



Focusing and Expressive Arts Institute

www.focusingarts.com

Focusing and Expressive Arts Resources

Websites for Training and Information

Focusing and Expressive Arts Institute (FOAT®): www.focusingarts.com

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The International Focusing Institute (TIFI): www.focusing.org

FOAT® Institute Books and Chapters: <https://www.focusingarts.com/articles-and-chapters>

TIFI website list for FOAT®

https://www.focusing.org/arts_therapy.html

Books and Chapters on FOAT®: <https://www.focusingarts.com/articles-and-chapters>

Rappaport, L. (2013). *Mindfulness and the Arts Therapies: Theory and Practice (Ed.)*. London: Jessica Kingsley Publishers.

Rappaport, L. (2016). Enhancing imagery with Focusing-oriented expressive arts. In L. Davenport, *Transformative imagery: Cultivating the imagination for healing, growth and change*. London: Jessica Kingsley Publishers.

Rappaport, L. (2015). Focusing-Oriented Expressive Arts Therapy and Mindfulness with Children and Adolescents Experiencing Trauma. In C. Malchiodi, *Creative interventions for traumatized children*, 2nd edition. NY: Guilford Press.

Rappaport, L. (2014). Focusing-oriented expressive art therapies: Working on the avenues. In G. Madison (Ed.), *Focusing-oriented psychotherapy: Beyond the Talking Cure*. London: Jessica Kingsley Publishers.

Rappaport, L. (2014). Integrating Focusing with the Expressive Arts Therapies and Mindfulness. *The Folio: A Journal for Focusing and Experiential Therapy* 25, 1, 152-161.

Rappaport, L. (2013). Focusing-Oriented Arts Therapy: Cultivating Mindfulness and Compassion, and Accessing Inner Wisdom. In L. Rappaport (Ed.), *Mindfulness and the Arts Therapies: Theory and Practice*. London: Jessica Kingsley.

Weiner, E. & Rappaport, L. (2013). Focusing-Oriented Arts Therapy and Mindfulness with Children and Adolescents. In L. Rappaport (Ed.), *Mindfulness and the Arts Therapies: Theory and Practice*. London: Jessica Kingsley.

Rappaport, L. (2013). Focusing-oriented art therapy with people who have chronic illnesses. In C. Malchiodi, (Ed.), *Art therapy and healthcare*. New York: Guilford Press.

Rappaport, L. (2013). Trusting the felt sense in art-based research. In S. McNiff, (Ed.) *Art as research: opportunities and challenges*. Bristol, UK: Intellect Publishers.

Rappaport, L. (2011). History and Development Focusing-Oriented Art Therapy and Experiential Collage Work in Japan in *Art Therapy in Asia*. London: Jessica Kingsley Publishers, In Press.

Rappaport, L. (2010). "Focusing-Oriented Art Therapy: Working with Trauma" in *The Journal for Person-Centered and Experiential Psychotherapy*.

(2009). *Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence*, Jessica Kingsley, 2009 (also published in Japanese by Sheisin Shobo Publishers; and in Korean, 2012).

Rappaport, L. (2008). Focusing-Oriented Art Therapy. *The Folio: A Journal for Focusing and Experiential*



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Therapy, 21, 1, 139-155.

(2006). "Focusing and Expressive Arts Therapy as a Complementary Treatment for Women with Breast Cancer," co-authored with Klagsbrun, Rappaport, Marcow-Speiser, Byers, Post, Stepakoff, and Karman, *Journal of Creativity and Mental Health*, Vol. 1.

Rappaport, L. (1998). "Focusing and Art Therapy: Tools for Healing from Post-Traumatic Stress Disorder" in *The Folio: Journal for Focusing and Experiential Therapy*.

Rappaport, L. (1992). "Focusing, Art, and Creative Movement: A Method for Stress Management." *Focusing Connection*.

Rappaport, L. (1988). "Focusing and Art Therapy," in the *Focusing Connection*.

(Rappaport, L. 1985). "Focusing and Body-Work" in the *Focusing Connection*. Co-authored with Neil Friedman.

Rappaport, L. (1980). "Integrating Expressive Therapies Into A Day Treatment Setting." *Proceedings of American Association of Partial-Hospitalization*, 1980. Co-authored with Shelley Cushner.

Rappaport, L. "A Group Developmental Approach To Art Therapy," unpublished manuscript.

Dissertations, Theses and Grants (available through website: <https://www.focusingarts.com/research>)

Dissertations

Chidanand, R. (2014). A Quantitative Study Exploring the Effects of Focusing-Oriented Arts Therapy - Internet Protocol (FOAT-IP) on stress, anxiety, depression, and positive states of mind in South Asian women.

Theses

Castalia, A. (2010). The Effect and Experience of Clearing a Space with Art on Stress Reduction in Sign Language Interpreters.

Cooney, A. (2012). An Investigation of the Role of the Felt Sense in Art Therapy.

Findley, E. (2013). Focusing-Oriented Interventions to Reduce Suicidality in Caucasian Middle-Aged-Men: A Program Design. Unpublished thesis: Philips Graduate Institute.

Lee, H. (2011). Focusing-Oriented Art Therapy and Bookmaking to Promote Resiliency of Children Living in a Homeless Shelter.

McGrath, J. (2013). The Effects of Clearing a Space with Art on Women with Chronic Pain.

Weiland, L. (2012). Focusing-Oriented Art Therapy as a Means of Stress Reduction with Graduate Students

Grants

Colle, S. (2013). Using Focusing-Oriented Art Therapy to Form Secure Attachments

Larivière, Marise (2011). Focusing-Oriented Art Therapy in Multiple Sclerosis: A Randomized Control Study to Enhance Quality of Life



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Weiner, E. (2012). A Mindful Art Program: Using Mindfulness and Focusing-Oriented Art Therapy with Children and Adolescents to Decrease Stress and Increase Self-Compassion

CD: Focusing for Wellbeing: Guided Exercises by Laury Rappaport (includes Focusing exercises and 3 mindfulness exercises). Available at:

- CD Baby: digital download or CD: www.cdbaby.com/cd/lauryrappaport
- The Focusing Institute

DVD: Integrating Focusing-Oriented Art Therapy into Clinical Practice—85 minutes –includes overview of 3 main FOAT approaches; FOAT with trauma; demonstration of Focusing, listening, art, and Gestalt processing.

Video:

Focusing and Expressive Arts: Tools for Self-Compassion, Emotion Regulation and Accessing the Body's Wisdom (parts 1 + 2). Presented at ReCamft February 5, 2016.
<https://www.focusingarts.com/videos>