

Artistic and Creative Aspects of Sport Psychology Consulting

Creativity - "It is the source of our intuition, the flexibility that leads to innovative models, and the energy that drives our most inspired inventions. Creativity is the essence of what makes each one of us unique, and helps us maintain freshness and stay energized."

Jeffrey Kottler, *On Being a Therapist*, 1993, Jossey Bass.

Definitions: Artistic - skillful, discriminating, sensitive
Creative - inventive, original, imaginative
Both – originality of thought and expression

Participant Exercise: (algorithm)

- Do you see yourself as artistic/creative in your work?
- If yes, can you describe some examples?
- If no, are you lacking these traits, or having difficulty expressing them?
- If you lacking them, do you believe they can be acquired?
- If they can be acquired, are you interested in acquiring them?
- If you are interested, how will you go about doing so?
- If you're having difficulty expressing them, what's in the way?
- If you know, are you interested in removing the difficulty?
- If you are interested, how will you go about doing so?
- If you don't know, are you interested in finding out?
- If you are interested, how will you go about doing so?

Skills and Qualities in Being Artistic and Creative

1. Open – eyes, ears, mind – perceptive and sensitive to self and others
2. Present – here/now – experience in the moment - gift of aliveness
3. Innovative – able to modify or refine knowledge or methods
4. Spontaneous – able to express new thoughts, ideas, desires, or behavior
5. Flexible – able to see alternatives and options
6. Curious – interested in knowing more – searching beneath the obvious
7. Courageous – willingness to risk being innovative

Paths to Develop Artistic and Creative Qualities

1. Self-exploration and increased self-awareness
2. Self-acceptance and appreciation of one's wholeness
3. Seek new opportunities for new experiences
4. Re-visit past problems and practice different solutions
5. Blend external stimuli with internal experiences for new synthesis