

# Training in Focusing-Oriented Arts Therapy (FOAT) Laury Rappaport, Ph.D., ATR-BC, REAT

**Certifying Focusing Coordinator with The Focusing Institute  
Founder, Director Focusing and Expressive Arts Institute  
[www.focusingarts.com](http://www.focusingarts.com)**

Focusing-Oriented Arts Therapy (FOAT) is an integration of Focusing with art therapy and the other expressive arts (dance-movement, psychodrama, writing, music, etc.). FOAT was developed by Laury Rappaport, Ph.D, ATR-BC, REAT after integrating Gendlin's Focusing with the arts therapies over a 30 years period with a variety of clients in various settings (e.g. trauma, severe psychiatric, depression, chronic and terminal illness, health and wellness, organizations, and private practice).

Training in FOAT offers four levels of training and a certification track. The training develops proficiency and competency in Focusing, Focusing-Oriented Therapy (FOT), with the integration of art therapy and the other expressive arts.

## *Foundation Training*

### **Level I: Focusing-Oriented Arts Therapy—The Basics**

This course provides an introduction to Focusing-Oriented Arts Therapy (FOAT®): Including its history; foundation principles; symbolization a felt sense in art/expressive art; the Focusing Attitude; felt sense; felt shift; life forward direction; Gendlin's six-step Focusing method, and experiential listening.

### **Level II: Focusing-Oriented Arts Therapy—Intermediate Skills**

This course introduces and deepens the foundational skills of FOAT® and the three main approaches of FOAT®—Clearing a Space with Art, Focusing-Oriented Arts Psychotherapy, and Theme Directed FOAT. Clinical application and practice.

## *Advanced Training*

### **Levels III: Focusing-Oriented Arts Therapy—Advanced Skills**

The content of Level III includes the development and competency in presence, Focusing skills, the Focusing Attitude, experiential listening, guiding (self-guiding and guiding others), art therapy/expressive arts therapy, and the basic methods and three approaches of FOAT®. Clinical application, specialty applications (e.g. trauma, spirituality, health

and wellness, children, adolescents, couples, and families), and partner practice.

### **Levels IV: Focusing-Oriented Arts Therapy—Advanced Skills and Application**

The content of Level IV includes clinical application to specialty areas as well as the application to trainee's interests (e.g. coaching, business, etc.). Trainees continue refining competency in Focusing skills, presence and the Focusing Attitude, experiential listening, guiding (self-guiding and guiding others), art therapy/expressive arts therapy, and partnership practice. Supervision is integrated into the training.

**A Certificate of Completion is given after the successful completion of each level.**

**Certification Track:** During FOAT levels 3 or 4, participants can apply to the certification track to become either a Focusing Professional or Focusing-Oriented Therapist (FOT) with a specialization in Expressive Arts granted by The Focusing Institute in New York. For additional information on certification, contact Laury Rappaport ([laury@focusingarts.com](mailto:laury@focusingarts.com)).

**Individual /Small Group:** Individual, small group, and distance training (via Skype, etc.) is also available. Training is customized to individual's experience and needs. A learning plan is developed with each trainee.

**For detailed information and questions, please contact Laury at:**  
[laury@focusingarts.com](mailto:laury@focusingarts.com); [www.focusingarts.com](http://www.focusingarts.com)

**Laury Rappaport, Ph.D., ATR-BC, REAT** is a Certifying Focusing Coordinator, Focusing-Oriented Therapist, and Trainer with The Focusing Institute. She is the author of *Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence* and numerous articles. Laury conducts trainings nationally and internationally, and has been on the faculty of graduate programs in Expressive Arts Therapies, Art Therapy, Counseling, and Marriage and Family Therapy for over 30 years.