

Workshop on Creativity, Mental Health and the Unconscious

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The *presentation cum workshop* focuses on four key aspects: (1) *Nature of Creativity*, (2) *The Scope of the Unconscious*, (3) *Tests of Creativity – and measurement* (4) Creative artists' performance on Tests of Creativity, and (5) their performance on Projective Tests of personality, and the quality of *Mental Health – negative or positive*.

(1) Creativity

(2) Creativity and the Scope of the Unconscious (and Beyond)

– A look at the nature of Creativity as viewed from different angles and theories.

(3) Assessment of Creativity:

– Varieties of Creativity Tests in general.

– In-depth orientation of *Wallach and Kogan Instruments of Creativity (W-K)*, administration of the test and scoring procedure.

– Indices of Creativity on *Rorschach Test* (Klopfer's method)

– A practical session (about an hour and half) to get familiarized with *W-K Test, Rorschach and Sentence Completion Tests*.

– Significance of *Quantitative and Qualitative analyses of W-K Test* in relation to *Rorschach and Sentence Completion Test* in understanding the personality of creative artists.

(3) Mental Health of Creative artists:

This will be further viewed against the backdrop of the extensive Research that was carried out to examine whether any possible relationship existed between Creativity, positive or negative Mental Health, and the Unconscious resources. The study involved 3 groups of individuals – (1) the Creative group consisting of artists, writers, poets, musicians, dancers, and sculptors with *manifest creativity*, (2) individuals diagnosed with neurotic disorders, and (3) normal individuals without any known psychopathology. Each group consisted of 30 individuals and the total number was 90.

Tools of assessment included both Projective and Objective tests: (only the following tests are considered here from the Congress requirements)

Biographical Data Sheet

Wallach and Kogan Instruments of Creativity (Paramesh, 1972)

Rorschach Inkblot test (1954)

Sacks Sentence Completion Test (1950)

Age and *gender* with reference to the Creative Artists as variables, were not strictly incorporated, as the creative artists with *manifest* creativity did not belong exclusively either to any specific age range or gender.

Summary: Creative artists' performance on W-K test of Creativity was found to be significantly better than the neurotic and normal groups of individuals. Projective tests indicated to their having better access to unconscious resources and an ability to give expression to their inner experiences an artistic touch without detriment to their own ego. They were also capable of viewing their problems and conflicts objectively in spite of having oppositional tendencies at the intellectual level.

They also indicated certain levels of anxiety and depression, and at the same time, possessed good ego-strength and self-concept. This suggested that creativity was positively related to minimal mental disturbance.

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