

Psychology and the Creative Arts

Workshop Series 2005-2006 - Presented by Kathline Colvin, Ph.D.

About the Workshop

For centuries the common paths of creativity and psychological conflict have been observed. We know some of the stories that have been told and retold about the struggles of famous artists and how they strive to resolve their passions and inner struggles into their own unique creative expressions. Aristotle defined art as the reproduction of the inner nature, and ever since, many compelling questions have been raised and left to philosophers, scientists, psychologists, and artists themselves to attempt to answer in an effort to understand the creative process.

This series of workshops will illustrate how art is an activity of the inner self, where the artist uses the raw materials that their interior world provides and refashions them into a meaningful artistic product. Inner conflicts do not need to result in psychological pain but can, more often than not, lead to that triumph of the human endeavor we know as creativity. At the conclusion of the workshop series you will have greater understanding of the creative personality, including the adaptive and maladaptive responses that accompany a search for meaning, and recognize the multiple supports that can enhance the endeavors of the creative person.

Workshop - Series Topics, Dates, and Locations

The Psychology of Creativity - Saturday November 5, 2005 - 2:00- 5:00

This introductory workshop will explore creativity and the inner nature of the artist – the unconscious mind, inspiration, sensitivity, motivation, and blocks to creative expression.

Moods and the Creative Process – Saturday December 3, 2005 - 2:00-5:00

Second in the series, this workshop will continue to explore the inner nature of the artist, with a specific focus on moods and creative productivity. Research studies have confirmed that highly creative individuals experience mood disorders more often than do others in the general population. We will come to more fully understand what this means for artists and their work.

Portrait of the Artist - Saturday February 4, 2006 - 2:00 – 5:00

During this workshop the essential qualities of the creative personality will be illustrated – functions of the ego, identity, sensitivity, self-worth, and how interpersonal relationships can transform and influence the creative endeavor.

Transformative Effects of Complementary Medicine-

Saturday April 8, 2006 - 2:00 – 5:00

Here, the confluence of Western and Eastern philosophy, science and medicine will be discussed as it applies to developing a healthy lifestyle, integrating the mind, body, and spirit of the artist. We will evaluate such practices as psychotherapy, psychopharmacology, exercise, nutrition, yoga, meditation, acupuncture, and creative arts therapies among others, in our search for interventions that truly benefit and support artistic development.

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Workshop Location:

The *Psychology and the Creative Arts Workshop Series* will be held in Newport Beach, CA. Confirmation of your registration and a map with driving instructions will be e-mailed to each registrant.

Registration, Tuition and Deadlines

Registration:

Complete the Registration form below and send it in by mail along with your check or money order for the workshop series. *Space is limited* so be sure to register early.

Tuition and Deadlines:

Tuition for the workshop series (all 4 workshops) is **\$200** (if payment is received one week in advance – by 10/29/05).

Tuition for individual workshops is **\$60** (if payment is received one week in advance).

On-Site Registration is **\$65** and available the door, beginning at 1:30 PM for those workshops with remaining spaces. Please send an e-mail inquiry for available space and driving instructions.

This fee includes handouts, articles, and refreshments for each of the 4 workshops.

Cancellation and Refund Policy:

Full refunds are given by *Pacifica Psychological Services* if a workshop is cancelled. There is a \$10 charge for changing your registration to a different workshop in the 2005-2006 series. There is a \$15 fee if you cancel up to 48 hours before the workshop. No refunds for cancellations received after that time.

Registration Form: (Please copy form for additional registrants)

Name: _____ Date: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____
(include your e-mail for directions and further information)

Workshop Title(s) and Date(s): _____

Tuition: _____ Total Amount Enclosed: \$ _____

Make checks payable to: **Pacifica Psychological Services**

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