

In this session, practitioners will have the opportunity to develop a deeper understanding of creativity and the creative process both in general and specifically within the context of therapy, and to conceptualize creativity as an integral part of “doing the work” to promote practitioner wellbeing and hone therapeutic skills and efficacy. Connections evident in the research between creativity, play and intuition will be explored as well as practical implications of those concepts to therapist and client identity and the therapeutic relationship. We will discuss barriers to the expression of creativity, play and intuition and how to overcome them. Interpretations and applications of Brainspotting theory and techniques relative to creativity, play and intuition will be infused throughout the presentation. Within the frame of these concepts, participants will have the opportunity to share and explore their own creative blocks and/or creative expansion via discussion and experiential activities.