

*The Importance of Creative Dimensions in the Dynamic Psychiatric Treatment.*

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Dynamic Psychiatry considers every individual as a holistic being, each with creative and thus constructive potentialities. Psychic illness to the contrary is understood as a destructive and deficit personality development, with the possibility of disintegration following traumatic life events like great loss or psychic stress. The presenter stresses the necessity of working with a patient's creative dimensions in psychiatry and psychotherapy. Creativity is not only seen as an expression in artworks but as an overall creative approach to living one's life. In terms of the therapeutic process, every developmental step means something new in the life of the patient and thus represents a creative act. This sets in motion an increase of long-term personality development within an individual, leading to one's personal identity. Psychiatry and psychotherapy can accompany this development by offering space for the creative process and the creative act. Nonverbal creative therapies will be demonstrated for treatment. They can be particularly beneficial when verbal expression reaches its limits.

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