

# ***Mediating with Picasso*** **Workbook**

Conceived and Written by  
Louise Neilson

Published and Printed by  
Brinkley Press, Damascus, OR

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Published in the United States by Brinkley Press.

Library of Congress Cataloguing-in-Publication Data  
Neilson, Louise

Mediating with Picasso Workbook / Louise Neilson.

Includes bibliographical references.

ISBN—13: 978-0982894019

Creativity. 2. Conflict management. 3. Mediation.  
I. Neilson, Louise, 1944- II. Title.

Design by Heidi Neilson.

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## Introduction

This *Workbook*, the companion to *Mediating with Picasso*, is your place to confirm, validate, and practice your creativity. In it you can generate your individual Creative Assessment Summary, and from that, formulate your Personal Creativity Profile.

My basic premise is that experienced, dedicated mediators, as a group, exhibit the same traits as creative architects, warranting the recognition of mediators as a distinct group of creative people. Traits you share with creative architects include certain aspects of your socialization and interpersonal behavior, the richness and complexity of your psychological development, and your degree of mental health. I maintain that without these traits you could not be an effective mediator. My goal is to have you experience this realization for yourself.

Remember those 3D paintings and photos introduced a few years ago? At first they appeared to be only a series of unrelated horizontal lines. But as you gazed at them with a softened focus, the images suddenly popped out as three dimensional forms. I hope that, as you complete the surveys here, the realization will pop out that, “Wow, I’m more creative than I thought!” At first your realization may be fleeting, but as you continue to substantiate it in your own experience, as with the 3D images, you will be able to sustain your realization that you *are* more creative than you thought you were. As I say in *Picasso*, you’ll see it when you believe it!

In *Mediating with Picasso* you are introduced to Abraham Maslow’s research on correlations between creativity and self-actualization, and Donald MacKinnon’s research on creative architects. The first three of the surveys here in the *Workbook* are based on Maslow’s and MacKinnon’s research. The rest are based on the researched conclusions of other experts in specific subject areas. Taken together the surveys from these different viewpoints will give you an assessment of your creativity as well as provide useful insights into its many facets.

Complete the surveys and exercises in conjunction with your reading of the corresponding chapters of *Picasso*. Space for notes provided here. Journal your “Ahas!” as you read and complete the surveys. This way you can keep extensive notes as you read *Mediating with Picasso* yet keep your book pages pristine. There is also space for you to jot down memories from your mind’s Reticular Activating System for future use. The open-ended questions are designed to nudge you along.

As you self-identify your own creative strengths, add your collected insights to your Creative Assessments Summary, which begins on page 69. Track your responses to the surveys and exercises by color-coding and dating them. When you revisit the *Workbook* in the future, you can check your progress

toward acknowledging yourself as the fully functioning, self-actualizing, creative person that you are.

### **TAKING IT FORWARD**

The end of each chapter of the *Workbook* has a section titled “Taking It Forward.” The various subject areas of the *Picasso* chapters are summarized here. The left columns of these pages contain lists of topics discussed in the chapter. Note those that you found particularly *interesting*, *intriguing*, and will be *useful* to you in the future. As you respond to the exercises and surveys in the *Workbook*, your Reticular Activating System will make connections between what you have been reading in *Mediating with Picasso* and how you might apply the information to your life as well as your mediation practice.

The space in the right columns of the Taking It Forward pages is for you to note applications to your practice. The concepts will then be more readily available for future recall.

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