self Love is so Important! Thank you for the reminder of this.

18:59:34 From Trisha Geraets to Hosts and panelists : Words that come are "Believe in myself"

18:59:42 From Melanie - Tech Host TIFI : Thank you so much Laury and everyone! This information will also be in a follow-up email you will receive shortly:

TIFI Survey- <https://www.surveymonkey.com/r/3DG98JR>

Laury's contact information -
Website: <https://www.focusingarts.com/>
Email: office@focusingarts.com

Presentation Slides:
<https://drive.google.com/file/d/1bibxq7WTvtdb0ninWYyJYT3PHHYPk4hX/view?usp=sharing>

Handout: https://drive.google.com/file/d/1FweLjzD4-803VugYLDScIvOVj7N_x3dJ/view?usp=sharing

19:00:54 From Nicolás Contreras Díaz : thanks 🙏