



**UNLOCKING THE
CREATIVE IMPULSE:
The Psychology of
Improvisation**

DENNY ZEITLIN
**Jazz Pianist/Composer/
Psychiatrist**

A Lecture-Demonstration

Wearing both hats of his dual career as a world-renowned jazz pianist and composer and highly respected practicing psychiatrist and Clinical Professor at the University of California in San Francisco, Denny Zeitlin invites his audience into the psychological terrain where the deepest levels of creativity can be experienced.

Using jazz improvisation as a model, he describes and illustrates at the piano the artist's challenge: to integrate the more "Western" traditions of aesthetics, technical skill, and intellectual appreciation of the art form with the more "Eastern" ecstatic traditions which focus on merging with the activity and being "in the moment."

Dr. Zeitlin draws on decades of personal experience — as a musician and composer; as a collaborator with other musicians; and as a psychiatrist helping people liberate their creative spark. He describes methods of ushering oneself into deeper levels of creativity, and how to understand and deal with psychological "blocks" to that process. Questions from the audience are welcomed.

This lecture-demonstration has been presented in the United States, Canada, and Europe — to musicians, artists, mental health practitioners, students, and lay audiences interested in creativity in their everyday lives.

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