

Creativity & Hypnosis

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Ericksonian Hypnosis: A Mean to Enhance Creativity in Patients

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C.R.E.A.T.I.V.I.T.Y

Creativity is energy, involvement, engagement, pleasure, play, openness, curiosity, surprise, imagination, dream, communication, synergy, research, knowledge, rigor, method, action and achievement.

C. Combine, Compose

R. Reverse, Reframe

E. Enlarge, Expand

A. Adapt, Alter

T. Tease, Try

I. Increase, Invent

V. Visualize, Verbalize

I. Imagine, Intuition

T. Transform, Transcend

Y. Yes set, Yearning

George Bernard Shaw

The reasonable man adapts to the conditions that surround him, the unreasonable fits his circumstances. Therefore, change is due to unreasonable people
George Bernard Shaw

He who succeeds in life is he who gets up and looks for the circumstances he wants, and, if he cannot find them, he creates them.
George Bernard Shaw

Creativity

Personal creativity is enhanced through four variables:

FLUIDITY: the amount of ideas generated

FLEXIBILITY: the number of categories into which ideas can be classified

ORIGINALITY: rarity of an idea, directly inverse to frequency

PROCESSING: accuracy and fulfillment of the ideas produced.

Block Factors in the Creative Process

Emotional blocks: fear of mistakes, stop at the first idea, hurry to find a solution, satisfaction of the known, over-dependence on other's opinions, habitual patterns

Cultural blocks: "all or nothing" thinking, generalization, faith in logic, statistics and past experience, "no" as automatic response, desire to please others

Perceptual blocks: fixed point of view, difficulty to see the problem, to see beyond and otherwise, to cut and paste, to use creative imagination, to expand the senses

Interpersonal blocks: winning position, emphasis on the right answer, over-estimation of group harmony, stereotypes and biases, suggestions not related to the solution

Alfred Korzybski

There are two ways to slide easily through life: to believe everything or to doubt everything.
Both ways save us from thinking.

Alfred Korzybski

You cannot sit on the idea of a chair.

Alfred Korzybski

Encouraging Factors in the Creative Process

To encourage interpersonal creativity we need to:

Legitimize a dialectical approach; consider uncertainty and exploratory questions as normal.

Recognize that everyone is capable of creativity; value each suggestion as creative

Realize that creativity and productivity are complementary

Doing rather than accepting passively is the foundation of all pleasure.

Émile-Auguste Chartier, (Alain)

Two Phases of the Creative Process: Divergence and Convergence

The phase of **divergence** occurs when the mind works freely, without censorship and control:

Imagination is free

Criticism is prohibited

Multiplication of ideas is pursued

Strange ideas are appreciated

Quality is sought

The phase of **convergence** involves the assessment, evaluation, criticism, and the selection of the most appropriate ideas.

Rigor in selection

Objective judgment

Feasibility analysis

Decision

Action

De-conditioning

Habitual thought is the most common barrier against creativity.

To demolish habits we need to redefine the problem in two phases:

1) **Expansion** Phase: expanding the definition of a problem by reformulating it in broader terms (eg switch from "how to build a mousetrap" to "how to eliminate mice").

During this phase use brainstorming to imagine a wide variety of possible approaches to the problem

2) **Narrowing** Phase: narrowing the problem by redefining it in terms of a "specific goal" (eg switch from "how to improve the instrument" to "how to improve the shape, color, material, handling, etc..").

During this phase use brainstorming to treat sub-aspects and then select one.

Variables in the Creative Process

Perception flexibility, open-mindedness to use new information

Association and dissociation, combination and decomposition of ideas

Ideational fluency: the ability to produce many ideas in a short time.

Lexical Fluency: rich vocabulary

Flexibility in using objects in different ways for other functions.

Ability to make analogies: look for similes and metaphors, for opposites and antonyms

Ability to analyze: find the relationships among the various parts and the whole

Ability to summarize: synthesis of a concept, an image, or a new idea.

Consistency

Those who day dream are aware of things which escape those who dream only at night
Edgar Allan Poe

Consistency is the last refuge of those who lack imagination
Oscar Wilde

Consistency is the hobgoblin of little minds
Ralph Waldo Emerson

Error is more productive than liability
Hubert Jaoui

The P.A.P.S.A. Model

Perceive the problem: creativity of perception

Analyze, find the problem: creativity of analysis and synthesis

Produce ideas: creativity of production of a high number of solutions

Select, find the solution: creative selection, see beyond the limits

Apply the solution: application of the idea selected, overcome resistance

Defining the Problem

Problem solving is a process that goes from the problem to the solution, following the stages of analysis, diagnosis, solution and verification.

Define the problem from all possible angles, perspectives through questions such as:

Precision questions: Who, What, Where, When, How (rarely Why).

What kind of problem is it? Is it important, new, urgent, difficult?

Where, When, How it occurs? Where, When, does not occur?

Positioning the problem: For whom is it a problem? Who suffers most? Who is really interested in the solution? Who is not interested in the solution? Who takes advantage of the problem? Who is opposed to its solution?

Information search. What information is needed to solve it? What is available ? What is necessary to look for?

Evaluate the tentative solution: what have you done so far that didn't work?

As If: What would happen if...

Finding the Solution

Search for solutions. Does a ready-made solution already exist or is creative problem solving required?

Evaluation of the solutions. Definition of the criteria. Evaluation of solutions based on the criteria selected.

Choice. Choose the most appropriate solution.

Realization. Prepare a plan of action and realize it.

Follow-up. Monitor implementation and adopt all the necessary measures to avoid a repetition of the problem.

The Six Thinking Hats

A thinker with the **White** hat imitates the computer, is impartial and objective, uses information

A thinker with the **Red** hat uses intuition, emotions, hunches, hints

A thinker with the **Black** hat identifies what is wrong or false, highlights errors in method

A thinker with the **Yellow** hat focuses on benefits, with optimism and constructive ideas

A thinker with the **Green** hat produces creative ideas, searches for alternative

A thinker with the **Blue** hat organizes the ideas like the conductor of an orchestra, establishes the topics to address

Quotes

If one day I happen to have a completely new idea, I would not be able to understand it
Jean Piaget

It is not hunger that makes us innovate, it is our appetite.
Eduard de Bono

Ethical imperative: act so as to increase the number of choices
Heinz Von Foerster

Technique/Exercise

Take a problem and change its qualities

Make it bigger, worse/smaller

Make it old/new

Make it unsolvable/easily solvable

Make it trivial/vital

Make analogies and opposites: the problem is like... the problem is not like

Technique/Exercise

Take a problem and change the qualities of the person who has the problem

The person comes from another country/planet

The person is older/younger

The person won a Nobel Prize

The person is in jail

The person is someone you love/hate

Technique/Exercise

Take a problem and find the smallest change that brings to its solution

What small change solved the problem

What small action solved the problem

What different belief solved the problem

What different emotion solved the problem

Now that the problem is solved, what are the consequences and the benefits

Brain Storming

What is Hypnosis?

Phase 1.

Group 1. What are the benefits from using hypnosis? Make a list

Group 2. What are the functions of hypnosis? Make a list

Group 3. What do patients want from hypnosis? Make a list

Brain Storming

What is Hypnosis?

Phase 2.

Group 1. Select three “functions of hypnosis” from the list of Group 2.

Group 2. Select three “things patients want from hypnosis” from the list of Group 3

Group 3. Select three “benefits from using hypnosis” from the list of Group 1.

Brain Storming

What is Hypnosis?

Phase 3.

Group 1. Write a sentence regarding “what patients want from hypnosis” utilizing the suggestions from the list of Group 3

Group 2. Write a sentence regarding “benefits from using hypnosis” utilizing the suggestions from the list of Group 1.

Group 3. Write a sentence regarding the “functions of hypnosis” utilizing the suggestions from the list of Group 2.

Eriksonian Strategies

”As If” questions: What would happen:

If the problem is not yours, if it belongs to another person

If the problem is already solved

If the problem is an opportunity to learn something you cannot learn otherwise

If the problem is shared by millions of people on earth

If the problem is unsolvable

If the problem is ...

Eriksonian Strategies

The Miracle Question

Tonight a miracle happened and, when you wake up, the problem is solved

Describe what you see, feel, think now that the problem is solved. Be very precise in your description of the changes noticed by the representational system: Visual, Auditory, Gustatory, Olfactory, Tactile, Kinesthetic

Be very precise in your description of the changes felt by your muscles and bones

Be very precise in your description of the changes noticed in your mental activities

Be very precise in your description of the changes noticed in your emotions

Be very precise in your description of the changes noticed in your interpersonal relationships

Eriksonian Strategies

From top to down: the strategy of a climber

Find the result you want to achieve. Go there, go to the top, go to the future when you reached your outcome, and from there go backward, step by step, until you reach the starting point, the here and now.

What did you need to achieve before reaching the top? What resources, energies did you need to reach that point?

What did you achieve before the previous step?...

What did you achieve before the previous step?...

What was the first step that you took?

Eriksonian Strategies

The Art of Suggestion

Content suggestion: think about a seed...

Process suggestion: think about learning, forgiving, forgetting...

Multiple suggestions: think about a, b, c, d and even f...

Emotion suggestion: feel a positive emotion instead of a negative one...

Thought suggestion: think a new thought and notice what happens...

Metaphor: find the analogy and the isomorphism of the patient's problem and create a story with a positive ending.

Eriksonian Strategies

The Crystal Balls

Imagine several crystal balls which let you see your future

of tomorrow,

a month,

a year,

two years,

five years,

ten years,

Quotes

Change and progress are when a person challenges himself and dares to experiment on his own life

Herbert Otto

Trying many things you can accomplish something that the lazy believe impossible

Tacit

I cannot say whether things will be better when they change, but I know I need to change them if I want them to be the best

Georg Cristoph Lichtenberg

There can be no improvement without change. There can be no innovation without a creative approach to problems and opportunities

Eduard de Bono