

### DEDICATION

The following consumer-created presentation is dedicated to those individuals who are faced with the daily challenge of living with a mental illness.

Working together, we will continue to strive towards more and more creative solutions.



### Special thanks

are extended to CaSonya Thomas, Debi Pasco, Susan McGee-Stehsel, May Farr, David Miller, other members of the Behavioral Health Commission, Kristen Mungcal, Emilia Arellano, Vivien Limon, and the members from the Amazing Place Clubhouse. Thanks to their support, this presentation is made possible.

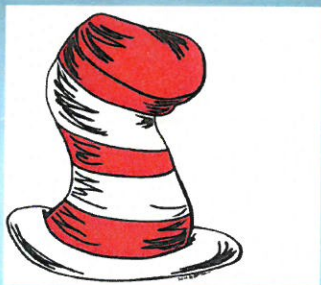
### *Creative Expression as a Tool for Recovery: Unlocking Ten Mental Locks*

Facilitated  
by  
Greg Vander-Haeghen

with *theatrics*  
from

Sandi Bentz  
and  
Libby Freeman

along with the "special presence" of  
Andrew P. Castrejon



### THEATRICAL TRAILER



Drawing upon the concepts of creativity guru, Roger von Oech, various researchers on creativity, as well as first-hand experiences of consumers themselves, we will explore creative expression as a tool for recovery, and more specifically, the 'Ten Mental Locks' which prevent us from creating to our fullest potential. With lecture, demonstration, and both individual and jigsaw learning, this experiential learning event will be educational, insightful, and just plain fun.


**Creativity is**  
a universal quality that exists in all people, but varies from person to person in the amount to which this potential is realized and developed.

**Healing Benefits of Creative Expression**

The idea that creative expression can significantly contribute to the healing process has been present in many different cultures (Stuckey & Nobel 2010). Literature reviews confirm that creative activities can have a healing and protective effect on mental health by promoting self-expression, boosting the immune system and reducing stress (Leckey 2011).

There is no agony like having an untold story inside of you.

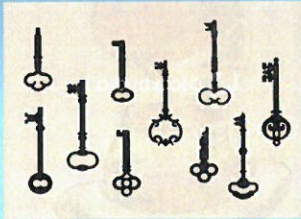
-Maya Angelou  
Author  
Poet  
Dancer  
Actress  
Singer



**More on the Healing Benefits of Creative Expression**

As a vehicle of self-expression, creative activities can be used to express feelings, increase self-awareness and insight to a given situation, facilitate problem-solving, and enhance learning, all of which may help (consumers) to have a sense of control in their lives (Creek 2002).

**Unlocking Ten Mental Locks to Creativity**



## The Ten Mental Locks

The Right Answer  
That's Not Logical

Follow the Rules  
Be Practical


Play is Frivolous  
That's Not My Area

Don't Be Foolish  
Avoid Ambiguity

To Err Is Wrong  
I'm Not Creative

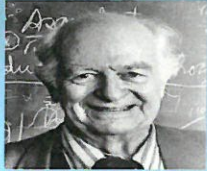
### Mental Lock #1 The Right Answer

In our education system, we largely learn that there is only one right answer. This may work for certain subjects like math, but this may not be the case in everyday life.



### On Generating Ideas

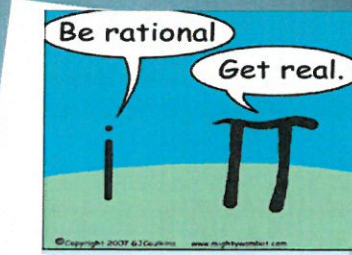
The best way to get an idea is to have a lot of ideas.



-Linus Pauling  
Nobel prize winning chemist

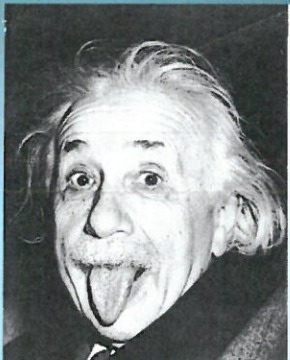
### Mental Lock #2 That's not logical

Logic is an important creative thinking tool. However, during the creative phase where ideas are being generated and concepts combined, thinking logically can have a devastating effect.



### Irrational Department

I never made one of my discoveries through the process of rational thinking.

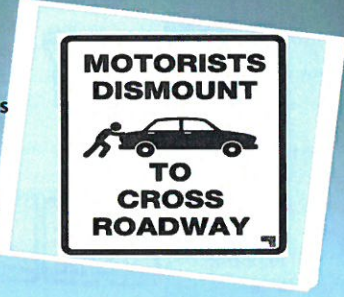


-Albert Einstein  
Theoretical Physicist and  
Philosopher of Science



**Mental Lock #3**  
**Follow the Rules**

I'm not advocating that you break rules which offend or harm people. Rather, there are certain rules which become obsolete and might act as a mental lock to creativity.



**“The Asian Phenomenon”**

1. We make rules based on reasons that make a lot of sense.
2. We follow these rules.
3. Time passes, and things change.
4. The original reasons for the generation of these rules may no longer exist, but because the rules are still in place, we continue to follow them.

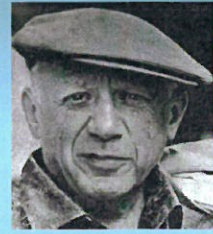
**Recognize this Configuration?**

**QWERTYUIOP**

**Mental Lock #4**  
**Be Practical**

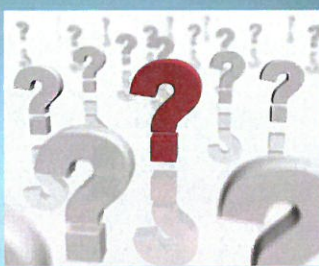
Every child is an artist. The problem is how to remain an artist after growing up.

- Pablo Picasso
- Painter
- Sculptor
- Ceramicist
- Printmaker
- Stage Designer
- Poet
- Playwright



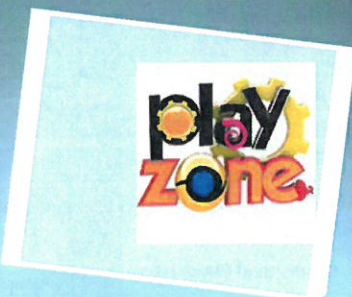
**Try being Impractical**

Ask “what if” questions to spark your creativity.



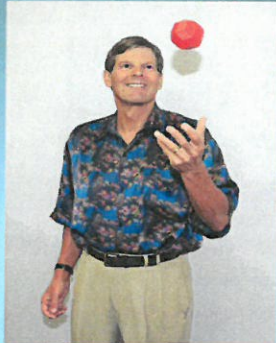
**Mental Lock #5**  
**Play Is Frivolous**

Some people who wish to create view work and play as two mutually exclusive things.



**If necessity is the mother of invention, then play is its father.**


-Roger von Oech  
Author  
Inventor  
Speaker

A photograph of Roger von Oech, a man with short brown hair wearing a blue patterned short-sleeved shirt and khaki pants. He is smiling and holding a red balloon in his right hand.

**On Limitations**


Out of limitations comes creativity.

-Debbie Allen  
Dancer  
Choreographer  
Actress  
Producer  
Director


A photograph of Debbie Allen wearing a bright yellow, fluffy costume that resembles a character from a children's show. She is smiling and holding a microphone. A man in a suit is standing next to her, also smiling.

**Play-time**


Please refer to the paper which is labeled "Break the Rules." Using the materials provided, just play and see what you can make. Be mindful that you only have 222 seconds to create.

A photograph of a person with dark hair holding up two circular, brown, textured objects in front of their eyes, making them look like glasses.

**According to our Mayan sundial, it is time to stop this activity. Thank you**


A black and white photograph of a Mayan sundial. The sundial is a stone structure with a circular opening at the top, set on a base with intricate carvings.

**The only thing better than singing is more singing. -Ella Fitzgerald**

A black and white portrait of Ella Fitzgerald, a famous jazz singer. She is smiling and looking slightly to the side.


**Reviewing the first five Mental Locks**

1. The Right Answer
2. That's Not Logical
3. Follow the Rules
4. Be Practical
5. Play is Frivolous

A photograph of a woman with long dark hair, wearing a light-colored long-sleeved shirt. She has her hands on her head, looking upwards with a slight smile.

**Mental Lock #6**  
That's not my Area

"As a strategy for creative thinking, specialization is dangerous because it can lead to the attitude "that's not my area."



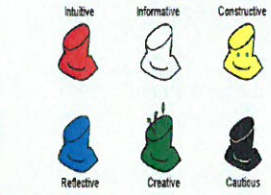
-Roger von Oech  
creativethink.com

**CREATIVITY**

involves breaking out of established patterns in order to look at things in a different way.

-Dr. Edward de Bono  
Creator of *Six Thinking Hats*  
and author of *Lateral Thinking*

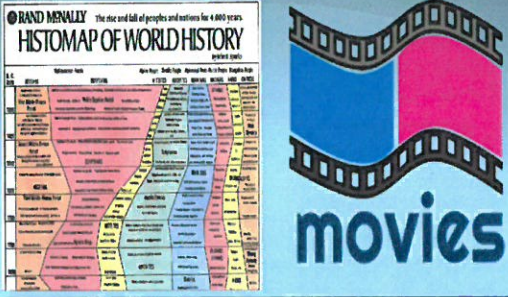
Six thinking hats



**Theatre Time**  
Conceptual Blending




**Conceptual blending involves combining two or more dissimilar concepts.**




**Mental Lock #7**  
Don't be Foolish

Conformity does serve certain valuable functions in our society, but beware of "group think."




**When all people think alike, no one thinks very much.**

-Walter Lippman, Writer/Reporter



**Triggering the Imagination**  
**The Fool**



**Mental Lock #8**  
**Avoid Ambiguity**

Let the world be your oracle. Allow random, unexpected information to stimulate your imagination.

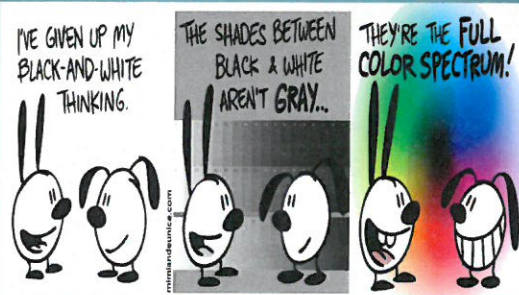


-Roger von Oech

I'VE GIVEN UP MY BLACK-AND-WHITE THINKING.


THE SHADES BETWEEN BLACK & WHITE AREN'T GRAY..

THEY'RE THE FULL COLOR SPECTRUM!



**Mental Lock #9**  
**To Err is Wrong**

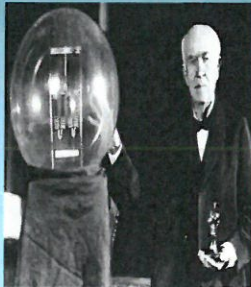
A man's errors are his portals of discovery.




-James Joyce  
 Author

**"If at first you don't succeed, try, try, and try again."**


Thomas Edison tried 1,800 times before he came up with the invention of the incandescent light bulb. He said that "innovation is 99-percent perspiration and one-percent inspiration."



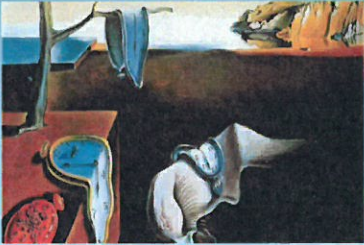
**Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.** -Scott Adams, Cartoonist



Make no mistake about it:  
 an  
 88  
 second  
 Mistake-  
 Filled cre  
 Ative activ  
 ity




Time to stop, please.



**On Failure**


It's failure that gives you the proper perspective of success.



-Ellen DeGeneres  
 Comedian  
 Actress  
 Writer  
 Television Host  
 Television Producer

**Mental Lock #10**  
 I'm not Creative


What concerns me is not the way things are, but rather the way people think things are.



-Epictetus,  
 Philosopher

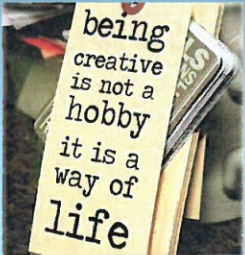
**On Self-doubt**

The worst enemy to creativity is self-doubt.




-Sylvia Plath  
 Poet  
 Novelist  
 Short Story Writer

**'I'm not Creative'**  
 Theatre






**Optimism**  
 is the faith that leads to achievement. Nothing can be done without hope and confidence.




-Helen Keller  
 First deaf-blind person to earn a Bachelor of Arts degree

**Creativity requires the courage to let go of certainties. -Erich Fromm**




**Not impossible**  
 It always seems impossible until it's done.




-Nelson Mandela

**Winning the Lottery**  
 Reading, conversation, environment, culture, heroes, mentors, nature—all are lottery tickets for creativity. Scratch away at them and you'll find out how big a prize you've won.



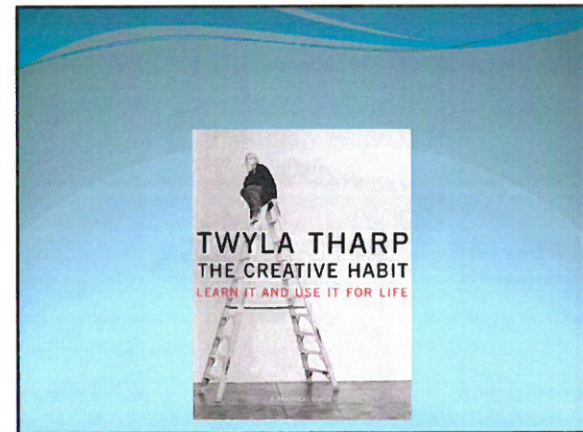
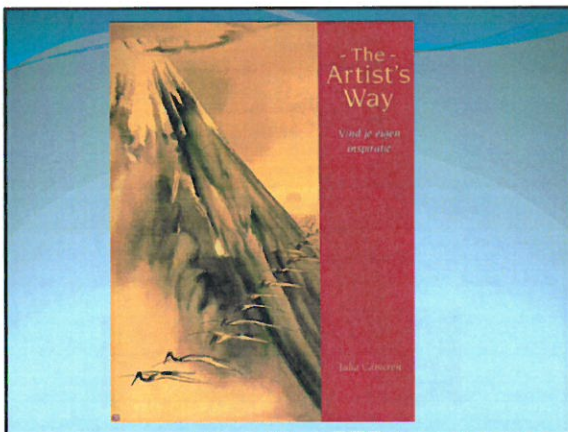
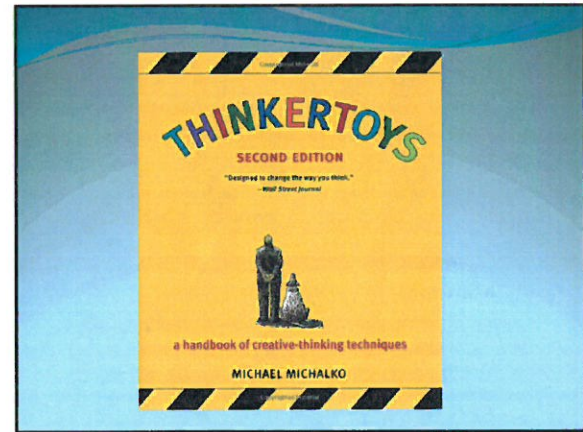
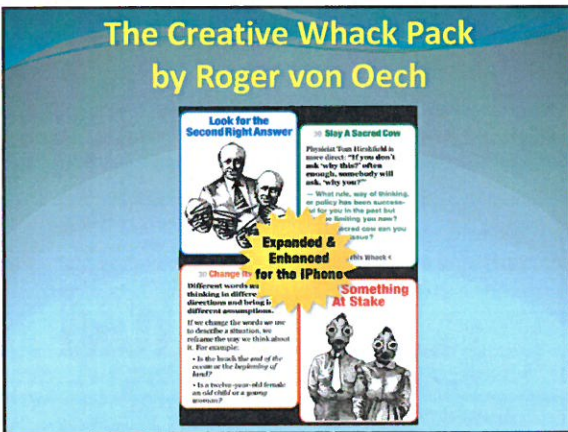
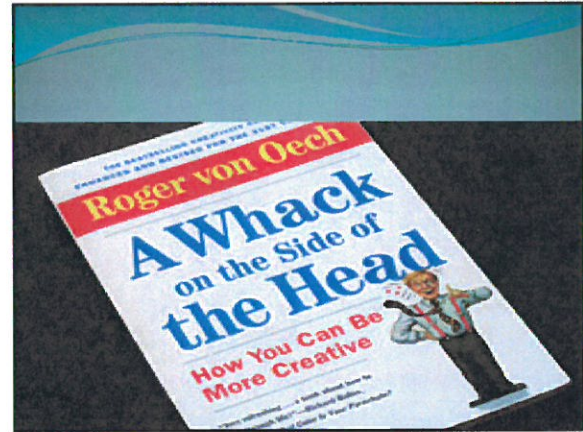
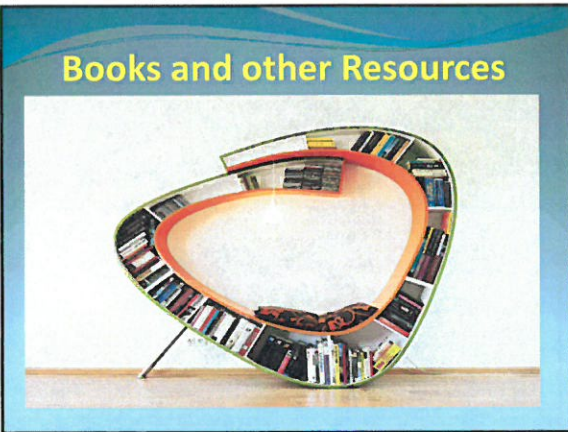
Twyla Tharp  
*The Creative Habit: Learn It and Use It for Life*

**Time for 'Jigsaw Learning'**

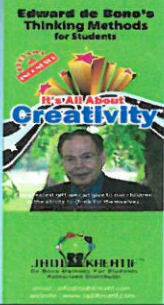


**Reviewing The Ten Mental Locks**

The Right Answer That's Not Logical	Follow the Rules Be Practical	Play is Frivolous That's Not My Area
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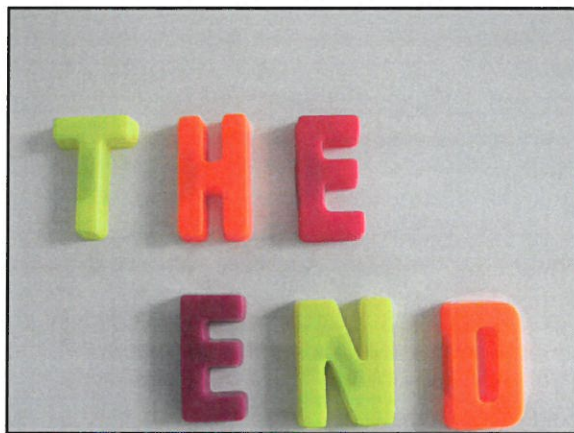


Dr. Edward de Bono is an expert on thinking. He's worth the "Google."



Thank you for Attending Today

For Questions or Comments	For Complaints
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EVERY STORY HAS AN END. BUT IN LIFE, EVERY ENDING IS JUST A NEW BEGINNING.

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