Unlocking Your Creative Potential

2023 Gynecological Cancer Survivor - Caregiver Advocacy Summit

with Genevieve Saenz, LMFT
Creative Expression and Healing

How can creativity help me heal?

One 2020 pilot 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 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 “equiped” 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!
Rituals of Art Making

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

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

**Empowerment & Connection**
- Theatre
- Storytelling
- Fashion
- Jewelry making
- Gift making

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

**Expression**
- Sculpting
- Dancing and movement
- Photography
- Visual Arts

Share your ideas in the chat!
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Passagewayarts.com