



Building Professional Excellence- Part 1

Session 4: Recapturing Creativity to Enhance Your Professional and Personal Lives

Webinar Follow-up Question and Answer Session with Dr. John McCarthy

Question from Kathryn Norman

Is there a neurological model of creative, or divergent, or convergent thinking?

Answer from Presenter

Fascinating topic! I'm not aware of a specific model that is neurological, though perhaps one would be created in the future as more is known about the brain and creativity. You might be interested in a couple of articles related to this topic:

Haier, R.J., & Jung, R.E. (2008). Brain imaging studies and creativity: What is the picture for education? Roper Review, 30, 171-180.

Kounios, J., & Beeman, M. (2009). The Aha! Moment. Current Directions in Psychological Science, 18, 210-216.

Question from Irene Muncy

Please review POINT acronym.

Answer from Presenter

Thanks for this question. The POINT can be helpful in the converging process:

P: plusses (benefits) related to the idea

O: opportunities raised by developing the idea

I: issues related to developing the idea

Nt: new thinking...what other related ideas might emerge?

Question from Liz Murphy

Can you give an example of what Eberle means by reverse/rearrange in the SCAMPER model?

Answer from Presenter

Absolutely. Here are two ideas that just popped into my mind: 1) Designing a car by putting an engine in the back of it; and 2) Having a dinner by starting with dessert and ending with the appetizer. The example from Dr. Gladding's (2011) book is more counseling-relevant and speaks of rearranging the emphasis that people place on their lives (p. 13).

Question from Irene Garrick

Can you expand upon permissive parenting style and creativity?



Answer from Presenter

Yes, this study was: Miller et al. (2012). Parenting style, perfectionism, and creativity in high-ability and high-achieving young adults. *Journal for the Education of the Gifted*, 35, 344-365. On page 346, there is a section that discusses various parenting styles. They describe permissive as “very accepting but exhibit less control over children” (p. 346). There is a bit more on it on page 357 as well.

Question from Karen Vachulcik

I utilize music in my therapy, would you encourage counselors to use guitar or piano in their sessions?

Answer from Presenter

Sorry, but I am not competent to answer this question. I don't have a specific background in music therapy. You may want to consult chapter 2 of Dr. Gladding's (2011) book. The website for the American Music Therapy Association is <http://www.musictherapy.org/>. Perhaps contacting someone at the Association would also be helpful.

Question from James Craig Hassan

How related to intelligence is creativity?

Answer from Presenter

A terrific question that I've wondered about. In my readings, I've only run across brief references to this. I also located this article, which may be helpful and is one that I'd be interested in reading myself.

Nusbaum, E. C., & Silvia, P. J. (2011). Are Intelligence and Creativity Really so Different?: Fluid Intelligence, Executive Processes, and Strategy Use in Divergent Thinking. *Intelligence*, 39(1), 36-45.

Question from Donna Marino

Have you come across any research that speaks to tapping the full creative potential of the mind that is NOT distracted, but rather quiet and concentrated, e.g., mindfulness, meditation, to put ourselves in the most receptive state for true creativity?

Answer from Presenter

I haven't, but wondered about the same thing. I am also glad that you asked this questions. I suspect that there is research on meditation specifically as it relates to creativity, but I don't happen to know it. I did locate an article that came out in March...I'm eager to get it myself!

Ding, X., Tang, Y., Tang, R., & Posner, M. (2014). Improving creativity performance by short-term meditation. *Behavioral and Brain Functions: BBF*, 109.

Please see question #9, too.



Question from Alma Rosado

How do you differentiate imagination from creative thinking?

Answer from Presenter

Fine question that I never really considered and have not seen differentiated in the literature. I suppose that one difference goes back to the main definitions of creativity and the implied outcome of novelty, usefulness, and appropriateness in terms of ideas. Would imagination have the same qualities or implied output or would it be more imagination for imagination sake? Hope this makes sense.

Question from Monica Reider

There is a lot of research on the benefits of Mindfulness and ACT with client populations of PTSD, SUD and MDD. Do you find that Mindfulness practiced by counselors increases Creativity of counselors?

Answer from Presenter

This article may be of interest:

Horan, R. (2009). The neuropsychological connection between creativity and meditation. *Creativity Research Journal*, 21(2/3), 199-222.

Question from Sheryl Timmons

Can you give us a few recommended sources to begin to add creativity in our practices?

Answer from Presenters

The text that I use is Dr. Gladding's 2011 book. It covers an array of topics and has a set of exercises/activities in the last section that may be of interest. I also include a list of websites and articles on various topics in my syllabus. If interested in getting this, please email me at jmccarth@iup.edu. The website of the Association for Creativity in Counseling may be another good resource, and articles from its journal (*Journal of Creativity in Mental Health*) may be beneficial. One other important note that I always tell students in working with clients/students: Abide by the codes of ethics and licensure regulations.

Question from Nisha Talwar

How to be creative with the geriatric population. Any feedback would be appreciated.

Answer from Presenter

Excellent timing! I just got this article but haven't had the chance to read it:

Schmidt, P.M. (2006). Creativity and coping in later life. *Aging and the Arts*, 27-31.

Here is another article as well:

Zhang, W., & Niu, W. (2013). Creativity in the later life: Factors associated with the creativity of the Chinese elderly. *Journal of Creative Behavior*, 47(1), 60-76.

Incidentally, there is an article in the Jan-March 2014 issue of the *Journal of Creativity in Mental Health* entitled "Lessons from Iris: Perspectives on aging" by Healy and Renes.



Question from Gera McGuire

Are there any studies on those who have mood disorders and creativity? We often hear of those with bipolar who are artists in various modalities.

Answer from Presenter

Yes, there are some items I've run across. Here are a few citations that may be of interest to you:

Bartlett, S.J. (2009). From the artist's perspective: The psychopathology of the normal world. *The Humanistic Psychologist*, 37, 235-256.

Carson, S.H. (2011). Creativity and psychopathology: A shared vulnerability model. *The Canadian Journal of Psychiatry*, 56, 144-153.

There is also an article ("The Unleashed Mind") by Shelley Carson in the Winter 2014 issue of *The Scientific American*.

Question from James Milner

Any more suggestions on what to do when you reach the "I don't know" moment

Answer from Presenter

I wish that I had had more time to address this in the webinar. The "I don't know" phrase hopefully leads to wanting to know more. A prime example is the wonderfully broad array of questions in this list. It's tremendous! The "I don't know's" fuel me to know more. From here I can ask questions that lead me to "create" possible answers.

Question from Marianne C Connolly

How can we foster creativity in children?

Answer from Presenter

At the conference I mentioned from last summer, there was a program on this topic. A curriculum was being developed on it. If you email me in late June, I might know more, as I plan to attend the conference again. My email is john.mccarthy@iup.edu. I'd be happy to share anything I find out. In the meantime, I'm not familiar with LTT, but here is an article on it:

Hu et al. (2013). Increasing students' scientific creativity: The "Learn to Think" intervention program. *The Journal of Creative Behavior*, 47, 3-21.

Question from Erika Gonzalez-Lima

I found I have the most creative thought at dawn, when I am half awake and half asleep. What do you think this is it?



Answer from Presenter

Thanks for this (fascinating) question. Perhaps there is more in this article that may be of help? See the Winter 2014 issue of The Scientific American on “Answers while you Sleep” (D. Barnett). You also may be interested in the mind-wandering research by Schooler et al. (2012). The title is “Inspired by distraction: Mind wandering facilitates creative incubation.”

Question from Sheryl Timmons

I have tried to find a safe place to walk with clients for this purpose, but confidentiality limits stop me. Can you suggest any other form of movement that can help creativity in sessions that can be done in an office?

Answer from Presenter

When I saw this recent research, I had the same exact question. I don’t have an answer here. I am wondering if someone on the LinkedIn discussion may have ideas?

Question from Calvin Lidmark

Is there any research of creativity across the life span?

Answer from Presenter

Parts of the lifespan, yes, but I haven’t seen anything written specifically about the entire lifespan. For instance, see question #11. One other suggestion: The work is a bit older, but Simonton did a (1997) review related to age and achievement. Here is the rest of the citation:

“Creative productivity...”
Psychological Review, 104, 66-89

Please [support](#) our efforts to increase counseling services. Donate [here](#).
