

Being *the Creative* in Professional Practice, Part I



Creating safe spaces



for recovery



and



transformational growth



Every person has a voice.

Participants will learn how the use of ART . . . visual art, writing narrative and music, mindfulness, psychodrama, and storytelling can stimulate authentic conversation and serve as a mind, body, and social-emotional therapeutic balm. . .

Bringing into focus more empathic understanding in our diverse human encounters.

These creative interactional and experiential activities have been tested and found to be a powerful way to open people up to explore who they are in non-defensive ways, regardless of prior intervention-oriented experiences. These therapeutic tools have not only been used with individuals, groups, couples and families in conflictual situations, but also with businesses, non-profits and faith-based organizations, in schools and university settings.

The View from 30,000 feet

An Idea

... is born



(c) PCKliger, PhD, ABPP, American Psychological Assn Wellness "The Creative" Part 1
2020

a turning point...



**A Young Woman Sings for Troops
in Vietnam & Far East**

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"The Creative" Part 1 2020

Power your Heart...

You power your Mind

Self-study then Build a Bridge to Someone



by Paula Christian

A Creative Life Journey begins with a ***Story***

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The Steps



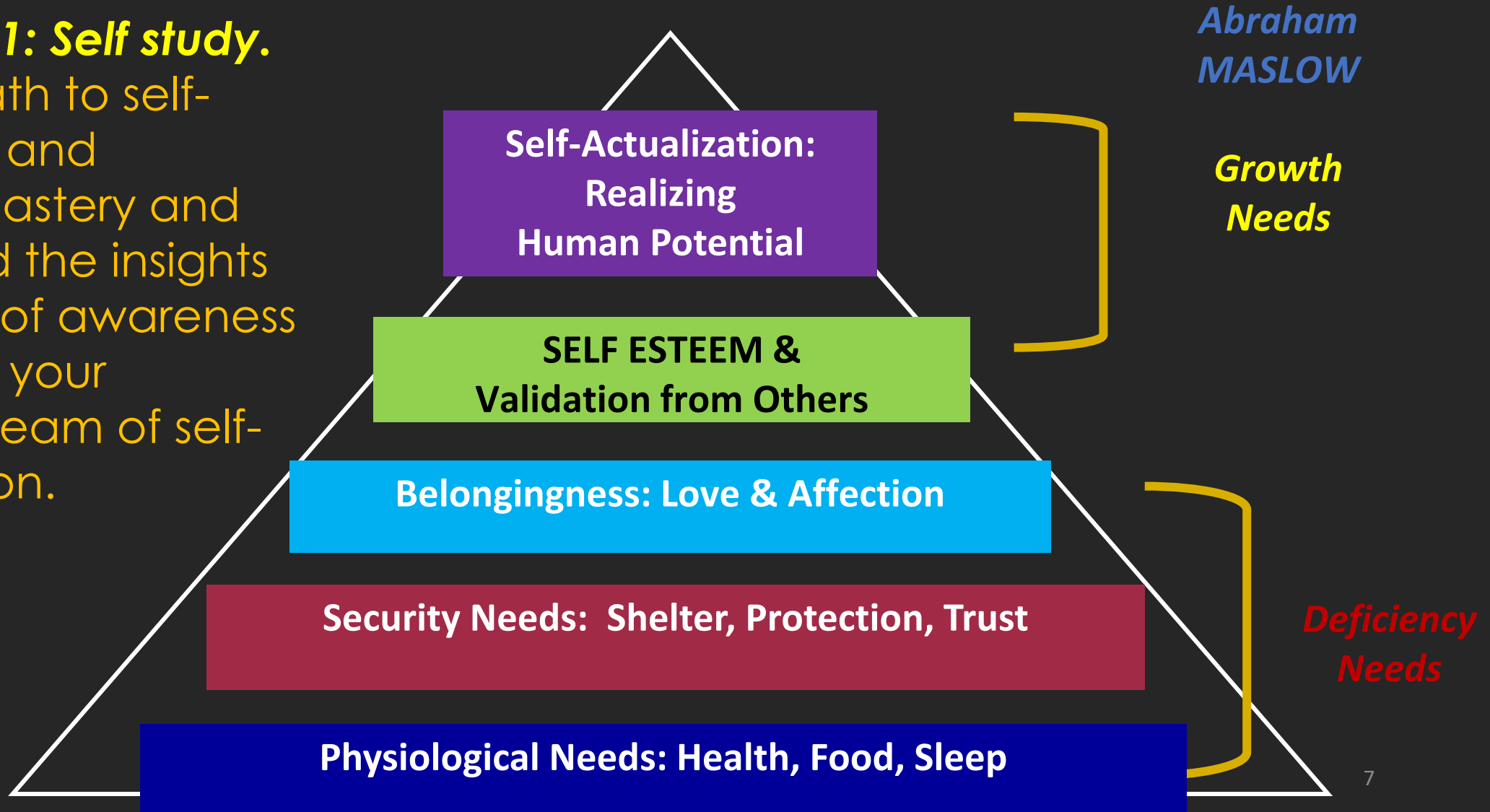
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Part 1 2020

Principles of The Evolving Self

Principle # 1: Self study.

Find the path to self-awareness and personal mastery and you will find the insights and states of awareness to achieve your deepest dream of self-actualization.



Principles of The Evolving Self



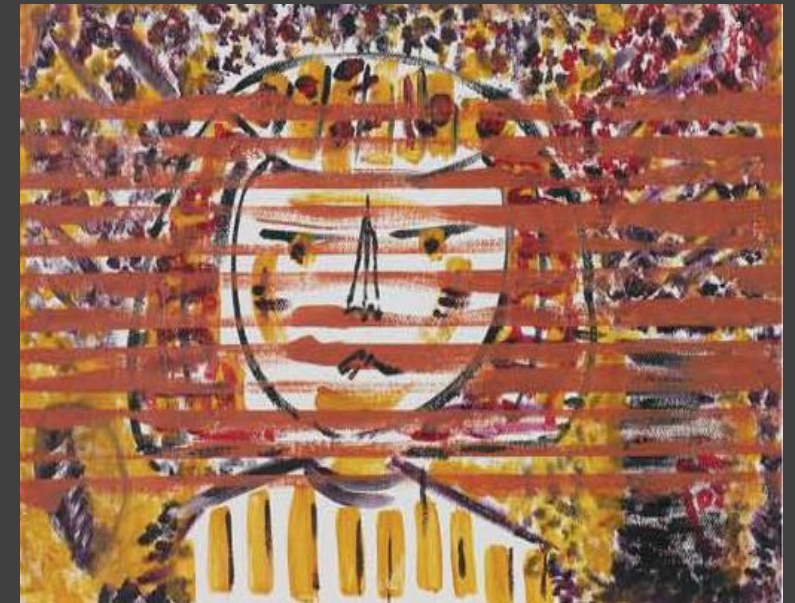
A. Situational Self Masks



B. Enduring Self Masks

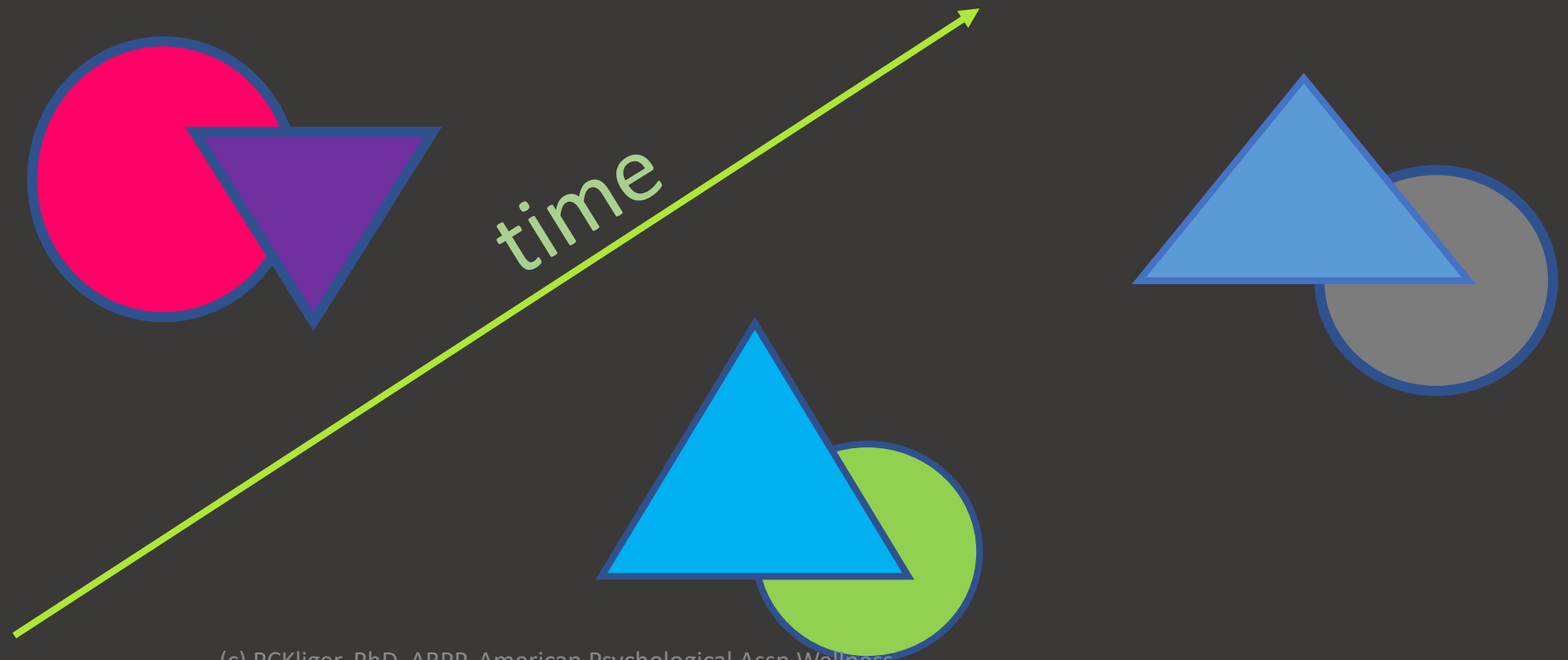
Principle # 2: *Through self study, we realize that being human means being complex.*

**C. Veiled Self Masks
Unknown and Forgotten
“Blind Spots”**



Principles of The Evolving Self

Principle #3: *Through self study, we recognize that each human being moves and changes in their own way, and at their own pace.*

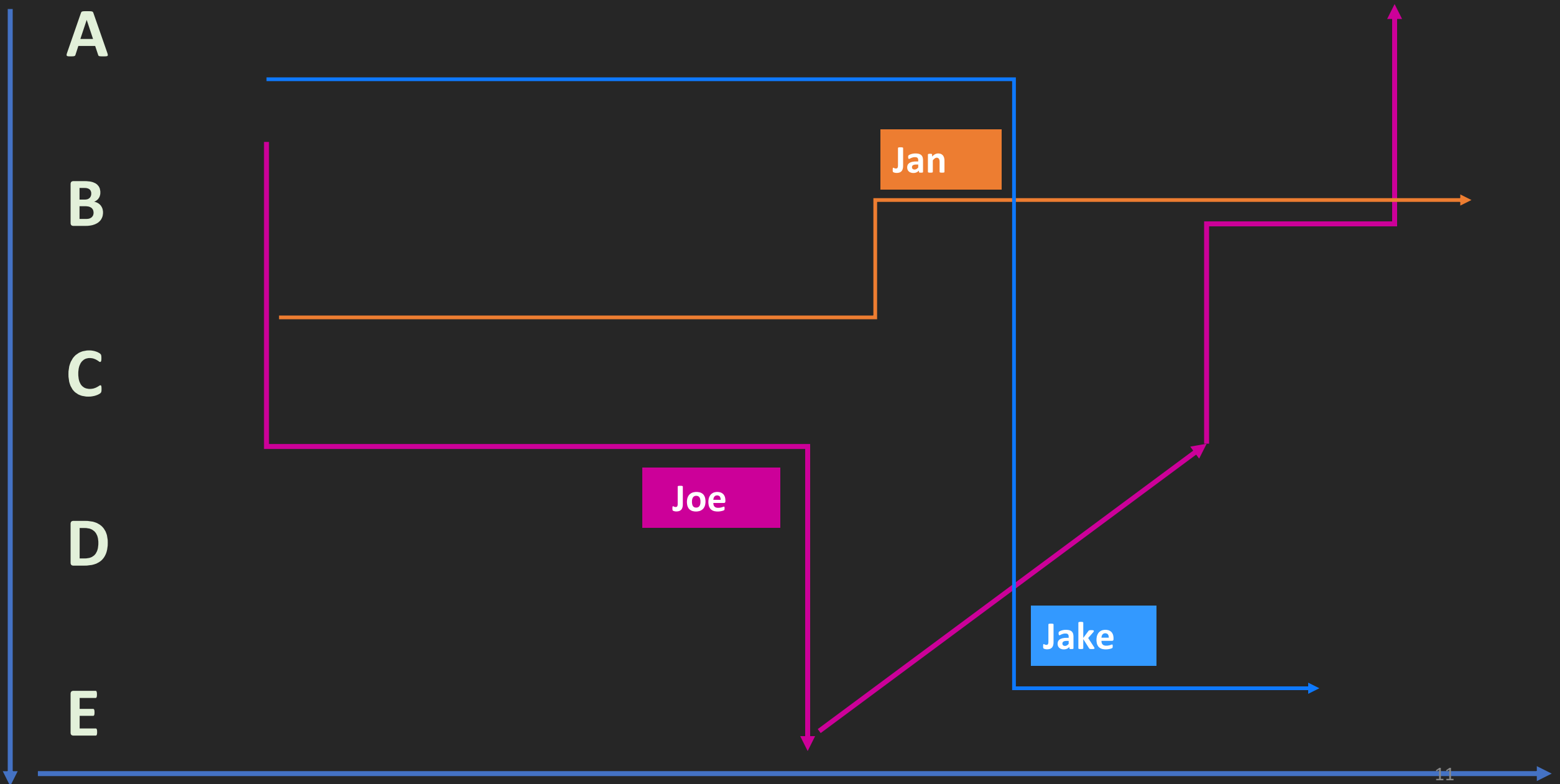




Principles of The Evolving Self

- ***Principle #4:***
 - *Through self-study* we learn that **significant (critical) life events** are the drivers (the catalysts) for transformative change.
- ***Principle #5:***
 - *Through self-study* we begin to see how **history** and its **patterns** shape who we become.

My LifeLine – Significant Life Events



A large, irregular orange watercolor splash serves as the background for the title text. The splash has a textured, painterly appearance with various shades of orange and some darker spots. The text is centered within this splash.

My Lifeline

An Experiential Activity

My Lifeline *of* Significant Life Events

A

B

C

D

E

Principles of The Evolving Self

Principle #6:

Through self-study,

We begin to see that ...

We are human first,

last

and always.



Principles of The Evolving Self

- Principle #7: Through self-study, we begin to see that each human being is *unique*, expressing *strengths and vulnerabilities*.





Principles of The Evolving Self

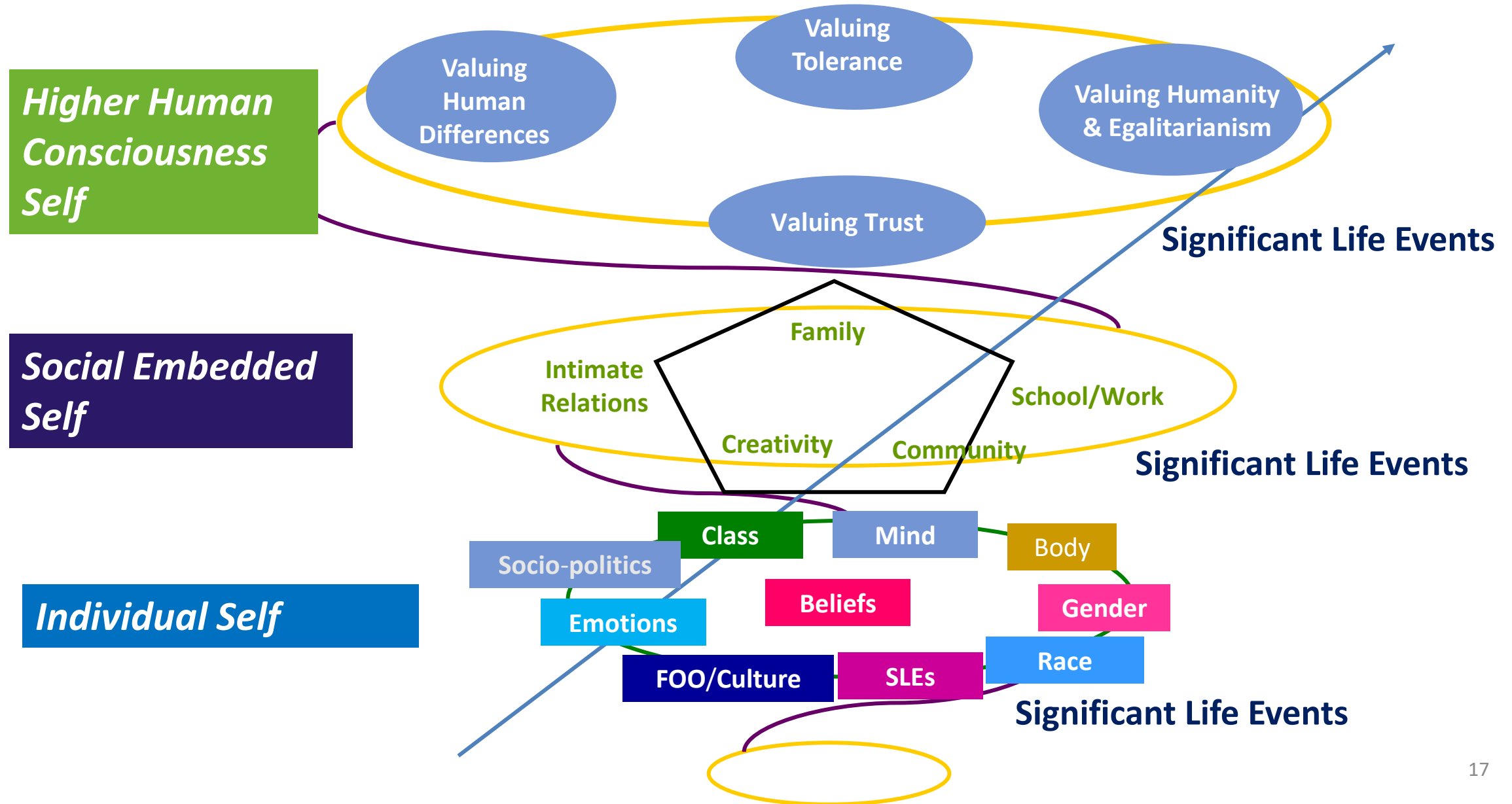
Principle #8:

- Through self-study, we begin to realize that each human being yearns for recognition.

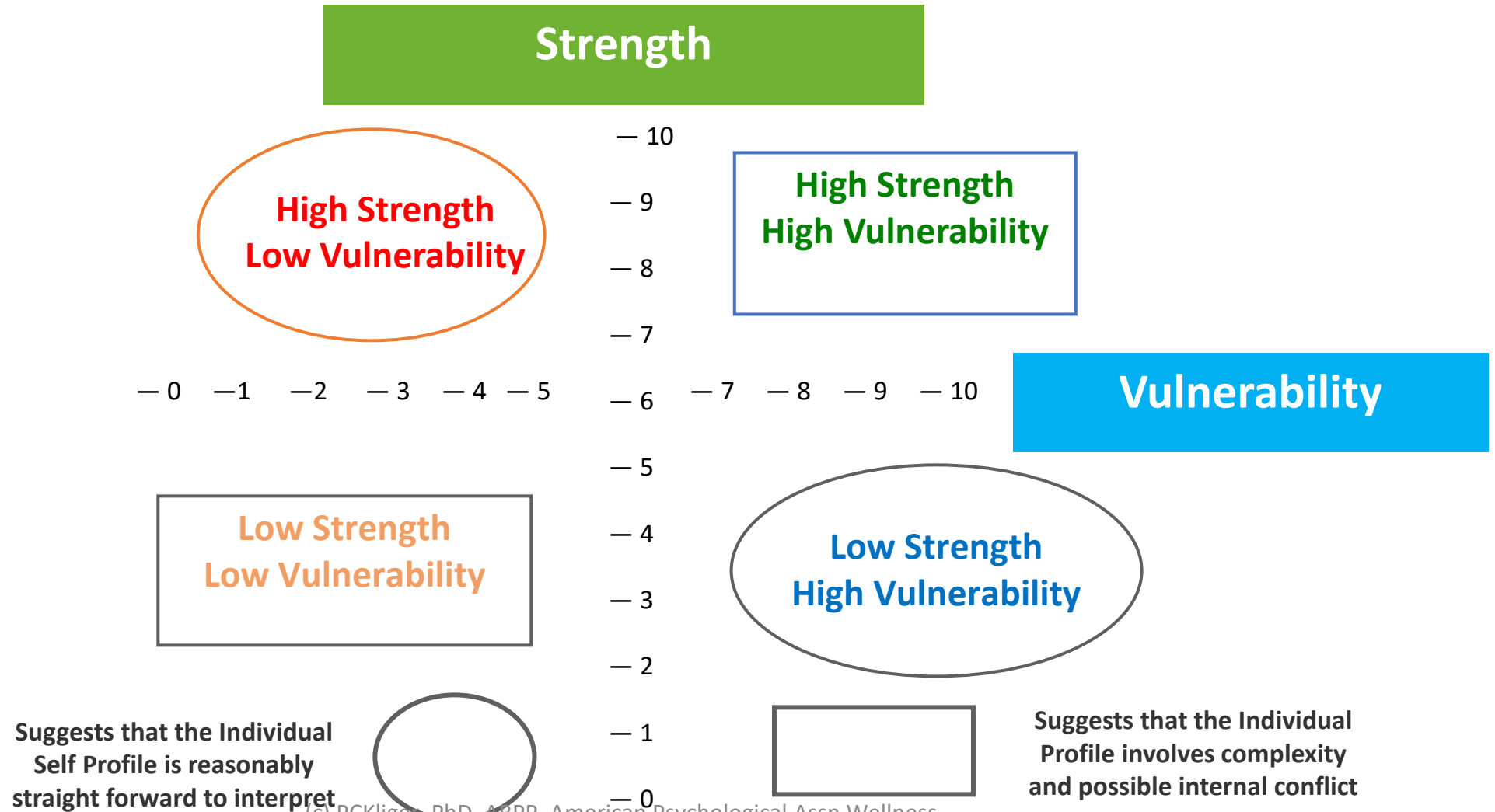
Principle #9:

- Through self-study, we recognize that we each live our lives embedded within a context. We are a part of a universal collective — related to, supportive of and supported by all of life....

The Levels, Dimensions and Drivers of Awareness of An Evolving Self

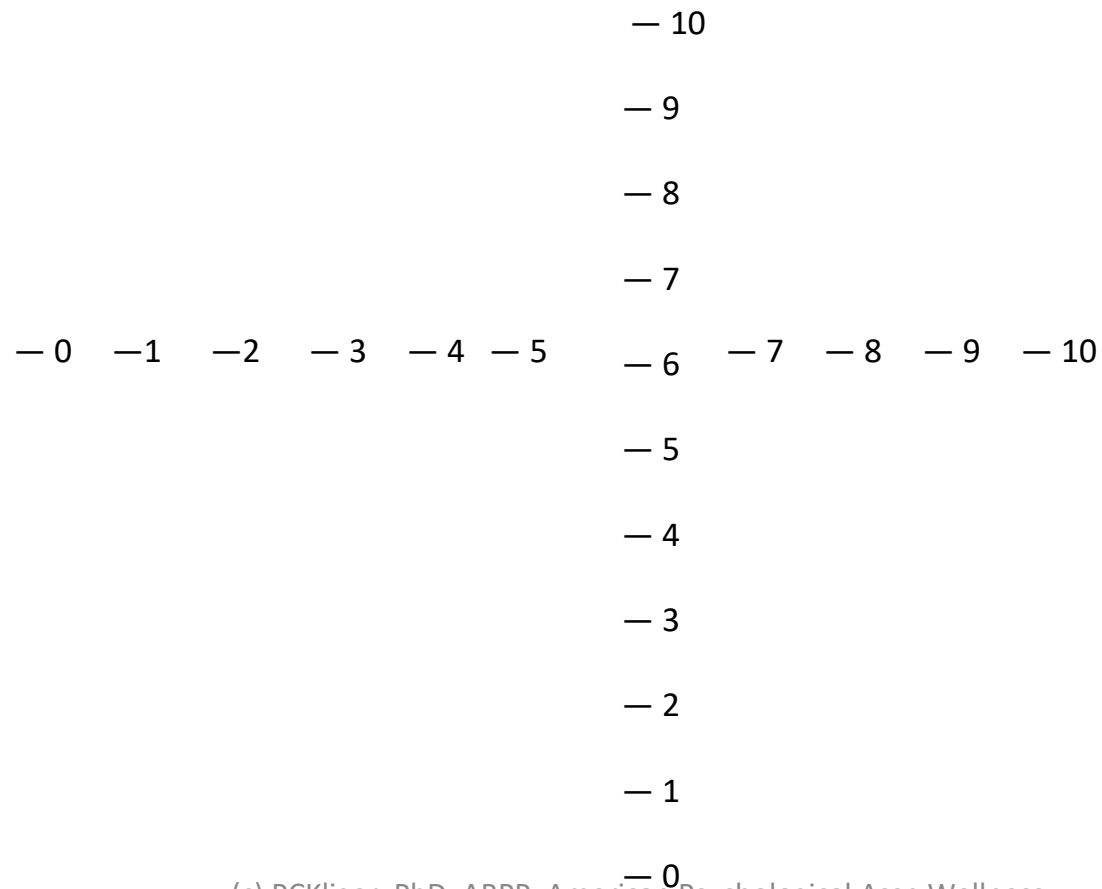


Self Awareness



Self Awareness

Strength



Vulnerability

Influence



Principles of The Evolving Self

Principle #10:

Through exposure to a range of human life experiences, we open the mind, heart and spirit to a deeper and broader human understanding and acceptance of self and others.



Building “The Creative” Professional Practice

Step I Focus: 5 Core Self-Study Transformational Practices

- **Developing an Observing I and Mindfulness** – Learning to be in the present – Attuning to Mind, Body, Emotion, Intuition, Relationship
- **Deepening Self – Reflection** – Leading to Self-Awareness / Self-Discovery... **Where history informs emerging insights**
- **Valuing your** awareness and **acceptance of self and others**
- Expressing **Curiosity** and the **Practice of Making Meaning** out of each life experience
- **Dedication to Making a Difference** in personal and practice/professional life

Step 2 Focus – 5 Core Self-Study Collaborative Transformational Practices

- **Valuing the impact, *sharing* power and influence** within varied contexts and relationships
- **Building close, trusting and enduring relationships** as the priorities in ***ALL*** professional practice
- **Using compassion, loving-kindness and empathy** side-by side with the principles of **neutrality and objectivity** in ongoing psychodynamic work
- **Cherishing integrity, *sharing* truth** and **“doing the right thing”** in the face of internal conflict and external pressures
- **Fostering development and mentoring others** with these transformative core practices

8 Heart and Mind Practices to Stay on the Creative Course ...

- 1 Make self-care, your creative self, a daily priority. *Develop Creative Self as an Act of Self-Care*
- 2 Cultivate patience. Trust the principle of *Gradualism*. Your time. Your process. Your pace.
- 3 Seek out what is already known & has been done. *Expose yourself to divergent views. Research far & wide. Give credit where it is due.*
- 4 Remind yourself each day who you are. Reflect. Realize your Story. *The best stories and our “creative” inside live close to home.*
- 5 Create calm. *You cannot create your best until you can be still. Then listen.*
- 6 Schedule time. *Time is your friend. Give your creative self the attention of your time.*
- 7 Identify and connect with your audience. *Recognize the people who love you and what you bring to life and your work.*
- 8 Identify your guides. Those who know the journey to the *top* of the mountain – the path of hope, resilience & inspiration – We all need ‘Sherpas’ who not only *KNOW* the way ... With care, they *SHOW* us the way!

Being *the* Creative in Professional Practice: Practical Steps

- **Stage 1 – Preparation –**

- a) Solidify grounding in a clinical or life mentoring/coaching model,
- b) Engage in core transformational practices in order to make meaning out of the clinical problems;
- c) Formulate an accurate picture of the client/patient (individual and/or family) and
- d) Create a treatment plan and process, with an evolving “creative” change process in mind.

- **Stage 2 – The Treater and Self Study** – Write your story, with an understanding of your strengths, defenses, physical, emotional, and mental/psychological vulnerabilities, and the influences that shaped your development. How have you been the “creative” in your development and shared with others?

Being the Creative in Professional Practice: Practical Steps (continued)

- **Stage 3** – Establish the **“Healing Relationship”** (J. Herman) and Working Alliance for Sense of Safety and Trust all concerned in the assessment and treatment process
- **Stage 4 – Self Study** of The **Client/Patient (individual and/or family)** to understand:
 - a) the history,
 - b) presenting problems,
 - c) significant life events shaping strengths and vulnerabilities, and
 - d) the real diagnostic story? And what has been your client(s) “creative” evolving process
 - e) the possible explanations for need, with relevant assessment and treatment considerations –
- **Stage 5** – Commit to **being Responsive and fully Engaged** as a ***Creative Collaborative*** in ongoing efforts to promote health, wellness and transformative growth of the client(s), using core humanistic and dynamic practices.

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