
ABSTRACT

Applying Focusing-Oriented Expressive Arts (FOAT[®]) to psychotherapy

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This case study describes the application of Focusing-Oriented Expressive Arts (FOAT[®]) to Focusing-Oriented Psychotherapy (FOP) for a client with depression experiencing complex grief due to a traumatic bereavement following her husband's death. The state in which the same experience is lived repeatedly without change or symbolization is described as a structure-bound manner of experiencing. FOP promotes the progression of this process of experiencing through the symbolization of the client's felt sense. This case study showed that the reconstruction of the process of experiencing can occur and that it can progress even during structure-bound manner of experiencing. This occurs when the client expresses the experience nonverbally and the therapist offers an experiential response. The need for split-level instruction, which seeks the client's confirmation of comfort with the therapist's intervention, is advised, along with the need for safety considerations in introducing FOAT[®] into FOT.

Key Words: Focusing-Oriented Psychotherapy, expressive arts, structure-bound manner of experiencing, complicated grief, experiential response
