

MELISSA HARRISON LMFT

BIO:

Melissa is personal coach for performers and creatives and a Licensed Marriage and Family Therapist in California. She has a BA in Theatre Arts and an MA in Counseling Psychology.

Melissa is a formally trained actor/singer who stopped performing for nearly 10 years after an accumulation of negative experiences killed her performance joy. After healing through Brainspotting, Melissa returned to performing with new vitality and immediately got cast in her dream role. Her passion is helping other creatives remove performance blocks and reclaim the joy of their craft.

TITLE:

BRAINSPOTTING FOR THE CREATIVE AND PERFORMING ARTS: RECLAIMING THE JOY OF CREATION

LEARNING OBJECTIVES:

Attendees will:

- 1) Identify the most common blocks to creativity
- 2) Understand the challenges of recreational and professional creative and performing artists
- 3) Learn to create a creativity “mission statement”
- 4) Experience using Brainspotting to access and enhance creativity

PRESENTER REQUIREMENTS:

Projector for Powerpoint Presentation

TEACHING METHOD:

Lecture with brief experiential

RESULTS AND DISCUSSION:

Creativity is one of our most basic and joyful human impulses. For those who identify as “creatives,” the creative and performing arts are a source of vitality, passion, and purpose. However, through an accumulation of challenging experiences, the joy of creativity can become dulled or stifled. Over time, this may lead to anxiety or depression about creativity, or the apparent disappearance of the creative impulse altogether.

This can be especially true for those working professionally in the arts, where financial and performance pressures can contribute to a loss of passion in creating. This can lead to creative burnout or may result in quitting their craft altogether.

Brainspotting is an effective and efficient tool for resolving challenging experiences, removing creative blocks, and deepening access to the fundamental creative impulse. Case examples using Brainspotting to help with creative and performance blocks will be presented.

Attendees will learn to re-orient to their fundamental creative impulse through creation of a “mission statement,” and use this to create a creative resource brainspot. There will also be brief experiential exercises utilizing Brainspotting to access fundamental creativity.