

DID THE TRAUMA OF WORLD WAR ONE LEAD TO GREAT CREATIVITY?

Video transcript - Modern day treatment of war trauma

In the last hundred years our understanding of the emotional consequences of war has increased, creative pursuits are now seen as methods which can successfully heal trauma.

Creative pursuits including writing, painting, dance and sculpture and they are used as therapy.

Whilst acute trauma can hinder creativity, there is evidence that such experiences can increase the imaginative capacity. A 2012 study found that veterans with post traumatic stress disorder were better able to develop imaginative and complex imagery compared to those veterans who has not suffered from it.

The results of creative processes have a wider impact on society, challenging stigma, educating us all, and above all helping to heal the position of those who have suffered from trauma.