

P02-357 - IS PSYCHOTHERAPY A CREATIVE PROCESS? APPLYING THE MODELS OF CREATIVITY ON THE PROCESS OF PSYCHOTHERAPY

R. Mahfouz, **M. Taha**

Neurology and Psychiatry Department, Hospital of University of Al-Minia, Al-Minia, Egypt

Introduction: Psychotherapy is usually viewed as a process of help, reparation and personal growth. Although creativity is the real essence of psychotherapy, few works have approached psychotherapy from its creative aspect. This work investigates some creative potentials of psychotherapy.

Objectives: We tried to investigate the research question: "**Can Psychotherapy follow the same stages/phases of a well known creativity model?**" in two different therapy groups; an analytic group held in UK and an interactive dynamic group held in Egypt.

Aims: We aimed to follow the evolutionary phases of the therapeutic process in the two groups and find if they could be categorized into certain stages/phases that can match the stages/phases of well-known creativity models; namely Wallas' (1926) and Barron's (1988).

Methods:

- Clinical data were derived from two therapy groups that were held in the same time in two different cultural contexts; an analytic therapy group held in UK and an interactive dynamic therapy group held in Egypt.

- Analysis of the therapeutic work was done using Interpretative Phenomenological Analysis.

Results: The therapeutic processes in the two different groups could follow the same stages and micro-processes of well known creativity models. However, the two therapeutic groups followed two different models of creativity (the British group followed Wallas' model and the Egyptian one followed Barron's model). This could be explained by many sociocultural factors.

Conclusions: Psychotherapy can be regarded as a creative process *in the sense that*

it can follow the same stages and micro-processes of well known creativity modes.