

## "CREATIVE COMMUNICATION" (CC)

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*note:*

*the following text regards the 3 years cooperation of Petros Theodorou with Christina Patriniou,*

"CREATIVE COMMUNICATION" (CC), has been a framework which was active from 2003 till 2006. The original CC conception was based on an older idea of the Gestalt psychotherapist PETROS THEODOROU, about the combination of psychotherapy and creative expression.

In the beginning of 2003 CC became a framework by him and the psychotherapist - psychodramatist CHRISTINA PATRINIYOU. CC covered a wide range of activities for 3 years in the sensitive field of personal development and growth.

The CC ACTIVITIES extended from self-knowledge and psychotherapy, to creative expression, to the development of the creative imagination, to communication.

CC was basically a PROPOSAL on the combination of all these fields, as they were approached through the perspectives of the two therapists who developed its form from the beginning of 2003 to the end of 2006.

Theodorou's collaboration with Christina Patriniou started on 2003 and stopped on 2006, when CC's completed its life in the form structured by the two therapists.

Today, Petros Theodorou does not anymore work within the framework of CC.

CC was ADDRESSED to anybody interested in self-knowledge, personal growth, and creative/ effective contact and communication. It was not necessary for the participants to have any previous relevant experience or knowledge of these fields.

A CC group - workshop would FUNCTION as:

... a 10-16 hours autonomous meeting

... a certain number of meetings for a few weeks or months  
 ... an ongoing group based on weekly or monthly meetings

CC workshops were EXPERIENTIAL, based on the participants spontaneity, creativity, and their experience itself of what is happening in the group during their interaction.

The CC workshops were very FLEXIBLE (as their two leaders approaches are adaptive) and they could be functional within a very WIDE SPECTRUM of populations (professional or not): in the education or art fields, in organizations, in groups with special characteristics, etc.

In all these applications and according the orientation of each specific group, the PARTICIPANT may explore important issues like stress and anger management, separation, addiction, self-image, family dynamics, being active or not, professional life, etc.

*The information in English about CC in these pages, has been only indicative, during all the years of its activities.*

*Moreover, it did not correspond both in length and depth to the relevant information provided in Greek. This was only because most of its activities, were events using the Greek language and happening in Greece.*

*Thus, detailed info and texts about the CC workshops addressed to the participants had to be mainly in Greek.*

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