

Registration form

Fee:

- HK\$3,500/Level I – March 5 & 6, 2018
- HK\$3,800/Level II – March 8 & 9, 2018
- HK\$6,300/Level I + Level II

Please return the completed form with cheque payable to "**The University of Hong Kong**" by mail or in person to the following address:

Centre on Behavioral Health, HKU
2/F, 5 Sassoon Road, Pokfulam, HK

Title:* Professor Dr. Mr. Mrs. Ms.

First Name: _____

Last Name: _____

Correspondence Address:

Tel: _____ Fax: _____

Email: _____

Organization: _____

Position: _____

I know this programme from: _____

I would like to learn the following from this course:

1. _____

2. _____

3. _____

Date: _____ Signature: _____

* Please tick as appropriate.

* Fee paid is not refundable

Workshop
on
Focusing-Oriented
Expressive Arts
(FOAT®)
Training
by
Dr. Laury Rappaport,
REAT, ATR-BC



**For further information,
please contact us:**

Tel : 2831 5163

Fax: 2816 6710

E-mail: bhealth@hku.hk

Website: <http://cbh.hku.hk>



Centre on Behavioral Health
The University of Hong Kong



About the Founder/Lead Trainer

Laury Rappaport, Ph.D., MFT, ATR-BC, REAT is a pioneer in the expressive arts field and creator of Focusing-oriented expressive arts (FOAT®) as a core approach. She has been on the faculty at Lesley University for over 30 years where she was served as the Academic Coordinator of the International Expressive Arts Programs. Dr. Rappaport has also taught at the California Institute of Integral Studies, Sonoma State University and Notre Dame de Namur University.

She is the author of *Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence*, editor/author of *Mindfulness and the Arts Therapies: Theory and Practice*, and has numerous published book chapters and journal articles.

Dr. Rappaport is also the Founder/Director of the Focusing and Expressive Arts Institute and is a Focusing Coordinator and Trainer with The Focusing Institute. She has a broad range of clinical expertise with a variety of populations and is currently an Integrative Psychotherapist at the Institute for Health & Healing, Sutter Health in California.

Introduction

Focusing-Oriented Expressive Arts (FOAT®) synthesizes renowned psychologist Eugene Gendlin's mind/body Focusing method with the practice of expressive arts. Focusing was developed by Gendlin after conducting research with Carl Rogers on what led to success in psychotherapy. Dr. Laury Rappaport pioneered FOAT® as a theoretical and practice model after integrating Focusing and expressive arts with a variety of clinical populations (e.g. severe mental illness, trauma, cancer, depression, anxiety, personal growth, etc.) for over thirty years. The Focusing process brings mindful, compassionate acceptance toward the inner *felt sense*, which helps to access the body's innate wisdom. The *felt sense* can easily be symbolized into expressive art and also serves as an entry point to access meaning. Experiences of self-compassion, self-care, inner trust, and authenticity are heightened through Focusing-Oriented Expressive Arts. Although, Focusing-Oriented Expressive Arts is viewed within the Person-Centered Approach, it is applicable to all orientations, including, psychodynamic, cognitive, behavioral, etc.

FOAT® Training Overview

The Focusing and Expressive Arts Institute provides introductory, intermediate and advanced trainings in FOAT® leading to: 1. Certification as a FOAT® Practitioner or Facilitator (granted by the FOAT® Institute) and 2. Certified Focusing Trainer with a specialization in FOAT® (granted by The International Focusing Institute).

This year's training will include levels 1 + 2, followed by levels 3 + 4 the following year. Levels 5 and 6 are through distance supervision.

Level I: FOAT® Fundamentals and Approaches

This course provides an introduction to Focusing-Oriented Expressive Arts (FOAT®) including: foundational principles of FOAT®; an overview of Focusing; and the main approaches: FOAT Basic Step; Clearing a Space with Arts, Theme Directed FOAT® and Working on an Issue. Applications to psychotherapy, social work, community, healthcare, education, etc. Participants will learn through lecture, demonstration, experiential practice, and clinical application.

Level II: FOAT® Facilitation Skills.

This course introduces the basic skills in facilitation of FOAT® with individuals and groups. You will learn and deepen skills in compassionate listening, FOAT® basic step, Theme-Directed FOAT® and Working on an Issue. Participants will learn through didactic presentation, demonstration and peer practice. Applications to various populations included.

Details of Workshop

Workshop - Level I: FOAT®

Date: March 5 & 6, 2018 (Mon & Tue)

Time: 9:30 am – 5:30 pm

Venue: 2/F., 5 Sassoon Road, Pokfulam, H.K.

Fee: HK\$3,500 – 2-day Workshop

Workshop - Level II: FOAT®

Date: March 8 & 9, 2018 (Thu & Fri)

Time: 9:30 am – 5:30 pm

Venue: 2/F., 5 Sassoon Road, Pokfulam, H.K.

Fee: HK\$3,800 – 2-day Workshop

Level I + Level II Workshop: HK\$6,300

Language

The workshop will be conducted in English.

Target Group

All human services practitioners

**No. of Participants
24 of each workshop**

Reminder

Remember to dress comfortably so that you can move freely or sit on the floor. You are suggested to walk or move around in your bare feet. If you prefer wearing socks, please put on the non-slip one.