



Finding and strengthening inner resources through creative therapy

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Creativity

An expression of a person's inner world that fosters emotional balance, self-awareness, and spiritual growth (Malchiodi, 2020)

Creative therapies — including art, music, drama, movement, and writing — provide opportunities to process experience through symbolic expression (Levine & Levine, 2019)

In professional development for educators, creativity serves as both a preventive and healing tool that helps maintain equilibrium between performance and well-being (Burnard & White, 2021)



Main directions of creative therapies

Art therapy elements — drawing and working with colors help visualize emotions and initiate inner dialogue (Malchiodi, 2020)

Drama therapy and role play — enhance empathy and understanding of human behavior (Jennings, 2018)

Music and rhythm therapy — reduce stress hormones and restore balance to the nervous system (Thoma et al., 2013)

Writing therapy — promotes reflection and professional self-awareness (Pennebaker & Smyth, 2016)



Creative approaches can strengthen teachers' emotional resilience, foster creativity, and encourage reflection on their professional identity

Creative practices may include:

Free drawing and painting — visual self-expression releases subconscious content (Kramer, 2013)

Storytelling and fairy-tale therapy — allow safe exploration of personal themes through symbolic narratives (Estés, 1992)

Creating mandalas and symbols — helps structure thoughts and promotes inner peace (Jung, 2014)

Dance and movement practices — connect body, emotions, and breath, relieving tension (Levy, 2019)

Creative reflection and journaling — help educators gain new perspectives on professional challenges (Adams, 2020)

**“Play is not the opposite of
seriousness; it is its deepest
form.”**

Johan Huizinga, *Homo Ludens* (1938)

Play as a Form of Creative Therapy

Play allows individuals to release tension, activate areas of the brain responsible for joy and creativity, and restore a natural balance between mind and body

According to Johan Huizinga's (1949) theory, humans are Homo ludens — “the playing beings” — and it is through play that we most fully express our spirit, creativity, and social nature

Play is a transitional space between reality and imagination — a place where art, myth, culture, and identity emerge

Historically, play served as a unifying and healing ritual within communities — through dance, song, movement, laughter, and shared symbols

Play as a Bridge Between Creativity and Self-Healing

In educator and coaching training, playful activities enhance creative thinking, adaptability, and stress resilience

Play as a tool for reflection enables experiential learning rather than theoretical absorption

Creative play restores emotional balance and allows professionals to remain authentic, human, and inspiring

Conclusions

Creative therapies are not merely art forms — they are instruments of self-discovery and emotional well-being

By integrating creative practices into teacher training and every-day work, education can strengthen its human-centered dimension

Creativity and play renew energy, restore inner peace, and remind us why we began this journey — not just to teach, but to inspire without burning out

First attempt...



Second attempt

A little better, huh?



Thank you!

And don't be too serious ;)