

**PSYCHODRAMA
SCOTLAND**

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CONNECTING WITH CREATIVITY

Creativity may bring to mind activities such art making, sculpture or a writing project. However, if we can view creativity in the context of our daily lives, we may recognise that cooking, choosing an outfit, decorating a room, having and raising children are all creative endeavours. Children could be considered the masters of creativity, as they are the embodiment of vulnerability and learn about the world through play. Interestingly, Brené Brown's research suggests that vulnerability is the birth place of creativity (youtube, 2011). She states that "the only unique contribution we will ever make in this world will be born out of creativity" (2010, p124). Indeed, creativity, along with spontaneity, plays a pivotal role in Moreno's theory of change (Giacomucci, 2021, p61-62).

We propose that creativity is crucial for living well, rather than being something supplementary. For anyone who has struggled to connect with creativity, there can be no denying that trying to engage with a creative process can evoke feelings of vulnerability and exposure. If we offer creative processes to clients or students, it seems particularly important to bare this in mind, even more so if we are struggling to connect with creativity in ourselves.

References:

Brown, B (2010) "The gifts of imperfection" 10th anniversary edition, Minnesota, Hazelden Publishing p124

Brown, B (2011) "The power of vulnerability" Tedtalk <https://www.youtube.com/watch?v=iCvmsMzIF7o> 12.45- 12.54 mins, access 20.03.2023 9.45am

Giacomucci, S (2020) "Social Work, Sociometry, and Psychodrama: experiential approaches for group therapists, community leaders, and social workers". Open access, Springer, p61-62

- **What can I expect?**

Creativity does not have to focus on production or the end game and this workshop will focus on connecting with the creative process itself. We will use a variety of creative methods to look at our relationship to creativity, what can get in the way, and what creativity can bring to our lives. We will use the process of psychodrama to contain the work and to deepen the group experience.

- **Who is the workshop for?**

Whether you are a creative practitioner, a counsellor, or someone who feels disconnected from their creative self, this workshop will offer an opportunity to explore this topic in a supportive group environment and offer insights into your own and others creative experience.

**Saturday 6th 9.30-6.30pm
& Sunday 7th May 9.30-4.30pm**



**Glasgow Council on Alcohol
14th North Claremont Street
G3 7LE**

**16 hours
CPD**

**£250, with a £50 non-
refundable deposit to
book your place**

**This workshop will be facilitated by Emma Hagen,
senior Psychodrama Trainer, and Leila Frondigoun,
apprentice trainer**