

Creativity and Coping with Chronic Disease

Achieving Self-Awareness After Diagnosis

And those who were seen
dancing
were thought to be insane
by those
who could not hear
the music.

- Friedrich Nietzsche

Opening Remarks

Creativity and Coping With Chronic Disease



- Explore the importance of creativity to compliment conventional medicine
- Coping to regain the ability to define a new role identity
- Creativity is not a therapy, it’s a lifestyle

Before you can create, you need to recreate yourself

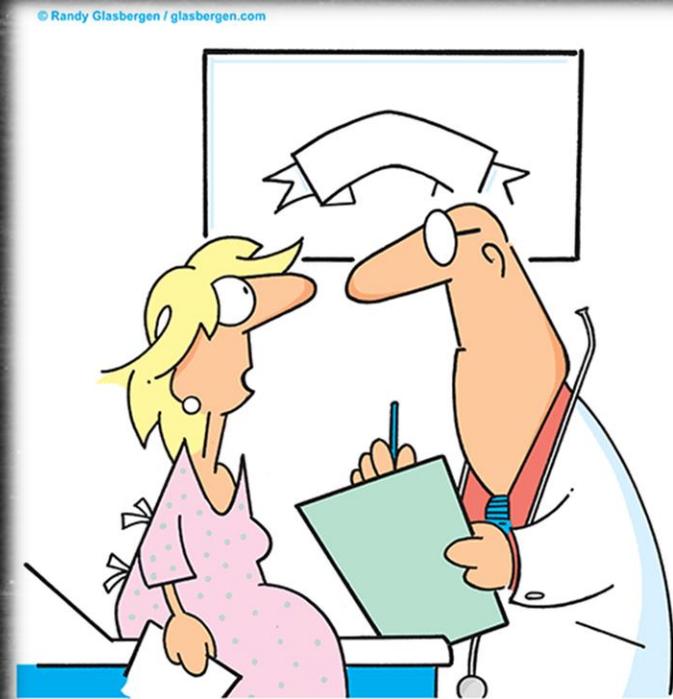
The Researcher's Background

- 32 years old
- Diagnosed with Multiple Sclerosis - October 2014
- Studying Creativity & Innovation at Drexel University



Creativity to Compliment Conventional Medicine

- Time spent creating is time spent reflecting and achieving new perceptions of identity
- Creativity gives ability to bring mindfulness to patient
- Become a master of your domain through Flow



“Which celebrities should I follow to get the best medical advice?”

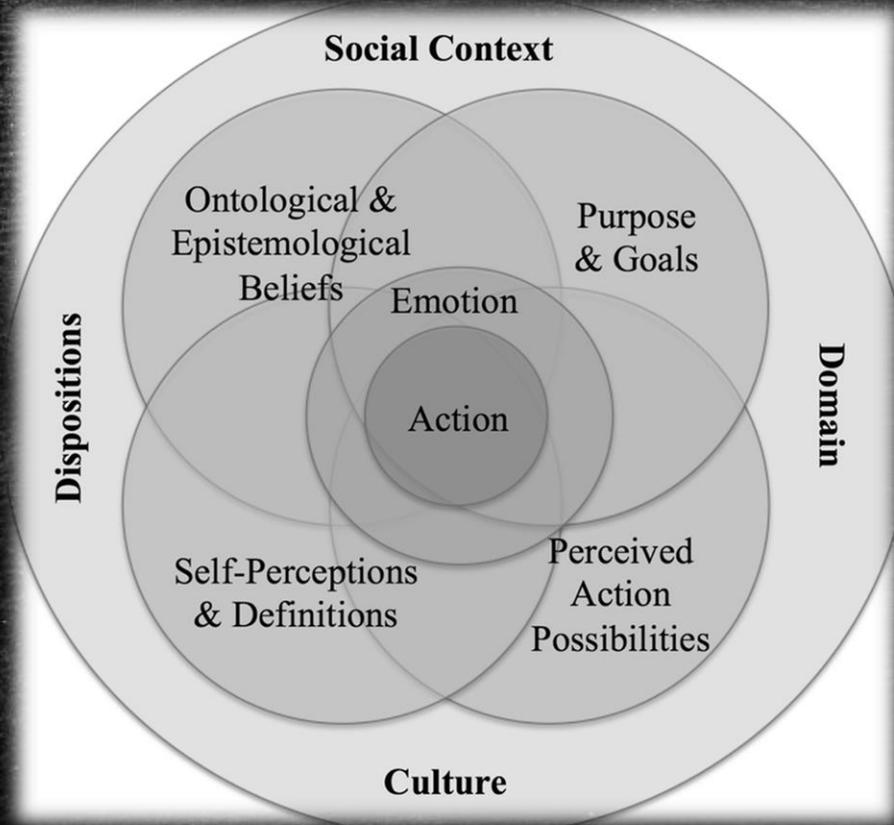
Creativity is a vital expression of self

Diagnosis – The Moment Of Truth

- Consequence of illness
 - Effects of identity loss
- Understand influences affecting stability to live with the diagnosis and manifest identity
 - Self-reflection and heightened expansion of the diagnosed individual's conceptualization and prior knowledge of self lead to discovery



The Dynamic Systems Model of Role Identity



- Realization genetic potentials are influenced by personal experiences
- If we cannot identify with ourselves than we cannot influence others
- Cohere to core beliefs, goals, self-perceptions, and actions.

Identity Construction of Coping



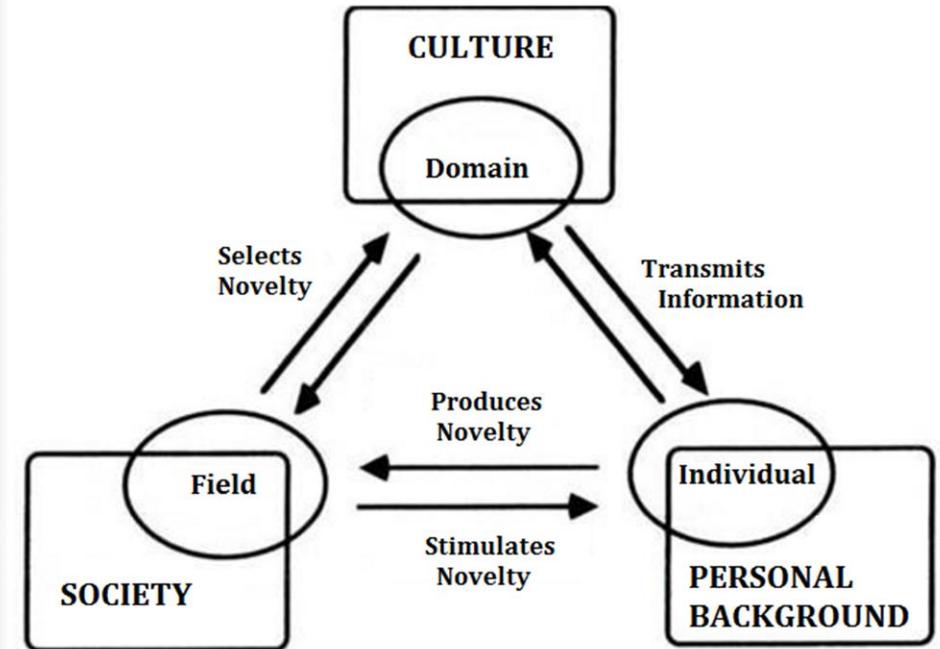
- Self Perception: Positive Strategy
- Belief: Coping is achievable
- Goal: Future Focused Mindfulness
- Action Possibilities: Creativity

Role identity development drives patients to learn, develop, and sustain strong commitments to new practices

Innovation sparks the mind, but the story hits the heart

Csikszentmihalyi's Systems Model of Creativity

- Once identity is regained, creating can begin.
- 3 Components
 - Person
 - Field
 - Domain
- (P-creativity) starting point
 - Original to the creator even if previously generated



(Csikszentmihalyi 1999, p. 315)

Csikszentmihalyi's Systems Model of Creativity

- Architect your ideal life
- Application can help guide a patient to managing intrapersonal and interpersonal relationships.
- Adopt and Adapt method
 - Learn, but don't depend



What Now?

Copyright 2006 by Randy Glasbergen. www.glasbergen.com



**“My team has created a very innovative solution,
but we’re still looking for a problem to go with it.”**

- Test Theories
- Design Activities
- Measure Effectiveness
- Reflect

Reflection

When the diagnosed patient accepts their diagnosis and begins to use creativity to cope, they create an opportunity to positively influence their domain by fundamentally changing the way society views the creative spirit needed to achieve a new self identity

MAYBE IT'S
NOT ALWAYS
ABOUT TRYING TO
FIX SOMETHING
THAT IS BROKEN.
MAYBE IT'S ABOUT
STARTING OVER
AND CREATING
SOMETHING
BETTER.

And those who were seen
dancing
were thought to be insane
by those
who could not hear
the music.

- Friedrich Nietzsche

Closing Statement

We are stronger in the places we have been broken