

Youngson, Annabel (2018) How to be creative. In: RCOT Annual Conference and Exhibition, 11-13 June 2018, Belfast Waterfront, Northern Ireland.

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## HOW TO BE CREATIVE – final abstract – PTO for thought on this

Title: How to be creative

Aim:

The aim of this workshop is to get you started on engaging with and developing your creativity

Background:

This occupation work station addresses the question of 'how can I be more creative?' Creativity is seen as a skill of occupational therapists in education, in the occupational therapy process and in the use of 'craft' occupations. Lack of time and lack of confidence can hinder the creative process and this workshop looks at techniques to overcome some of these barriers.

Session plan:

Participants are asked to bring an inexpensive A4 or A5 unlined exercise or sketch book and an open mind. The workshop will start with planning a project and with ideas for attentive looking. Time will then be spent in the conference exhibition area to inspire you to focus on the detail and the overall impression of the occupational therapy world. The sketch book will be the creative space through which you record your thoughts, and in which you can gather source material. Phone/cameras can also be used to capture images.

Once impressions are gathered, techniques for creatively using this source material will be shared. Discussion and activity will focus around making connections, ideas for exploration and design. While there will not be time to make a finished product, the workshop aims to reach a point where you will be able to take your ideas away and develop your creative self.

Resources:

Room or exhibition space with table and chairs

Max no:

20

15.1.18 Heard today from RCOT that the abstract had been accepted for conference, along with the one on boho coasters!

Since I put the abstract in a number of ideas have come to the fore to share with participants. See other documents in this folder re the Kate Daudy map, the book of wonder and the story telling with mixed media. I need to tell the story of how it can be the slightest thing that sparks that creativity and that we just need to be open to suggestions.

I do now need to buy a plain book and perhaps have a go at putting together some ideas. I need to look out previous year's brochures (if I have any) and put some ideas together. Also – the ideas from the creativity book – and the idea that you leave the first few pages blank. I could get one of the recruitment brochures and cut out some words?

NB don't forget the 9 dot exercise.....