

## **Creativity in Healthcare:** *Exploring innovative ways of caring*

All of us, no matter what field we work in, must challenge ourselves with new ideas and insights in order to move ahead and appropriately serve those in healthcare. Creative impulse is not the sole domain of The Arts, but belongs to us all. How can we shake up the way we think? Creativity has been linked to healthier environments, collaborative personality traits, and increased communication. Research psychologists, for instance, are interested in increasing innovative thinking and clinical psychologists sometimes encourage patients to use artistic expression as a way to confront difficult feelings. Clinicians constantly seek out options in the best interest of their clients. Breaking away from a rigid approach and embracing our natural curiosity will benefit not only our clients but our co-workers too.

In this interactive workshop, healthcare workers of any discipline will have the chance together to define creativity as it pertains to healthcare and identify barriers to innovative thought. Theatre-based and sculpting exercises will allow participants to share their perspective on how to retain individuality within a collective.

*"This workshop encouraged me to become more creative in my treatment session which will motivate patient participation."-IPE student*

*"This session helped me renew the passion I have for problem solving and creative thinking, which will ultimately help me provide better patient care." -IPE student*

### The Presenter:

#### **Helen Donnelly, Holland Bloorview Kids Rehabilitation Hospital (Toronto, Canada)**

Helen is a theatrical, therapeutic and circus clown and theatrical clown trainer. For the past eight years, she has been the artistic trainer and lead therapeutic clown as 'Dr Flap' at the Therapeutic Clown Program at Holland Bloorview Kids Rehabilitation Hospital. She has offered numerous workshops, poster presentations and has sat on panel discussions at many conferences both national and international on the subjects of Therapeutic Clowning and Creativity in Healthcare. Her popular co-presentation with Sunnybrook offered to the IPE students, 'Creativity in IPE' has been offered several times a year since 2014.

She has had extensive experience as hospital clown in pediatric trauma at the Hospital for Sick Children as well as in long term care and day facilities for elders primarily with dementia.

When not serving in healthcare, she continues her long career clowning in theatre and circus.