

20.05.2014

**Ericksonian Congress in Krakow,
Poland, June 13, 2014**

Workshop's Christine Guilloux

Hypnosis, Mindfulness and Creativity

ABSTRACT

Confrontations, thrills, dizziness, excitations, fears, incitements, challenges in tales and fairy tales are to be options to new learnings, to new weaving, to new insights. Our workshop could start by a fairy tale for it describes how a psychotherapy process can be transformed in a creative process with words and images, in a mindfulness process.

In fact, this workshop invites you to meander in shaping metaphors and in writing stories from the inside out and will illustrate how the exhibit "When domovoï come out" ("Sorties de domovoï", in Lyon, December 2010) has been a way to put patients into action and into life. Connections will be made with the "contributive workshops" that are organized in the center created in Burgundy in 2012, La Maison des Ormes (The House of Elms).

Hypnosis, mindfulness and creativity stimulate our brains in many ways. We will explore some of their communalities and differences in this experiential and interactive workshop.