

# Psychology of Creative Artists

## Workshop Series 2011-2012 - Kathline Colvin, PhD

### About the Workshop –

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

This series of workshops, directed by Dr. Kathline Colvin with guest speakers, 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.

### Workshops – Topics and Dates – 2011-2012

#### ***The Psychology of Creativity* - Saturday October 1, 2011 - 2:00-5:00 PM and Saturday February 4, 2012 – 2:00-5:00PM**

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 November 5, 2011 - 2:00-5:00 PM and Saturday March 10, 2012 – 2:00 – 5:00 PM**

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 disruptions more often than do others in the general population. We will come to more fully understand what this means for you as artists, and offer strategies that will help to enhance your work.

#### ***Portrait of the Artist* - Saturday December 3, 2011 - 2:00 – 5:00 PM and Saturday April 14, 2012 – 2:00 – 5:00 PM**

During the third workshop the essential qualities of the creative personality will be illustrated including psychological ideas of the ego, identity, sensitivity, self-worth, and how interpersonal relationships can influence the creative endeavor.

#### ***Transformative Effects of Wellness Therapies* - Saturday January 7, 2012 - 2:00 – 5:00 PM and Saturday May 5, 2012 – 2:00-5:00**

Here, the confluence of Western and Eastern philosophy, science, medicine and alternative healing therapies will be discussed as they apply to developing a healthy lifestyle, integrating the mind, body, and spirit of the artist. We will evaluate such practices as psychotherapy, nutrition, psychopharmacology, exercise, yoga, meditation,

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acupuncture, and expressive arts therapies among others, in our search for interventions that truly benefit and support artistic development.

**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 essential information about the workshop

Workshop Title(s) and Date(s): \_\_\_\_\_

\_\_\_\_\_

Tuition: \_\_\_\_\_ Total Amount Enclosed: \$ \_\_\_\_\_

Make checks payable to: **Pacifica Psychological Services**  
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3419 Via Lido – Newport Beach, CA 92663  
(714) 593-6900 – kcolvin@KathlineColvin.com  
**For Additional Information: [www.KathlineColvin.com](http://www.KathlineColvin.com)**

**Registration, Tuition and Deadlines:**

Complete the Registration form 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. Email confirmation will be sent with directions to the workshop at the Pacifica Psychological Services offices.

Tuition for the workshop series is **\$250** (if payment is received two weeks in advance).

On-Site Registration is **\$75** for a single workshop, 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.

Student Discounts: **\$25** for a single workshop, with current student ID (available one week in advance). Please send an e-mail inquiry for available space and driving instructions.

The workshop 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 we cancel a workshop. There is a \$10 charge for changing your registration to a different workshop in the 2011-2012 series. There is a \$15 fee if you cancel up to 48 hours before the workshop. No refunds for cancellations received after that time, but you can change your registration to another workshop date.

*The Power of Art to Shape the Mind,  
As well as to be shaped by it*

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