**Blurring Images /Backgrounds in Photoshop (Similar to the Adamsky Effect)**

1. Open Image in PS

2. Duplicate layer – right click on existing image panel and select Duplicate

3. Select Subject you do not want to Blur. Can use AI panel, "Select Subject" option or one of several other options manually

4. After selecting Subject, go to top Menu bar, choose Select tab, dropdown to "Select & Mask", A new menu bar will pop-up. Scroll down to "Output to" and choose "New Layer". This creates another layer with the mask

5. Turn 'eyeball" off newly created layer of the subject. Turn on eyeball on Duplicate layer of photo, and be sure the duplicate background layer is activated.

6. Use Lasso brush to select the subject again

7. Use Generative Fill to either replace subject with the existing background or simply remove subject and see what happens. If Generative Fill doesn't provide a good result, try Content Aware Fill to remove the subject from the background.

8. Now, hit CTRL, ALT, SHIFT and E to merge all layers into a new layer, with no mask.

9. Now go to the newly created merge layer, top menu Filter and select Blur, Motion Blur. Adjust blur of background to taste.

10. The last step is to drag subject layer on top of the blurred background layer. You should have a photo with the subject in sharp focus, but entire background blurred.

(Credit: Jack Karakelian and Betsy Wilson, watch video to see example)
https://youtu.be/gEm1xrccLck