



凝 · 迎 · 形
Art Exhibition of
the FOAT[®] of
journey

27/2/2016 - 13/3/2016
(Sat/Sun 2pm-6pm)

Mindstroll Studio and Gallery
Room 1207, Cheung Tat Centre, 18 Cheung Lee Street,
Chai Wan, Hong Kong (Chai Wan MTR Exit B)

柴灣祥利街18號祥達中心12樓07室（柴灣地鐵站B出口）

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Chan, Wing Yee Grace

陳詠儀

Chan, Wing Chiu Michelle

陳穎昭

Fung, King See Cecilia

馮敬詩

Kwok, Pui Kwan Katherine

郭嫻君

Law, Krisdean

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駱燕平

Mak, Mei Yee Vivien

麥美儀

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沈慧華

So, Soming

蘇明子

Tse, Kar Man Almas

謝嘉雯

Tse, Wan Chi Vincci

謝韻姿

騰 – To clear a space and focus (騰出空間，凝聚焦點)
迎 – To ask, welcome and receive (叩問體會，迎接回應)
形 – To symbolize, form and shape (創造形態，具體展現)

The three Chinese words of the exhibition name represent the basic steps for a Focuser to come into presence, access their inner bodily wisdom, and to express it.

“Focusing” is a mind-body method developed by Dr. Eugene Gendlin after conducting research with Dr. Carl Rogers at the University of Chicago in the 1950s on what contributed to effective psychotherapy. It incorporates an inner listening, with an attitude of friendly curiosity toward what Gendlin named, the felt sense — a bodily felt experiencing, to access the body’s innate wisdom for healing and transformational change. Today Focusing has been integrated into many fields and is also used as a tool for psychotherapy, self-awareness enhancement, wellness, community work, conflict resolution, and creative arts. Focusing is taught and practiced around the world by Certified Focusing Trainers/Professionals, and Focusing-Oriented Therapists.

By integrating Focusing with the Expressive Arts, Dr. Laury Rappaport introduced a creative way to provide visual and external expression of the bodily felt sense. This process is named “Focusing-Oriented Expressive Arts or Focusing-Oriented Art Therapy (FOAT®)” — which offers a nonverbal modality to capture aspects of the inner felt sense that words alone may not sufficiently describe.

The creative expression during the FOAT® process may include art, music/sound, movement, words and sometimes a combination of these modalities. Such an array of methods gives access to one’s “inner creator”, naturally enhancing one’s awareness of self and inner feelings through the Focusing process and creative arts expression.

A group of local artists, creative arts therapists, social workers, clinical psychologist and mental health counsellors in Hong Kong, learnt and experienced the healing power of FOAT® through direct training and supervision with Dr. Rappaport since 2011. They would like to share their experience in applying this method for self-care or individual growth through showcasing their artwork and their FOAT® journey. It is our goal that this exhibition not only provides an introduction to Focusing and FOAT®, but also demonstrates the benefits of expressive arts as a means to heal and to facilitate change.

FOAT®-HK

這個展覽名稱所包含的三個中文字騰、迎、形，恰好代表著聚焦者在聚焦過程中所經歷的幾個基本步驟：進入當下狀態，接觸內在體會的智慧，然後將所領會的表達出來。

「聚焦」是一套連繫身心的方法，是根據 1960 年卡爾·羅傑斯博士在芝加哥大學與尤金·簡德林博士共同研究促成有效心理治療的原因所研發出來的。它採用一種深度的聆聽——以友善和好奇的態度面對簡德林稱之為體會的意感——來接觸身體內在的智慧，並用於療癒和轉化上。今天，聚焦的應用已融入於多個領域中，可適用於解決衝突，提升健康，社區工作及提高自我意識等。世界各地有通過認證的培訓師／專業人員，以及聚焦導向治療師在教導和實踐聚焦這個方法。

通過結合聚焦與表達藝術理念，羅莉·拉帕波特博士推出了一種創新方法，提倡通過創作，把意感視覺化和具體化地表達出來。這個過程稱為「聚焦導向表達藝術／聚焦導向藝術治療® (FOAT®)」，它提供了一種非語言方式，讓聚焦者捕捉那份單純以言語未必能充分描述的內在感。

在聚焦導向表達藝術®過程中，創造性的表達可能包括美術、音樂、聲音、動作、語言，有時是上述幾種手法的組合。這樣豐富多彩的方法，可以接通個人「內在創作者」，通過聚焦過程和創造性藝術表達，自然地提升對自我意識和內心感受的領會。

一群香港本地藝術家、創意藝術治療師、社會工作者、臨床心理學家和心理健康輔導員，自 2011 年起，跟隨拉帕波特博士面授，並通過直接督導培訓，親身體驗了聚焦導向表達藝術®的療癒力量。他們希望透過展示作品和各自的聚焦導向表達藝術®歷程，分享他們應用此方法作自我關顧和個人成長的經驗。我們的目標是希望這個展覽不僅僅介紹了聚焦和聚焦導向表達藝術®，也彰顯了表達藝術對促進療癒和轉化的裨益。

Carrying FOAT® Forward: Journey to Hong Kong

The roots of developing Focusing-Oriented Expressive Arts and Focusing-Oriented Art Therapy (FOAT®) began in 1980 in Cambridge, Massachusetts in the United States. These were the early years of the development of expressive arts therapies. It seemed totally natural to me to combine Dr. Eugene Gendlin's Focusing—a mind-body method for accessing the body's wisdom—with the expressive arts. I experimented trying out Focusing and the expressive arts with people in psychiatric day treatment, mental health centers, schools, in private practice, and wellness settings. I used it with individuals, groups, couples, families and organizations seeking community building and strategic planning.

It took me 30 years of integrating Focusing with the expressive arts in both clinical settings and non-clinical settings to develop FOAT® as a theoretical and practice approach — culminating with a publication in 2009 of <Focusing-Oriented Art Therapy: Accessing Your Body's Wisdom and Creative Intelligence>. FOAT® can be used in psychotherapy, schools, community and spiritual settings, for personal growth and healing, wellness, creativity enhancement, and in organizations.

In 2011, I was honored to be invited to teach Focusing-Oriented Expressive Arts Therapy at the Centre on Behavioral Health at the University of Hong Kong. I am thankful to Fiona Chang for introducing me to the program. This began the journey of my teaching FOAT® Levels 1-4. After the completion of level 4, a committed group of trainees continued into Advanced FOAT® Training and Supervision. Since I live in the U.S., that ongoing training consisted of whole group supervision sessions through Skype, along with FOAT® Partnerships for practice and then FOAT® Trios for peer supervised practice in Hong Kong.

It is now five years later. It is amazing to witness each person's individual growth through FOAT® and the development a strong, supportive, compassionate and creative group that they have become (FOAT®-HK). They embody the qualities of FOAT®: compassionate presence, skillful listening, “being friendly to the inner felt sense and creative expression; and ability to “keep company” and be with what is present. It has been heart-warming to hear and learn about the ways they each have FOAT® for their own wellbeing and self-care, support each other, and apply it to their work and/or own creativity.

The word that expresses my felt sense about the FOAT®-HK group putting on this art show exhibit of FOAT® is...AWE. I am in awe...touched deeply in the heart...at their inspiration to share their FOAT® journey through their artmaking and writing as a way to spread the healing possibilities through Focusing and FOAT®. As a pioneer of an approach, it is a challenging journey to teach others well enough so that they can carry it forward to share with others, especially within their culture and language. I am grateful to the FOAT®-HK group for their sincere dedication and commitment to deeply learn this process...and to share it in this artistic-Focusing way with all of you! I look forward to the continuing unfolding and development of FOAT® in Hong Kong...and its connection to FOAT® in the world for the benefit of all beings.

In celebration of FOAT®-HK!



Laury Rappaport, Ph.D., REAT, ATR-BC
Founder/Director
Focusing and Expressive Arts Institute
www.focusingarts.com

聚焦導向表達藝術® 的推廣：香港之旅

聚焦導向表達藝術及聚焦導向藝術治療 (FOAT®) 的發展根源始於 1980 年美國麻省的劍橋市，當時正值表達藝術治療的早期發展階段。我把尤金·詹德琳博士的聚焦-連繫身體智慧的身心統合方法-與表達藝術結合，可以說是完全自然不過的事。我試驗性地把聚焦加上表達藝術方法，嘗試在精神日間護理、精神健康中心、學校、私營診所及康健機構內推行。此外，我也將它應用於個人、小組、夫婦、家庭及一些尋求社區建設及策略規劃的機構中。

我花了 30 年時間，把聚焦與表達藝術融會貫通地應用於臨床及非臨床層面，從而發展出理論結合實踐練習的一套方法，稱為聚焦導向表達藝術 / 藝術治療®。我把我的心血結晶寫成了《聚焦導向藝術治療：連繫你的身體智慧及創意智能》一書，並在 2009 年出版。聚焦導向表達藝術 / 藝術治療® 適用於心理治療，學校、社區及靈性場所，亦切合個人成長及療癒、健康、提升創意的目標及應用於各團體機構中。

2011 年，感謝張文茵小姐的介紹，我有幸獲香港大學行為健康教研中心邀請我教授聚焦導向表達藝術 / 藝術治療®。就此，開展了我教授聚焦導向表達藝術® 第一至第四階段的課程。當完成了第四階段後，這群孜孜不倦的學員繼續進修聚焦導向表達藝術® 的高級培訓課程及督導。因我身居美國，這個持續訓練課程需在香港進行，當中包括透過即時視像通訊，進行全組督導，配合聚焦導向表達藝術® 同伴練習，及後再有聚焦導向表達藝術® 三人小組朋輩督導實踐培訓。

不經不覺，五年過去了。我驚嘆地見證每位學員透過學習聚焦導向表達藝術® 而各有成長，並孕育了一個強健穩固、互相砥礪、充滿溫情及創意的群體 (FOAT®-HK 聚焦導向表達藝術®—香港學會)。他們把聚焦導向表達藝術® 的精粹付諸實踐：體恤臨在，積極聆聽，「友善地」看待內在體感及創意表達；「陪伴」的能力及臨場見證呈現的一切。知悉他們把聚焦導向表達藝術® 使用在各自的健康福祉及自我關顧上，運用在朋輩間相互支持上，及應用在他們的工作及 / 或各自的創意中，我心倍覺溫馨。

就 FOAT®-HK 籌備展覽，把聚焦導向表達藝術® 的作品向公眾展示，能描述我意感的只有「讚嘆」一詞。我深感讚嘆... 內心被他們的靈感深深打動... 他們打算透過藝術作品及文字的方式，分享各自的聚焦導向表達藝術® 歷程，藉此將聚焦及聚焦導向表達藝術® 的療癒可能性，宣揚開去。作為這個治療方法的開創者，如何能淳淳善誘學員，使得他們將所學發揚光大，尤其在其文化及語言範疇內，將有關知識與其他人分享，誠然是一段充滿挑戰性的歷程。我衷心感激 FOAT®-HK 的誠懇付出，他們深切投入這段學習過程，並以這藝術-聚焦的獨特方式，跟大家分享他們的學習成果！我期待聚焦導向表達藝術® 在香港繼續開拓、發展，及與海外聚焦導向表達藝術® 同業聯繫起來，為世人謀福祉。

預祝 FOAT®-HK（聚焦導向表達藝術®—香港學會）展覽成功！

羅莉·拉帕波特博士

美國聚焦及表達藝術學院創辦人 / 主任

Chan, Wing Yee Grace

BFA, MA, ATR-BC, Licensed Creative Arts Therapist, Certified FOAT® Practitioner

Grace Chan is a US registered and board-certified art therapist and a certified FOAT® practitioner. She had served as a creative arts therapist at a NYC hospital, and is currently serving rehabilitation clients in Hong Kong. She is dedicated to promoting the benefit of creativity and expressive arts among the disadvantaged as well as people from all walks of life. Grace utilizes FOAT® as an approach in therapy work and for self-care.

陳詠儀

陳詠儀是美國註冊藝術治療師，曾於紐約市醫院擔任創意藝術治療師一職，回港後現職復康機構。她致力推廣藝術及共融活動，與弱勢社群、社區各階層人士分享創作，以藝術表達交流。陳詠儀運用 FOAT® 於治療工作及自我關顧上。



Source of Strength
力量泉源
Acrylic on canvas
塑膠彩布繪
61x76cm

“While I was focusing on my source of strength during a solo FOAT® practice, I realized a vague and warm inner glow penetrating through the top of my head

Ocean
海
Acrylic on canvas
塑膠彩布繪
31x41cm



through the belly... ” In Grace Chan’s painting <Source of Strength>, the visual that came through the focusing process describing this inner “felt sense”, manifested as an image with overhead sunlight radiating through the vine, grapes and leaves, gently

shining onto the water, producing a sense of inner peace and comfort. This is also an image describing the source of strength of the artist’s inner faith, as the vine, sunlight and water are often symbols of the biblical divine presence as represented in nature. The calming vision of light and shade creates a warm atmosphere, which resonates with Chan’s source of strength generated in stillness. The Painting <Ocean> also depicts quiet water as an illustration of the recurring “felt sense” of strength in stillness.

「在一次 FOAT® 練習中，當我全神專注於我的力量來源時，我體會到一種既模糊又溫暖的內在光源，由我的頭頂滲透至腹部……」<力量泉源> 此作品是通過聚焦的過程得來的圖像描述這種內在的「意感」，以陽光滲透葡萄和枝葉、輕輕地照射在水面的畫像展示出來，表達內心的平靜和舒適感。這圖像也描述了陳詠儀的內心信仰是其力量之源，因為葡萄樹、陽光和水，往往是聖經中引用自然界來描述神存在的象徵。光與影構成的平靜圖畫營造出溫暖的氛圍，與她內心體會由靜中得來的力量泉源有所共鳴。作品<海>也以平靜的水面描繪靜中得力這經常浮現的意感。



Chan, Wing Chiu Michelle

陳穎昭

Registered Clinical Psychologist, Hong Kong Psychological Society

Certified Focusing Trainer, The Focusing Institute, New York

Visual Artist, MFA, RMIT University

BSocSc, MSocSc (Clinical Psychology), PsyD, HKU

www.michellechanarts.com

<https://www.facebook.com/michellechanarts>



Shimmering Jittery Boom !

Acrylic on canvas

塑膠彩布繪

60x80cm



Playground La La La

Acrylic on canvas

塑膠彩布繪

60x80cm

Michelle Chan, a clinical psychologist and a Focusing Trainer, specializes in applying FOAT® Focusing technique to her Fine Art practice. She looks inwards into her subjective, internal reality and translates personal authentic experiences of being and presence into formal visual elements. In this exhibition, Chan's abstract paintings entitled <Shimmering Jittery Boom> & <Playground La La La> explore and express the myriad intricate sensations and feelings underlying various aspects and moments of human experience, including relationships with the self, others and the environment, love, and hope. It is the artist's passionate wish to invite all viewers to pause, sense and reflect, in order to experience a mental dialogue with her paintings at a personal affective as well as conceptual and aesthetic levels.

在陳穎昭的藝術創作中，作為一個臨床心理學家及生命自覺導師，她應用了 FOAT® Focusing 心理技巧去探索個人內心感受，領悟箇中深層意義，從而表現出一種對自己感覺坦誠的生活態度和臨在 (presence)，與及將之轉化成視覺圖像。在本展覽中，她透過抽象畫 <Shimmering Jittery Boom> & <Playground La La La> 去探討生活體驗上所潛藏的、無數錯綜複雜的細膩情感，包括人與環境的互動、人與人之間的關係、人與自己的內在關係、和愛與希望等。她盼望她的作品能夠成為一個平台讓觀眾靜定下來，與作品進行「體驗式的對話」、反思一下於個人感性及概念層面，和美學角度的箇中內容。

Fung, King See Cecilia

MSocSc, BEd(special needs) , Registered Social Worker, Registered Teacher, Certified FOAT® Practitioner

With over 10 years' experience in the fields of children and family, Cecilia Fung had received training of Child-Centered Play Therapy, Animal Assisted Therapy and Satir Model.

馮敬詩

馮敬詩於兒童及家庭輔導工作超過 10 年經驗，曾接受兒童為本遊戲治療、動物輔助治療及沙維雅家庭治療訓練。



Through the practice of FOAT®, Fung re-connected with her inner self and witnessed her own growth. She had chosen 3 pieces of artwork for this exhibition. The artworks expressed her expectation of the <Source of Strength> at different stages:

“At the beginning of this process, a ‘circle’ often appeared in my artworks. I usually named the circle as the sun or the moon. In my point of view, the sun or the moon could make me feel being supported when I felt tired, stressed and helpless. The projection of the sun was warmth, energy and support; and the moon was a bright light guiding me when I was lost in the dark.

In my latest piece of artwork, a person was trying to connect and catch up with the yellow circle. Although the circle still appeared in the art work, the meaning of it had changed. Through the art work, I found that I was more focused on myself. I no longer depended on others for their acceptance and recognition. In the art work, I was able to re-connect with my inner ‘source of strength’, and to let my life energy flow. When I was able to satisfy my yearnings, I could acknowledge my own existence and value.”

在過去的學習中，馮敬詩透過不同階段的創作看見了自己的成長。是次展覽挑選了三幅作品，呈現出不同年齡的自己對<力量來源>的期待：

「『圓形』經常出現在我的作品中。很多時候我視圓形為太陽或月亮，其象徵意義是能帶給我溫暖、能量及支持。當中的轉化，由最初依靠著外界或大自然給予的力量，至最新的創作，我已有能力用自己的方法與『力量來源』連結起來。這個轉化歷程，讓我可以與自己作出連結，體驗生命力的流動，肯定自己的存在及價值。」

Source of Strength
力量來源 I

Watercolour on paper
水彩紙繪
21x29cm



Source of Strength
力量來源 II

Oil pastel on paper
油粉彩紙繪
29x21cm



Source of Strength
力量來源 III

Oil pastel on paper
油粉彩紙繪
21x29cm





Kwok, Pui Kwan Katherine

MA(Mus), Certified Infant Massage Instructor (CIMI®), Certified FOAT® Practitioner
FCCA, LTCL, CT(ABRSM), PGDip (Music Therapy)

"FOAT® allows me to reconnect to my inner senses and freely express my emotions through expressive arts. It is inspirational and supportive." - Katherine Kwok

郭嫻君

「FOAT® 讓我重新連接內在感覺，讓我透過表達藝術自由地流露情感。它是鼓舞人心的，具支持性的。」—— 郭嫻君

Katherine Kwok is a certified infant massage instructor (CIMI®), a Certified FOAT® Practitioner, a piano teacher and a music activities instructor. She is devoted to promoting body-mind wellness. She is currently teaching parent-child infant massage to pregnant women and parents with new born babies at a HK Hospital. The goal of the group is to prevent prenatal and postnatal depression. Katherine applies FOAT® in her well-being workshops and for self-care. She is also dedicated to facilitate emotional release through music and expressive arts activities.

In Katherine's abstract artwork of <My FOAT® Journey>, painted with fingers, she used four colours to represent her four stages of focusing:

1. Black (Voyage): "Started off in darkness, my journey of self-awareness began."
2. Purple (Handle): "I gradually entered into a place of the "unknown"...it was uncertain, could hardly get the "handle" through senses."
3. Brown (Expression): "It felt like stopping, but was moving forward, following the flow. Felt senses were expressed clearly and concretely."
4. Red (Integration): "Integration of inner felt senses and outer factors had taken place secretly. The inner pieces of notes and rhythm unconsciously formed a meaningful and unique piece of live music."

My FOAT® Journey
我的 FOAT® 旅程
Watercolour on paper
水彩紙繪
29x39cm



郭嫻君是一名註冊嬰兒按摩導師 (CIMI®)，鋼琴教師，音樂活動導師。她致力推廣身心健康。現於香港一所醫院教授懷孕婦女及新任家長親子嬰兒按摩技巧以預防產前和產後抑鬱症。她應用 FOAT® 於身心健康工作坊和自我關顧上，亦致力鼓勵從音樂和表達藝術活動中釋懷和表達情感。

她在 <我的 FOAT® 旅程> 的抽象畫作中，以手指繪畫，並運用四種顏色代表她的四個 Focusing 階段：

1. 黑色 (啟航)：「一切從黑暗開始，開展自我覺察的旅程。」
2. 紫色 (掌握)：「在不知不覺間，漸漸進入了「未知」的國度—不確定。從感覺中「掌握」了。」
3. 褐色 (表達)：「像是停止，但是向前，順着過程的流動，內在感覺更清晰、更具體地向外展示。」
4. 紅色 (整合)：「內在感覺和外在因素悄悄地進行了整合。像生命的一節獨特和具生命意義的樂章，從內在零碎的音符、節奏，在不經意中匯聚出來。」

Law, Krisdean

"Painting is my way of deep breathing, my journey back to my inner feelings, my internal search light." – Krisdean Law

「畫畫是我深呼吸的方式，回到我內心感受的旅程，我內省的搜索燈。」—— Krisdean Law



The coming to know about expressive arts goes back a long way. Krisdean Law enjoyed painting since her early childhood but somehow this was forgotten when her career starts. In 2008, a painting session brought her inner self closer to the paint brush. The process let her unleashed not just her creativity but deep emotions. She experienced the powerful shifts of felt sense that transcend words. Her work tends to focus on the untapped emotions, freeing the unexpressed. The feelings emerged and

transcended to a new source of strength.

The painting <Voyage d'une larme suspendue> is the encounter of Law's submerged sadness. It is the conversation between her and the teardrop. She asked, "Where are you going?" The teardrop gave no answer, staying there till it started to glow.

認識表達藝術的經過可以追溯到很久以前。Krisdean 自幼喜歡繪畫，但當她的職業生涯開始時，這個樂趣便給遺忘了。2008 年，一個畫班令她更想接近畫筆。這個過程讓她釋放的不只是她的創意，還有深深的情感。她經歷過意感上比言語還要深刻的轉移。她的作品往往集中在未披露的思緒上，釋放未表達的情感。感情流露的同時又化成新的力量來源。

這幅畫 <淚游> 是她在面對沒法掩飾的悲傷。是她和淚滴之間的對話。她問：「你到哪兒去？」淚滴沒有給出答案，呆在那裡的它卻開始發亮。



Voyage d'une larme suspendue
淚游

Acrylic on canvas
塑膠彩布繪
35x46cm



Lok, Yin Ping Yummie

BA, MSocSc(Counselling), MSocSc(Behavioral Health), Certified Hypnotherapist, Certified FOAT® Practitioner

Yummie Lok has been conducting art facilitation (stress reduction) workshops for adults in some NGOs as well as in her own studio since 2005. She writes, she paints. She has always enjoyed expressing her thoughts and self-exploration through words and images, they bear witness to her self-cultivation journey.

<http://yummielok.wix.com/poems-artworks-hedi>

<http://yummielok.blogspot.co.uk/>

駱燕平

駱燕平自 2005 年起開辦藝術啟導（減壓）工作坊。她寫詩、繪畫，她喜歡用文字、圖像表達內心的想法及自我探索，以見證個人成長的歷程。

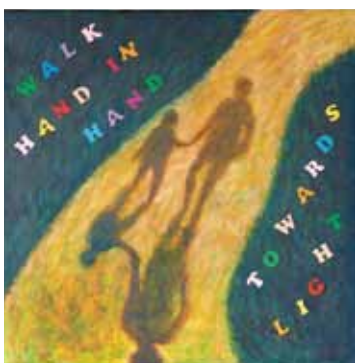
*The tears I shed
yesterday have
become rain
我昨天掉下的淚，
成了今天的雨……*
Watercolour on
paper
水彩紙繪
21x29cm



*Letting my energy
flow!
讓能量流動！
(Painting)*
Acrylic on canvas
塑膠彩布繪
51x51cm



*Gold in every hole
洞裡藏金……*
Collage
拼貼
29x21cm



*Walking hand in
hand
手牽手往前走
(Painting)*
Acrylic on canvas
塑膠彩布繪
51x51cm

The following are the illustrations of Lok's FOAT® Focusing processes for each of her four artworks in this exhibition:

“While checking in with my need for self-care in the artwork entitled <Letting my energy flow!> I felt a pair of hands grasping on my neck and simultaneously pressing on my stomach. I posed the question: “What’s needed to bring self-care into my life?” I immediately found my hands let go, and a vast volume of energy was released.”

“For the artwork <Walking hand in hand>, a little child carrying a burden that outweighed her age was the “handle” of my frequent tension on chest. I asked: “What would it be like when all resolved?” The little child took my hand, together we walked out of the shadow.”

“For the artwork <Gold in every hole...>, when connecting with my ‘source of strength’ during the Focusing process, the image of a dried leaf I picked up earlier emerged. It came from a big tree that stood tall despite the strong winds and rain. I used it to make a collage, and asked myself when finished: “Is there anything I’d like to add to the piece?” Gold was the answer.”

“Overwhelmed by the sudden death of my nephew, I did a solo checking in with my emotions and expressed them in the painting <The tears I shed yesterday have become rain...>. I kept company with my intense sadness and acknowledged it: “You are not alone, I am here with you.” Then a message came to my head, which echoed Thay’s famous quote.”

以下是駱燕平為本展覽所創作四幅作品時每一幅作品的 FOAT® Focusing 過程：

作品：< 讓能量流動！> — 「我感到有一雙手緊緊握著我的脖子，同時壓著我的胃。我問自己：「要自我關顧，需要些甚麼？」我隨即感到雙手放開，釋放了好一股能量。」

作品：< 手牽手往前走> — 「我胸口常常出現繃緊的感覺，它的代表圖像是一個小孩揹負著與年齡不相稱的擔子。「如事情得到化解，那會是怎麼樣？」但見那小孩拉著我的手，我們一起走出陰影。」

作品：< 洞裡藏金……> — 「我腦海出現早前撿到的一塊乾葉。它來自一棵無懼風雨的大樹，我用它做了一幅拼貼。完成時，我問：「還有甚麼加進作品裡？」答案是：金。」

作品：< 我昨天掉下的淚，成了今天的雨……> — 「我為姪兒突然離世悲慟不已。陪伴著內心哀傷，我確認它：「你並不孤單，我在這裡陪著你。」有一訊息湧現。後來，我發覺它源自一行禪師的名句。」

Mak, Mei Yee Vivien

BSW, RSW, Licensed Practitioner of NLP, Certified FOAT® Facilitator

Vivien Mak is a registered social worker and an operation manager of nursing home. Her expressive arts journey started from 2009 that inspired her to use FOAT® in the elderly services. She encouraged the elders suffering from chronic illness to cope better by expressing themselves through art media.

麥美儀

麥美儀是註冊社工及護養院的營運經理。在 2009 年開始接觸表達藝術，並啟發她把 FOAT® 運用於長者服務，鼓勵患有長期病患的長者用藝術表達自己，與病患共舞。



Here is the description of Mak's FOAT® Focusing processes for her artwork <From a misty state... to an all fine place> in this exhibition: "When I closed my eyes, I felt lost and I found myself being surrounded by a grey mist. I was searching and patiently waiting for something to emerge. Then, I saw a bee flying non-stop in the grey mist, followed by its companions. Such scene was familiar to me, as it was a reflection of my busy working condition. I noticed that I felt burned out. After that, the image of a flower emerged in my mind. I was resting on that big flower. This picture of my 'all fine place' made me feel peaceful, relaxed and with a sense of hope."

FOAT® helps me to reconnect with my inner self. Through the three artworks, it presented my inner condition by layer and reminded me about the work-life balance. Learning FOAT enhances my empathic response and counseling skill.

以下是麥美儀為本展覽創作作品 <走過迷霧…尋找最美好的地方> 時的 FOAT® Focusing 過程：「當我閉上雙眼，我見到眼前一片灰灰的迷霧，有點迷失，沒有方向，我在尋找和耐心地等待下一個畫面出現。接著，我見到一隻蜜蜂在霧裡飛，後面有其他的同伴，我們一直不停飛。這個畫面就像我日常忙碌的工作，令人很累，不知道何時可以停一停。最後，我見到那隻蜜蜂停在一朵色彩繽紛的花上休息，我感覺到它的寧靜和輕鬆，心裡充滿希望可以找到一個舒適的地方，停一停，再向理想進發。」

FOAT® 幫助我連繫內心的感受，透過三幅圖畫，一層層去表達我的內在情況，提醒我工作與生活的平衡。學習 FOAT® 也提升了我運用同理心的能力，增強輔導技巧。

From a misty state
to an all fine place
走過迷霧……
尋找最美好的地方 I
Pastel on paper
粉彩紙繪
29x21cm



From a misty state
to an all fine place
走過迷霧……
尋找最美好的地方 II
Pastel on paper
粉彩紙繪
29x21cm



From a misty state
to an all fine place
走過迷霧……尋找最美好的地方 III
Pastel on paper
粉彩紙繪
39x29cm



Shum, Angela

BScN, MA, MT-BC, MTA, RN, Music Therapist, Registered Nurse, Certified FOAT® Practitioner

Angela Shum has been practicing as a registered nurse and then music therapist in Canada, USA and Hong Kong. She is now serving addiction population in Hong Kong. Her passion is to promote music therapy/expressive arts therapy to adults who have health related needs or issues, so that their quality of life and health issues could be improved.

沈慧華

沈慧華前後曾在加拿大，美國和香港任職註冊護士以及音樂治療師。她現正在香港服務有成癮行為的人士。她致力推動音樂治療 / 表達藝術治療給身體健康有需要或問題的人士，讓他們身心靈得到改善。



Source of Strength
力量泉源

Mixed Media
混合材料

110x52x60cm

“FOAT® allows me to have this space to reflect on my issue. I realize my strength has developed throughout the process. Reviewing all my FOAT® artwork, I recognize that many of my mental imageries, emotional status and my bodily responses are connected intermittently and continuously with the trauma of car accidents years ago. My chest rib is like a window opening up its door and revealing this transparent resistance or wall covering all over the body. Bloody red material is a symbol of life and strength, flowing out from within. Energy and strength pouring out from inside melted the resistance or wall.” – Angela Shum

「FOAT® 讓我有這個空間去反思我面對的問題，往往在整個過程中發掘了能力。查看我所有 FOAT® 的作品，我意識到，我有很多心理，情感狀態和我的身體反應是與年前的車禍創傷是有關的。我胸部的肋骨就像打開了的窗戶，觀看到隱藏的阻力和牆壁覆蓋整個身體。鮮紅色的物料是生命和力量的象徵，從內延伸至外。能源和力量直接從內而外湧出來融化這阻力或牆。」— 沈慧華

So, Soming

MA in Design, Packaging Design Manager, Illustrator, Illustrated Book Writer, Part-time Art and Design Teacher, Circle Painting Practitioner, NLP Practitioner (ABNLP), Completed Internship Course for edu/Arts & the Monart method, Certified FOAT® Facilitator

Besides working in the design and illustration field, Soming applies her understanding of expressive arts into art teaching. After learning FOAT®, she firmly believes that creative expression is important to personal development and self-care.



蘇明子

在設計及插圖創作的領域以外，蘇明子致力將領受到的表達藝術知識應用在其美術教學當中。學習 FOAT® 令她更相信藝術創作對於個人成長關顧的重要性。



Here is the description of So's FOAT® Focusing processes for her artwork <Outside the Frame> in this exhibition:

“I see a frame and it is foggy inside, I try to look through the misty scene, a stone stairway vaguely appears in the mist. I feel eager to step inside the frame and follow the stairs, but the seemingly endless staircase stops me. My heart feels discouraged, then I close my eyes for a long while, until suddenly a little orange crab climbs up quickly to the left hand corner of the frame... and I am glad to realize that this is my direction as a Cancerian... In fact, it is very special to sense a shift from ‘an issue’ to ‘self-care’ at the end.”

以下是蘇明子為本展覽創作作品 <常框以外> 時的 FOAT® 聚焦過程：「只見到一道框架，裏面一片迷霧，我很努力地想看清楚霧裏的景象，一道石級漸漸地在霧中出現。我很想跨過框架往石級處走，但見不到盡頭的石級把我剝住。我心一沉，再閉上眼，良久，一隻橙色的小蟹跑了出來，活潑地往左邊的框架爬了上去，一點點的恩喜隨之而來，因為我知道這是巨蟹座的我的方向……今次的體會由「一事件」轉到「自我關顧」，哈，實在神奇。」

Outside the Frame
常框以外
Mixed Media
混合材料
46x130cm



Tse, Kar Man Almas

RSW, Certified FOAT® Facilitator, Certified Personality Dimensions® Trainer

Almas Tse is a Registered Social Worker with extensive experience working with adolescents. She applied FOAT® intervention to help young people discovering their 'way' and 'dream'.

謝嘉雯

謝嘉雯是註冊社工，具有多年青少年服務工作經驗，曾嘗試以聚焦導向表達藝術® 介入，為迷失方向之青年，尋找他們的「路」與「夢」。

This is Tse's FOAT® journey:

"It all began with an 'Unknown'... During the long journey, I kept looking, finding and searching... and I seemed to find the little light which was leading my way! During the process, there were tons of magical moments that raised me up. Looking back on the long journey, it brought me peace and made me calm. In these five years, I felt much warmth and love."

"Thanks to all FOAT® mates and Dr. Laury for their company and sharing along my amazing FOAT® journey."

以下是謝嘉雯的 FOAT® 歷程：

「由未知的旅途開始…當中不停地尋找，漸見一點點光芒！在尋找的過程上，有很多夢幻的經驗，讓我成長！回想起來，這些都使我平安、平靜。五年的時光，讓我感受到滿滿的溫暖和愛！」

「感謝一直陪伴我、與我一起經歷的同學和羅莉老師！」



Finding
探索
Watercolour on paper
水彩紙繪
29x39cm



Fancy
夢幻
Watercolour on paper
水彩紙繪
29x39cm



Peaceful
平靜
Watercolour on paper
水彩紙繪
29x39cm



Love
愛
Watercolour on paper
水彩紙繪
29x39cm

Tse, Wan Chi Vincci

MSW, Certified FOAT® Practitioner, Licensed Hypnotherapist, Professional Certificate on Satir Model & Marital and Family Therapy

Vincci Tse is an experienced social worker in Hong Kong, focuses on professional counseling and training work. She hopes to serve couples and family by God's love, especially cares for the wellbeing and dignity of human life. She devotes to learn and integrate different theories and approaches, in order to serve others in their walks in life with sincerity and respect.

謝韻姿

謝韻姿女士為本地資深社工，主責輔導及訓練工作，希望本著基督的愛去進行婚姻及家庭工作，重視人的價值及身心靈的健康，因此一直學習及整合不同理論及方式，盼望以尊重和真摯的態度為人的生命效力。



Big Change in My Work Place
上司升職了
Oil pastel on paper
油粉彩紙繪
21x29cm



Inside Out
心中情
Oil pastel on paper
油粉彩紙繪
29x21cm

The following are the descriptions of Tse's FOAT® Focusing processes for each of her two artworks in this exhibition:

Artwork on 'Working on an issue'---<Inside Out>: "In the beginning, I could feel the mixed emotions inside my body and heart. They were annoyance, sadness, anger, powerlessness and helplessness. When I saw and approached them, I felt the hurt and upset feelings. When I stayed with these mixed feelings and acknowledged them, all of them turned into kids, and were waiting for my concern. I became a kindergarten teacher who nurtured and soothed them. Then, all KIDS sat down, and their faces were touched with love..."

Artwork on 'Working on an issue'---<Big Change in My Work Place>: "I got a message that my supervisor would be promoted to be the director in the following month. I felt a sense of uneasiness inside my body, so I took this issue as the theme of this round of FOAT® practice. When I closed my eyes, I saw myself standing outside the window of IFC (the tallest building in HK). Since the surface of this building was made of glass, I could not find anything to hold on to and there was no one there that could help me. I felt very scared and frightened. I felt there was nothing I could do... After my facilitator guided me back to my breaths, I felt the support from her. I tried my best to concentrate on my breathing. After that, the scary feeling was gone, I felt more supported and captured this picture in my mind. Through the process, I had a better understanding of myself and the feelings that were inside of me then..."

以下是謝韻姿為本展覽所創作兩幅作品時，每一幅作品的 FOAT® Focusing 過程：
作品一<心中情>：起初，我感覺到我內在（特別是身體及心裡）有很多不同的情緒，它們是：煩厭、傷感、憤怒、無奈、無助。當我看到它們，我走近並感受它們，我感到它們原來是受傷及憂傷。及後，我再溫柔的陪伴它們、確認它們，沒多久後，這些感受都變成一個個小孩，等待著我的關愛。而我化身為幼稚園老師進入這個情境，逐一滋養、安慰每個需要我用愛看待的“小孩”。最後，所有“小孩”平靜地坐了下來，圍著溫暖的火圈，每一個都被愛感動著……

作品二<上司升職了>：進行這次練習之前，我收到訊息，由下一個月起，我上司將由督導主任升級為總監。我感覺到自己身體的不安，因此，以此為題進行 FOAT® 練習。當我一開始閉上眼睛，我看到自己站在 IFC（全香港最高的大廈）外，由於這大廈外牆全由玻璃組成，我無法找到任何東西去抓緊使我站立得穩，亦沒有任何人在我身旁可幫助我。我感到非常驚慌及恐懼，我什麼也做不到，整個人也在抖震…當我的同行者協助我呼吸，我感覺到她的支持，我努力嘗試專注在我的呼吸中，及後，我的恐懼慢慢消去，我感覺多了支持，亦記下了這畫面（即此作品）。由此練習裡，我明白多了因此事自己當時內在的不安、惶恐情緒……

Acknowledgement

We would like to thank our dear teacher and supervisor, Dr. Laury Rappaport for her continuing support in nurturing us in our professional growth. Although she is residing in the US, our learning does not cease with distance as we continue our on-going training with her.

Special thanks to Tristan Nga Chee Chan to be our exhibition's jury and consultant. Tristan is an UK registered art therapist, has extensive experience working with child, adolescent and cancer patients. Not only she is expert in the field of expressive arts, she is also serving as the vice president of the Hong Kong Association of Art Therapists, relentlessly promoting art therapy in Hong Kong.

Thanks Soming So for the awesome design work on the exhibition booklet, Yummie Lok for lending us the studio space and helping with translations, Michelle Chan and Grace Chan for editing, and also all the participants for contributing their beautiful artwork and writing to the exhibition. It has been a memorable journey together and may we continue to spread the seeds of FOAT® in Hong Kong.

FOAT®-HK

Enquiry e-mail: Foat.hk@gmail.com

For more information, please visit: <http://www.focusingarts.com>

[illegible]

鳴謝

我們衷心感謝我們親愛的老師和導督，羅莉·拉帕波特博士對我們專業成長上的持續支持和培育。雖然她居住於美國，我們的學習不因距離而停止，並將繼續隨她進行訓練。

特別感謝陳雅姿擔任此次作品展的評審及顧問。陳雅姿是英國註冊藝術治療師，對兒童，青少年和癌症患者的工作有豐富經驗。她不僅是表達藝術領域的專家，也擔任香港藝術治療師協會的副會長，堅持不懈地在香港本土推動藝術治療。

感激蘇明子為展覽小冊子作精心設計，駱燕平借給我們展覽場地並參與翻譯工作，陳穎昭及陳詠儀幫助進行編輯，和所有參展者在展覽中分享其動人的作品和寫作。這是一個難忘的共同旅程，祝願我們繼續在香港散播聚焦導向表達藝術®的種子。

聚焦導向表達藝術®-香港學會

聯絡電郵: Foat.hk@gmail.com

如欲了解更多資料，請到：<http://www.focusingarts.com>

The cover image titled <Heartfelt> shows a warm, grateful, orange heart which represents the heartfelt caring and love toward one self and others as we experiencing through FOAT® each time.

名為〈心意〉的封面作品呈現出一個暖暖、欣喜、橙黃色的心，
代表我們每次透過經歷FOAT®，
都從心中意會到對己對人的關顧和愛護。

