

2023 Gynecological
Cancer Survivor -
Caregiver Advocacy
Summit

Unlocking Your Creative **POTENTIAL**

with Genevieve Saenz, LMFT

Creative Expression and Healing

How can creativity help me heal?

[One 2020 pilot study Study](#) showed a reduction of emotional distress, depression, anxiety, and pain in cancer patients by use of visual art therapy at all times of treatment.

Relaxation

Expression

Insight

Empowerment
& Connection

Resistance to Creativity

What is stopping me?

Resistance is normal... could it be any of these?

INNER CRITIC- One thing might be; “inner critic” is the part of us or voice in our head that comes forward to let us know we are in danger of failure.

LACK OF TIME or RESOURCES- Often we do not feel “equipped” with what we feel we need to be creative.

GRIEF and LOSS- The deep psychological and physical pain we feel when we experience of loss (loss of any type) can sometimes block our ability to think creatively.

What else? Share what stops you in the chat.

How can I help myself be brave?

- Be gentle with yourself and go at your own pace.
- Start with what you know.
- Pay attention to the process more than the product
- Connect with others or experiences that invite you to be creative
- Ask your resistance to “take a break” so that you can practice being brave.

Art making requires bravery and
bravery requires vulnerability!

**RITUAL; a repetitive action done
with intention.**

- Puts a “frame” around the time you spend creating
- Takes the pressure off the product
- Helps track expression and insight over time.
- Keeps the invitation to be creative going

Maybe you already have a
creative ritual in your life?

Share an example!

Creative Ideas

Share your ideas in the chat!

Relaxation

- Doodling or scribbling
- Coloring
- Playing an Instrument
- Needlework Crafts

Empowerment & Connection

- Theatre
- Storytelling
- Fashion
- Jewelry making
- Gift making

Expression

- Sculpting
- Dancing and movement
- Photography
- Visual Arts

Insight

- Writing letters, poems, and journaling
- Scrapbooking
- Creating a junk journal
- Creating a Playlist

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