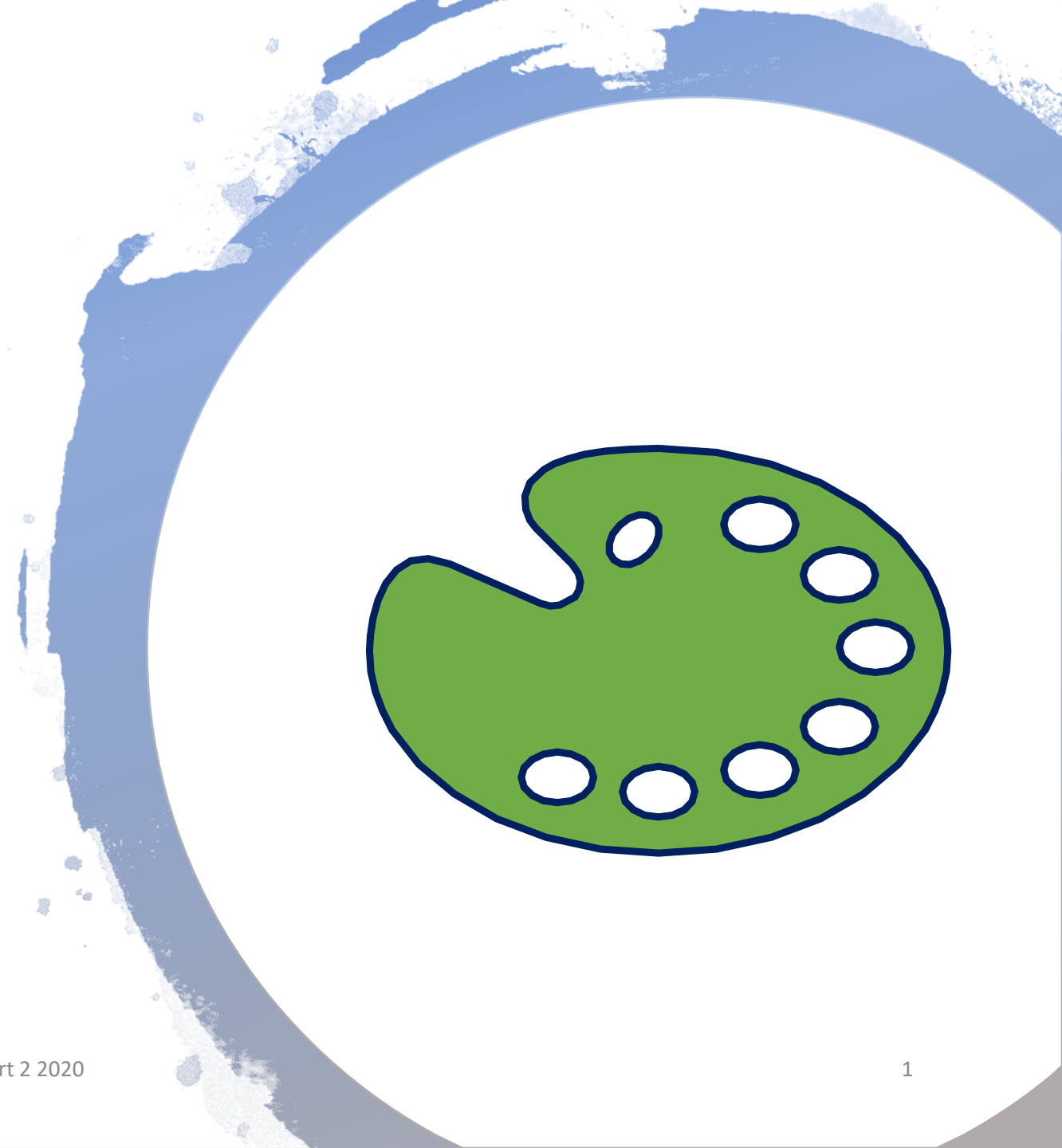


Being the Creative in Professional Practice, *Part II*





Each human being seeks self-acceptance, recognition and belonging, and fulfilling purpose.

Participants will learn more about the use of expressions of ART in professional practice.

How an orientation of exploring “the creative” in oneself and in others, empowers.

Creative interactional and experiential activities are explored with practical steps to use them.

These tools have been tested in complex clinical cases and consultation practice and found to be a powerful way to open people up to explore themselves in non-defensive ways.

These approaches – dynamic, humanistic and clinically-informed, are strength-based and transformational growth oriented.

They have been used with individuals and groups, families, businesses, non-profit and professional organizations.

The Creative, Part 2

Objectives

- ✓ Answers to Webinar Participant Questions/Comments
Art and the Brain Resources
Creative Arts Therapy Associations
- ✓ Art-informed and Experiential Intervention Activities & Reflection
- ✓ A Creative's Approach to Professional Practice,
The Stages and Steps



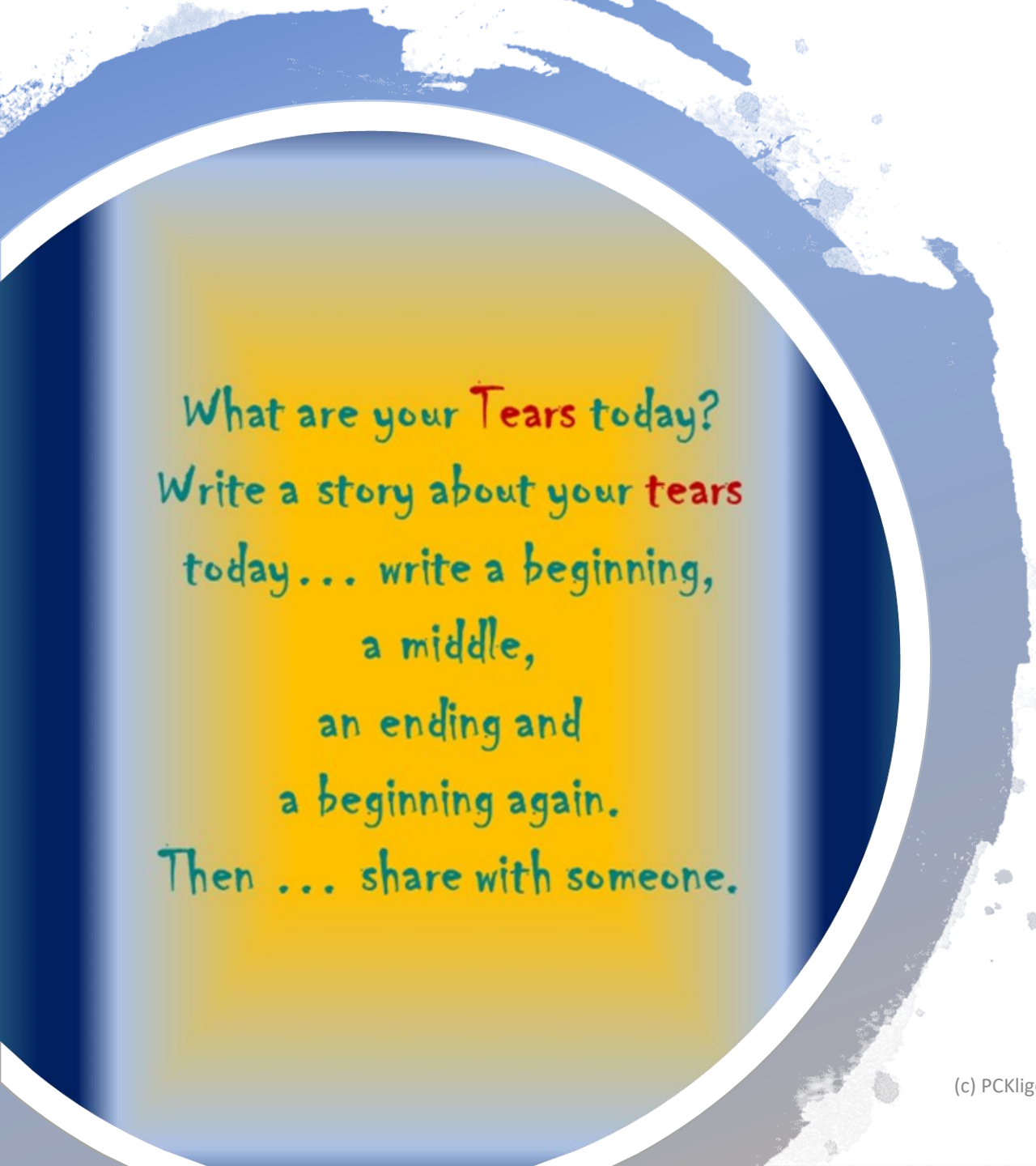
Answers to Webinar Participants

- Setting the Frame
- Art and the Brain Observations • Research
- Creative Arts Therapy Resources

*A
Mindful Moment
One*



Reflections ... In Practice



What are your Tears today?
Write a story about your tears
today... write a beginning,
a middle,
an ending and
a beginning again.
Then ... share with someone.

Reflections with Story-telling Moment ...

In Practice



(c) PCKliger, PhD, ABPP, American Psychological Association
Wellness "The Creative" Part 2 2020

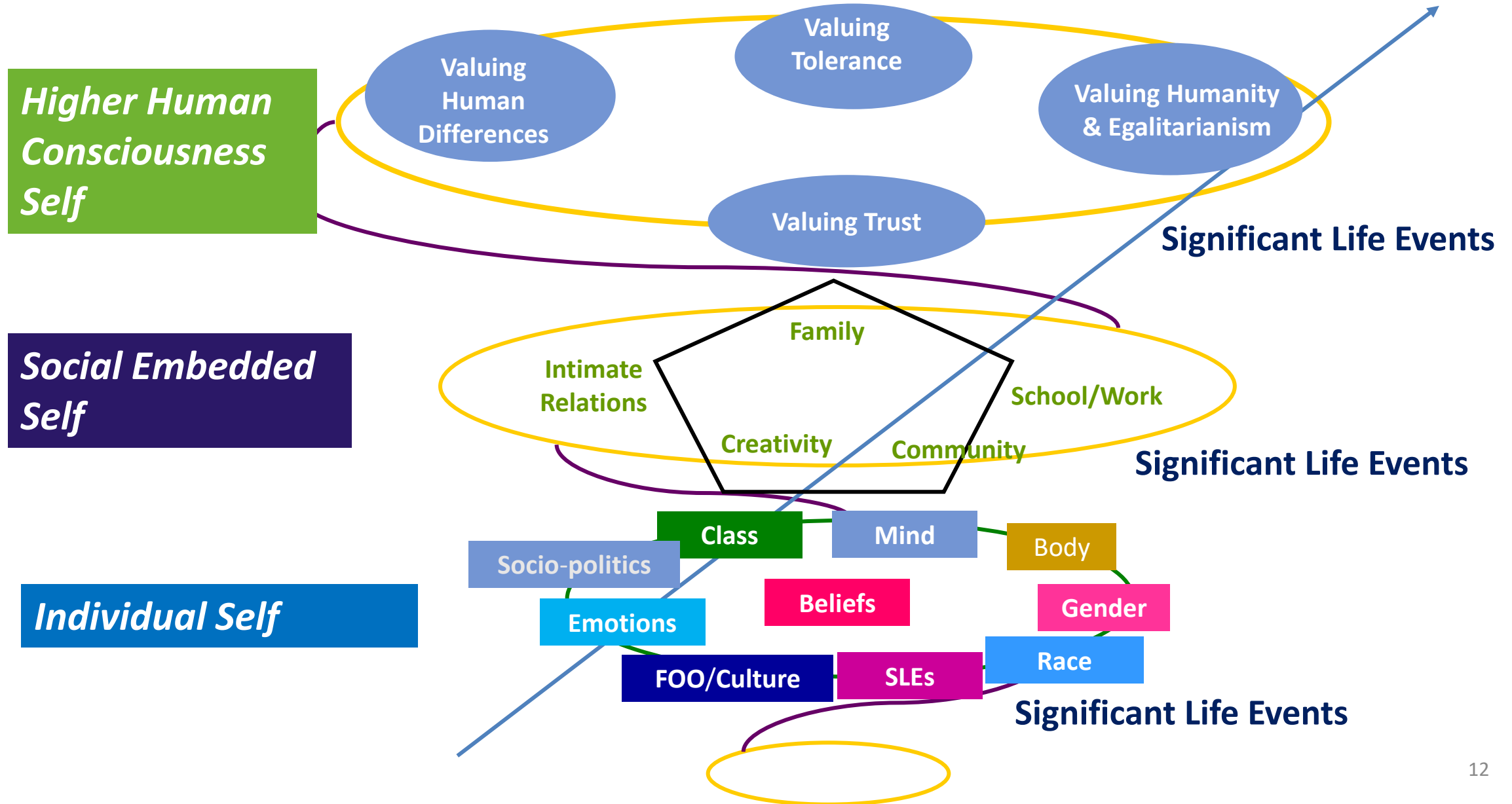
*A
Mindful Moment
Two*

Deepen YOUR Awareness
The Social/Relational Self

You are a Mosaic

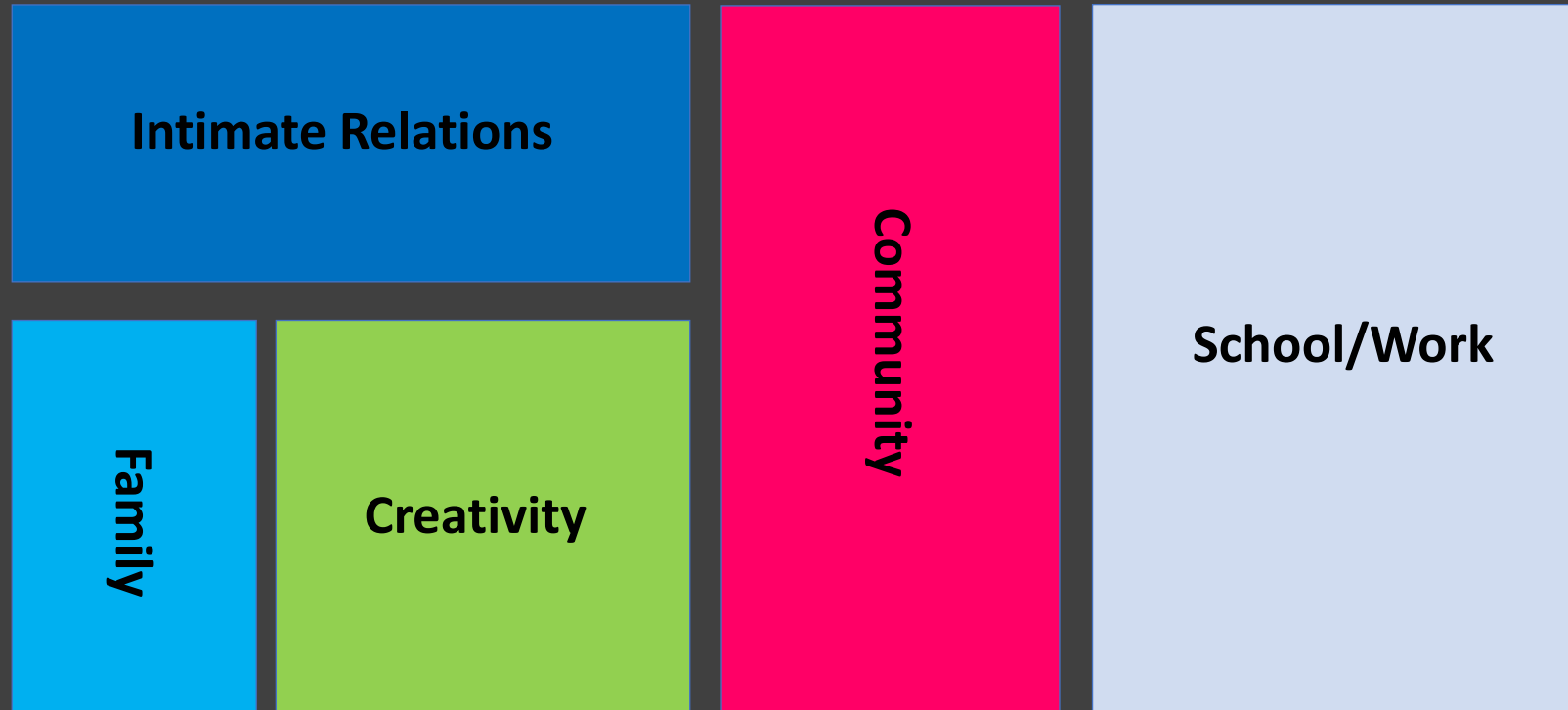
The Levels, Dimensions and Drivers of Awareness of An Evolving Self

© PChristianKligerPhD



We are *all* Social and Relational ...Embedded Selves

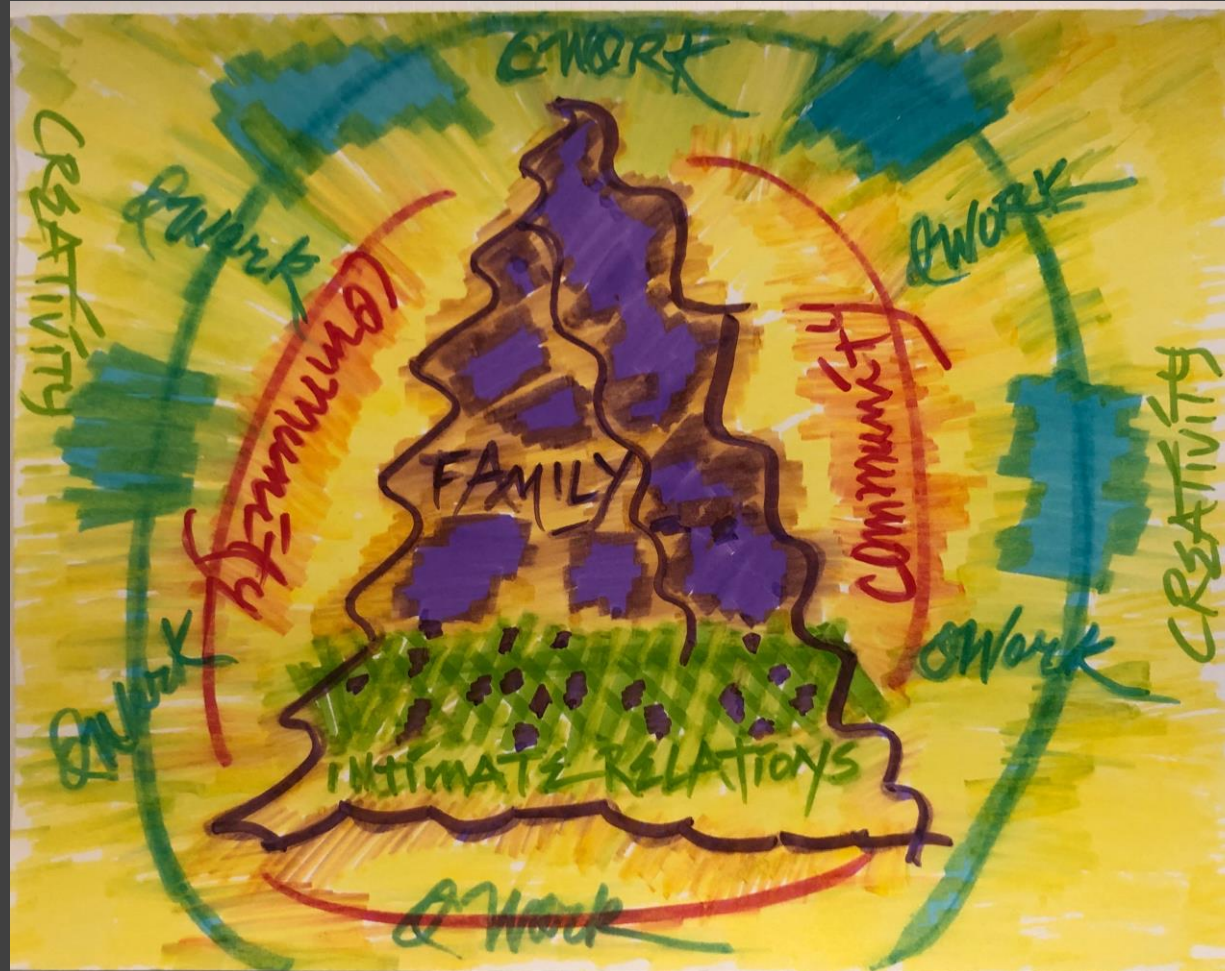
Imagine ... You are a Mosaic

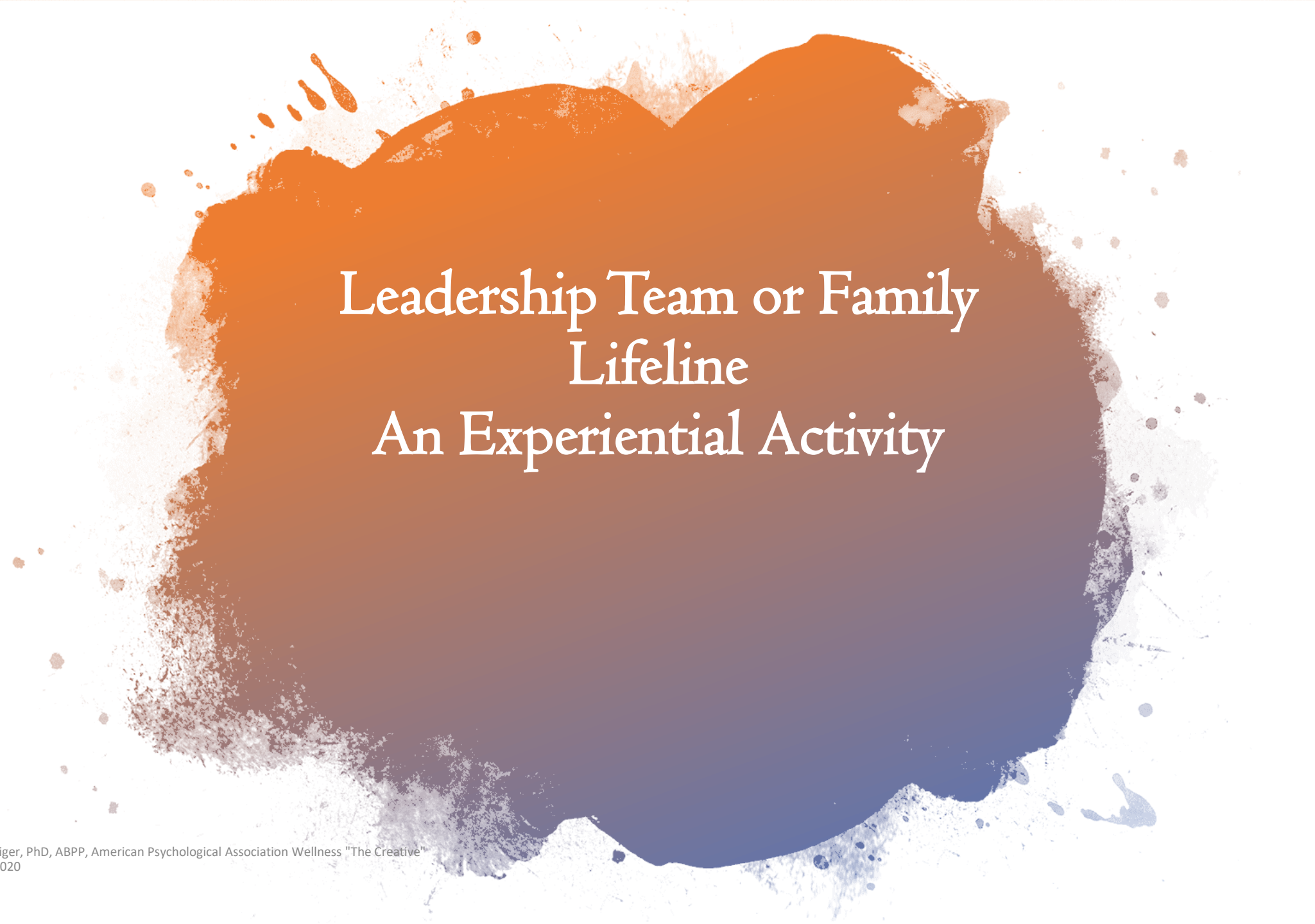


Imagine ... You are a Mosaic ... An Example



Imagine ... You are a Mosaic ... An Example



The background of the slide is a large, abstract watercolor splash. It features a central orange area that transitions into a blue area at the bottom. The edges are irregular and splattered, with smaller droplets of color scattered around the main shape.

Leadership Team or Family Lifeline An Experiential Activity

Family Lifeline *of* Significant Life Events

A

B

C

D

E

Organization Leadership *Lifeline* of Significant Life Events

A

B

C

D

E



Deepen your connection with others

Stepping-In Circle

Being *the* Creative in Professional Practice: Practical Steps

- **Stage 1 – Preparation –**

- a) Solidify grounding in a clinical or consultation theoretical model,

- [Psychodynamic, Humanistic, Cognitive Behavioral, Family Systems orientation]**

- b) Engage in core transformational practices in order to make meaning out of the clinical or organizational/leadership problems; **[Use the 10 Core Self Study Transformational Practices]**

- c) Formulate an accurate picture of the client/patient (individual/leader, family, organization) and

- d) Create a treatment plan and process, with an evolving “creative” change process in mind.

- [Prepare potential experiential approaches and activities for assessment, development, consultation]**

- **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? **[Use The Self-Study Levels and Dimensions of the Evolving Self]**

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 **[Rule out ACEs and other Trauma]**
- **Stage 4** – **Self Study** of The **Client/Patient (individual and/or family)** to understand:
 - a) the history, **[Use Lifeline, Evolving Self (Self-Awareness, Mosaic, Attitudes Toward Human Differences)]**
 - 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 **[traditional introduction to nontraditional approaches to the treatment, consultation, or professional development]**
- **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.

First there is One...
then
there is WE...
Free Us



Art and the Brain

- Jensen, Eric (2001) *Arts with the Brain in Mind*
- Stuckey, Heather, L. and Nobel, Jeremy. (2010) National Institute of Health's (NIH) website, according to the extensive research publication: "The Connection Between Art, Healing, and Public Health: A Review of Current Literature" by Heather L. Stuckey, DEd and Jeremy Nobel, MD.
- Wiener, Daniel & Oxford, Linda (2003) *Action Therapy with Families and Groups Using Creative Arts Improvisation in Clinical Practice*
- National Endowment for the Arts (NEA) (2015) article is titled 'How Creativity Works in the Brain.'

Creative Arts Therapy Associations



AATA – American Art Therapy Association
– <https://www.arttherapy.org/>



ADTA – American Dance Therapy
Association – <https://www.adta.org/>



AMTA – American Music Therapy
Association –
<https://www.musictherapy.org/>



NADTA – North American Drama Therapy
Association – <https://www.nadta.org/>