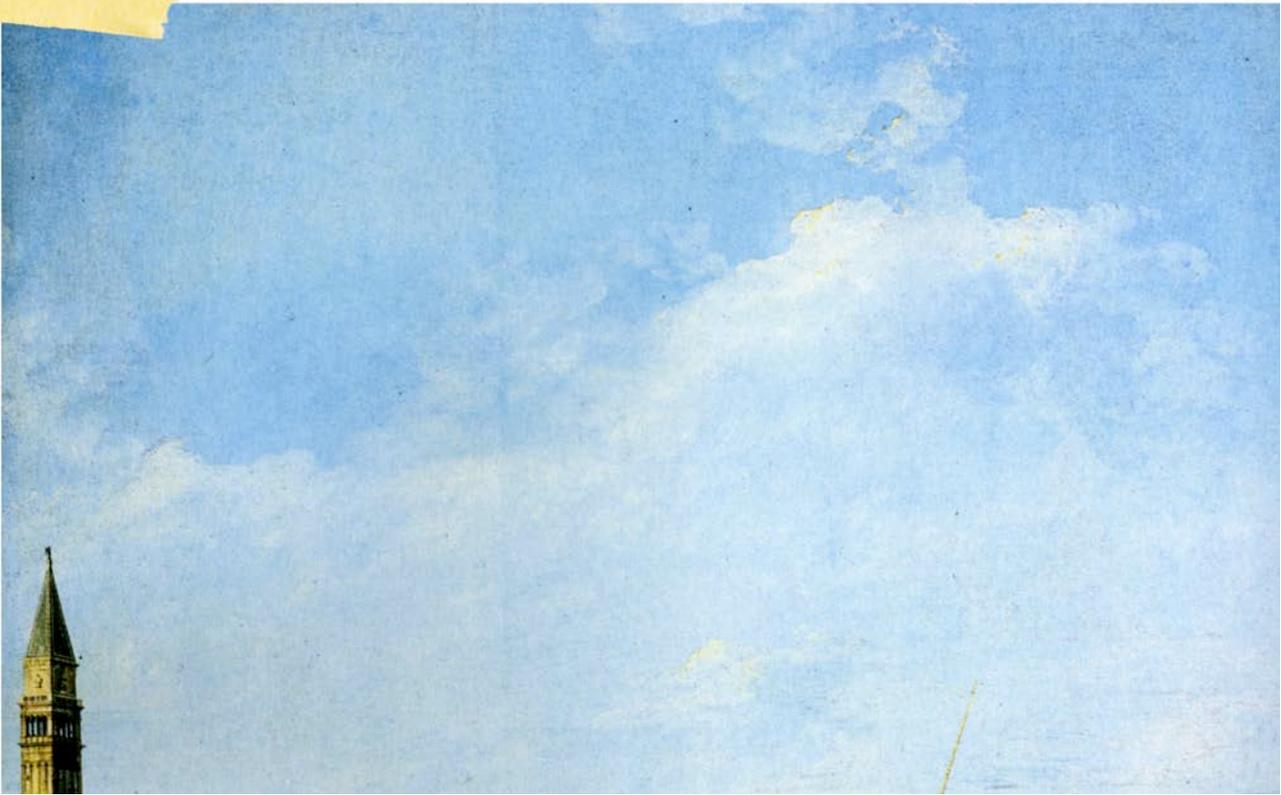


# DEPTH CREATIVITY

*Unleashing Your Creative Potential*



# Depth Creativity

A COURSE IN UNLEASHING AND HARNESSING CREATIVE POTENTIAL

## WHEN

Fri 22 February 09:30 - 18:00

Sat 23 February 09:30 - 18:00

## WHERE

THE FORGE, 12 Windsor Rd, Kalk Bay, Cape Town

## COST

R 3 000 per person (*teas & coffees included / lunch at own expense in Kalk Bay*)

## BOOKING

Contact MARIETTE: [info@depthleadership.co.za](mailto:info@depthleadership.co.za) / +27 023 5411114

*"The attributes of creativity thinking are tolerance of ambiguity, perseverance, openness to experience, and a willingness to grow and to take risks. These attributes are also incidentally key skills important for surviving and thriving in the twenty-first century."*

*Sternberg and Lubart (2014)*

## COURSE DESCRIPTION

A course for anyone that wants to **access, unleash and harness the benefits of creativity**. Creativity is a process that encourages exploration, experimentation and reflection. It encourages **an environment where the symbolic, poetic, and unexpected can flourish**. Our course offers processes and methodologies that enable access to the skills that benefit not just the artist, but every individual wanting to develop their effectiveness in the world. We approach the course from multiple perspectives: an experiential perspective; a theoretical perspective where the principles of creativity are identified; and a depth psychology perspective that explores the potential stored in the unconscious mind. We will provide you with the tools to consciously integrate the symbolic and poetic in your everyday personal and professional being.

## MOTIVATION

Emerging technologies, driven by a spirit of endeavour and possibility, are blurring existing boundaries as the need calls for it with little concern for tradition or appropriateness of classification. As a result, 21st century living is demanding a **balance of creative, analytical and entrepreneurial skills**. We are challenged to shift to a more integrative paradigm, where content that is increasingly becoming freely available on-line, is of secondary importance to the **ability to think creatively and construct innovative and unexpected connections across disciplines**.



**KEYWORDS**

*HUMAN VOLITION / DREAMING / SYMBOLISM / MEANING*

*ARCHETYPES / ENGAGEMENT / NARRATIVE / GENIUS*

*DUALITY / DISCIPLINE / AESTHETICS / METAPHOR / NUMINOUS*

*MARK-MAKING / FLIRTS & FLICKERS*

## OUR TALENTS OR OUR WOUNDS

A person's creativity is driven by both conscious and unconscious impulses. Our talents naturally drive our interests and activities, but our unresolved and unaddressed wounds may complicate and distort this process. We investigate ways to avoid this by giving consideration to the individual talent/wound profile.

## COURSE TOPICS

The course will unfold with a stimulating blend of **creativity and depth psychology theory, visualisation aids, experiential engagement** and **creativity exercises**. Some of the topics covered are listed below.

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- Locating creativity within the world
  - Creativity as a life force catalyst
  - Internal and external landscapes
  - The conscious-unconscious split
  - Archetypes and organising principles
  - Blueprint to fingerprint
  - Imagination, the body and the symbolic world
  - Immanence, transcendence and the numinous
  - Differentiating between ideas and concepts
  - Creative tension and the tripartite structure
  - Developing a personal mythology
  - The practice of documenting/expressing ideas

## (FACILITATOR) PLUTO PANOUSSIS - BAS, DIP (FILM)

During the course of his career, Pluto Panoussis has been an architect, a designer, an illustrator, a writer, and a filmmaker. He has directed a number of award-winning productions, which span a range of media, including film, television and the stage. He has co-written and directed two television series, exhibited as a fine artist with five solo exhibitions to his name, and has designed and headed publicity campaigns for over a hundred local and international theatre productions. He is co-founder and art director of the social commentary cartoon strip, Skaapstad. He is a judge on the National Press Club News-maker of the Year panel, has been on the Silwerskerm panel of judges for the last three years, and has been invited to present papers at various gatherings, most recently at the 2013 Adobe Education Summit in Barcelona, and at the 2016 and 2017 IDEA Design Conference. As an educator, he established the School of Film Arts at The Open Window (Institute for Arts & Digital Sciences) and from 2016 to 2018 occupied the position of Dean of Academics. iMPAC (the Initiative for Motion Pictures within the African Continent), founded by him in 2009, is part of his ongoing commitment towards fostering a culture of exploration in the moving image and affiliated creative disciplines.

## (FACILITATOR) HÉLÈNE SMIT - B.A. (HDE), MBA

Hélène Smit is a Prince Albert based author, depth facilitator, social activist and artist. She's been named one of the top 50 exceptional alumni from the Wits Business School, has worked with over 15000 people psychologically, and presented at a range of conferences and events, given a TEDx talk at TEDx CapeTown. She uses the nexus between art and psychology to explore the symbolic intricacies of the life process. She applies depth psychology principles in her work with unconscious processes in individuals and groups to unleash greater creativity and to minimise the negative impact of under-the-surface blockages and conflict. Hélène has published three books, the first called *The Depth Facilitator's Handbook* which describes facilitation skills in detail. The second one, *Beneath - Exploring the Unconscious in Individuals*, was created with Pluto Panoussis, and is a book for a general audience that explores the functioning of the unconscious mind in order to unleash potential. Her third book, called *Depth Leadership*, was published in December 2013 and teaches the theory and practice of depth psychology to leaders. In 2017, with Pluto's assistance, Hélène completed the making of a feature film called *Eerstewater*, which illustrates the ideas in *Beneath*. The film was selected for the 2018 Encounters International Documentary Film Festival. She runs a long term collaborative art project called *Every Voice Matters* in Prince Albert, now in its fifth year.



*"If you want to build a ship,  
don't drum up people together to collect wood  
and don't assign them tasks and work,  
but rather teach them  
to long for the endless immensity of the sea."*

*Antoine de Saint-Exupéry*