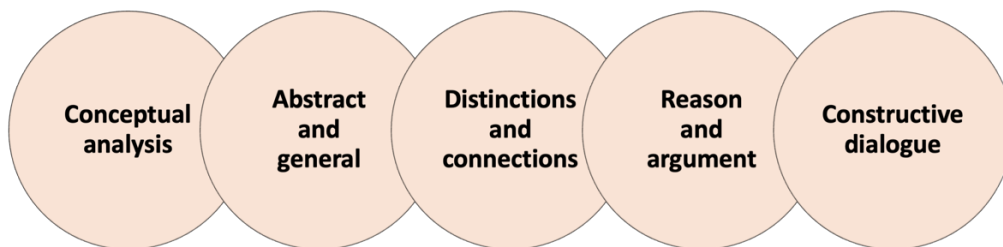

LET'S TALK ABOUT... CREATIVITY AND DISORDER

THIS SESSION:

Discussion: Understanding Creativity
Break (10 Minutes)
Discussion: Creativity and Disorder

THE PHILOSOPHY TOOLKIT

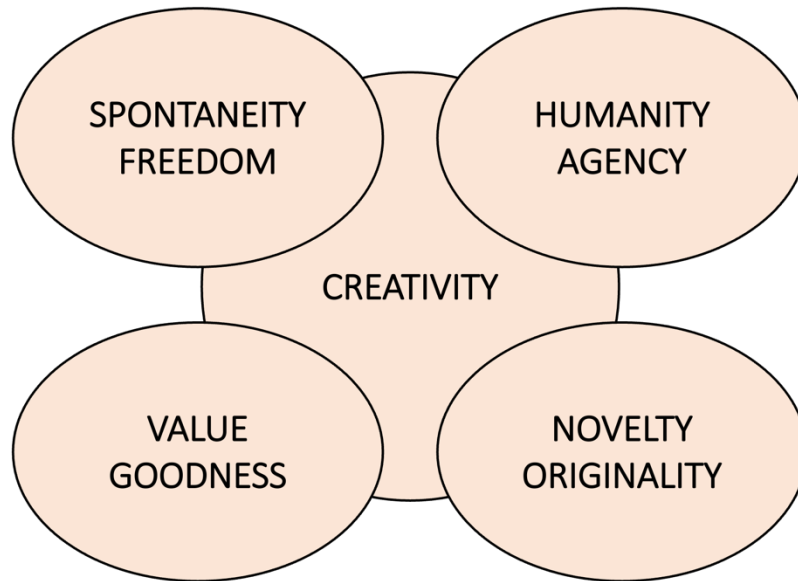


DISCUSSION: UNDERSTANDING CREATIVITY

DISCUSSION POINT: What are some good examples of creative people, activities, and products?

DISCUSSION POINT: What is it about these examples which make them creative rather than non-creative? In other words, what is creativity?

We can start to think about this by thinking about what the ingredients of creativity might be – some ideas below.



DISCUSSION: CREATIVITY AND DISORDER

DISCUSSION POINT: Some think that creativity and mental disorder are **correlated**: there are two directions to this:

- If you suffer from a mental disorder or illness, you are more likely to be creative
- If you are creative, you are more likely to suffer from a mental disorder or illness

These claims need qualification! There is ongoing debate in creativity research about them. How do they accord with your experience?

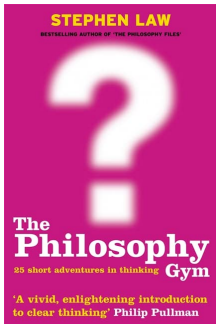
Suppose, hypothetically, that these claims *are* true. What does that teach us about either creativity or mental disorder?

DISCUSSION POINT: Health concerns, including a range of mental health concerns, can be treated by drawing on creativity: for instance, art therapy. How does this accord with your experience?

Given that creative activities and appreciation of creativity can be therapeutic, what does that teach us about creativity, therapy, and health?

RESOURCES

Our project has a website: <https://pmhnottingham.wixsite.com/home> - here you can access the materials from the sessions, post-session summaries, and videos that aim to capture **your** philosophical ideas and relate them to other ideas in philosophy!



The Philosophy Gym by Stephen Law is a great book introducing philosophy

An accessible resource to learn about philosophy is the **philosophy bites** podcast: <https://philosophybites.com/>

Two resources on creativity: **The Cambridge Handbook of Creativity** (published in 2019, edited by James C. Kaufman and Robert J. Sternberg) – includes a chapter on creativity and mental illness (and the ongoing debate about whether there is a correlation), and creativity and healing (on the therapeutic role of creativity). Then there is **Creativity and Philosophy** (published in 2018, edited by Berys Gaut and Matthew Kieran). This explores various philosophical ideas about creativity!

MAILING LIST (OPTIONAL)

To join the Philosophy of Mental Health @ Middle Street mailing list email Craig.French@nottingham.ac.uk or scan the QR code (we will only contact you to advertise events related to Philosophy of Mental Health @ Middle Street, and to distribute materials)



FEEDBACK (OPTIONAL)

We value your views. With your feedback we can (1) improve the ways we discuss the ideas in the philosophy of mental health here at Middle Street Resource Centre, and in society, and (2) use your ideas to inform our thinking for future research and events on the philosophy of mental health. If you would like to provide feedback, please complete the feedback form overleaf.

Please note: the University of Nottingham processes your personal data for the purposes of showcasing the use and impact of UoN research. This can take place through various mechanisms, including statutory assessments such as the Research Excellence Framework ([REF](#)), and internal and external research awards and competitions. Please visit <https://www.nottingham.ac.uk/utilities/privacy/privacy-information-for-visitors-correspondents-and-prospective-applicants.aspx> for our Privacy Notice which provides further information on the purposes for which we may process your data and the legal basis for this.

FEEDBACK QUESTIONNAIRE
CREATIVITY AND DISORDER

NAME:

CONTACT DETAILS (i.e., email or telephone):

Before this session, to what extent did you agree with the following? For each question, please place an X in the box that most closely represents how you feel.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Before this session, I knew how philosophy could be used to discuss creativity and disorder					
I was comfortable with discussing the philosophy of mental health before this event					

After having participated in this session, to what extent do you agree with the following? For each question, please place an X in the box that most closely represents how you feel.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
This session has increased my understanding of philosophical ideas about creativity and disorder					
Philosophy is a useful discipline for thinking about and discussing creativity and disorder					
This event provided me with tools to think about my experiences of creativity and disorder					
I am more comfortable with discussing the philosophy of mental health after this event					
The session has shown me where to find resources for using philosophical approaches when talking about mental health					

1. Which ideas covered interested you most, and which do you think you will find most helpful, and why?
2. Was there anything about the event that we could have done better?
3. Is there anything else you would like to share?