

Helping nurses use their creativity to be well

Jo Bowen

Exeter Stress Clinic, UK



Abstract

There is now growing empirical research showing how the syndrome of burnout and the psychological conflicts arising from moral distress are increasingly impacting on nurses and those who work with them in clinical medical teams. Using my experience over five years at a 'stress clinic' for healthcare professionals, author will talk about how stress management alongside creativity coaching may help nurses in burnout or moral distress. He posit a transformational mediation model for understanding stress and empowerment. This allows empowerment for further learning and self-development. This presentation covers how creativity may be conceptualised for wellness, barriers that may be in place for nurses, and what sort of activities and strategies may facilitate creativity. These include aspects of self-expression through 'flow' using sociable hobbies, and everyday activities. He explains why sleep and key stress management techniques can be seen to be vital for creativity. He lastly talks about therapeutic strategies that may encourage creativity tools in response to stress and trauma. A stress and creativity toolkit is suggested as a take away.

Biography

Jo Bowen trained as a Psychiatrist (A medical doctor specialising in mental health) and worked in clinics and hospitals in London for many years before deciding to move exclusively into the field of psychotherapy, coaching and mediation. She now directs the Exeter Stress Clinic and specialises in trauma healing, stress and conflict management and transformational coaching. She has published peer reviewed papers and articles in the field of stress (life events), conflict, creativity and mental health. Special interests include treating stress in doctors and others in the caring professions, and the area of stress caused by life changes like conception, retirement, midlife and the menopause. The clinic actively links up with highly qualified practitioners in holistic person centred medicine nationally and internationally. She is a Member of the British Society of Clinical Hypnotherapy and holds Diplomas in Stress Management and Hypnotherapy. She is a 'Self-Help' Champion. He is a Trustee of several psychotherapy charities based in SWUK and campaigns on physician wellness matters internationally.

Publications:

1. Exploring reasons for variation in urinary catheterisation prevalence in care homes: A qualitative study. September 2008 Age and Ageing 37(6):706-10, DOI:10.1093/ageing/afn140
2. "The Bug Investigators": Assessment of a school teaching resource to improve hygiene and prudent use of antibiotics. January 2007, Health Education 107(1):10-26, DOI: 10.1108/09654280710716851
3. Is there an opportunity to reduce catheter-related infections? Exploring variation in catheterisation rates in care homes. February 2006, British Journal of Infection Control 7(1):22-28, DOI: 10.1177/14690446060070010701
4. Urinary catheterization in care homes for older people: Self-reported questionnaire audit of catheter management by care home staff. February 2006, Journal of Hospital Infection 62(1):29-36, DOI: 10.1016/j.jhin.2005.03.008

[2nd Global Conference on Nursing and Healthcare](#) | June 29-30, 2020

Citation: Jo Bowen, Journal of Geriatric Research, Helping nurses use their creativity to be well , Nursing Congress 2020, 2nd Global Conference on Nursing and Healthcare, June 29-30, 2020, 03.