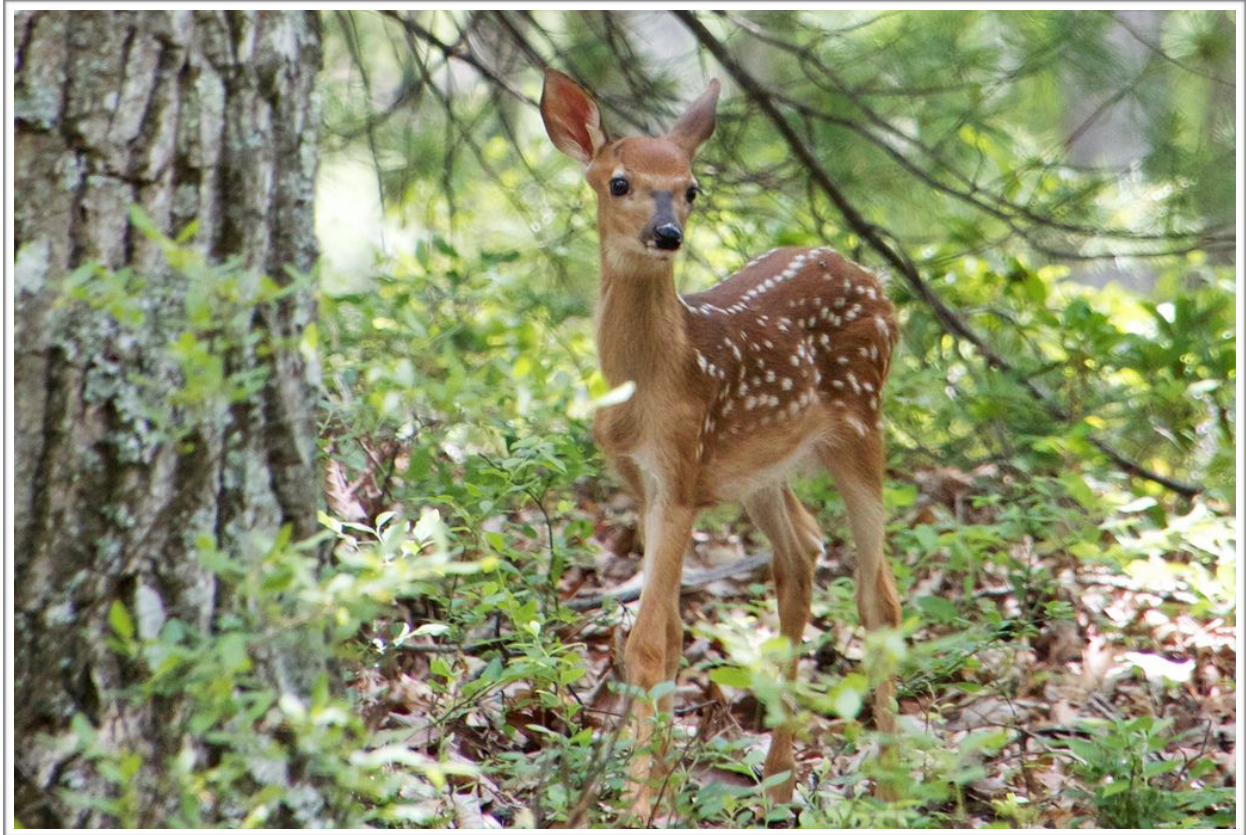


Creative Ability Development



Teacher Trainer Workshop Overview

Alice Kay Kanack

August 1&2, 2020

Core Concepts

Definition ~ Creative Ability Development is a method that uses improvisation as a tool to develop the creative part of the brain.

Theory ~ there are 4 parts to the Creative Process Theory (which defines how creativity works in the brain)

- 1) Conscious work
- 2) Subconscious work
- 3) Inspiration
- 4) Theory

Pedagogy ~ Freedom of Choice + Disciplined Practice = the Development of Creative Ability (the repetition of free improvisation over a given structure develops musical creativity)

Purpose ~ to develop the ethical character of genius and an understanding and experience of true artistic ability. (The purposeful development of creative ability leads to true artistic ability which can be defined as unique self expression in combination with excellent technical ability. The development of creative ability leads to an understanding of the process of genius which is predominantly creative.)

History

The Eureka Moment ~ The accidental discovery of brilliant creative ability in an otherwise average struggling student by Alice Kanack who was hired to teach him to read music. This student later came to be recognized as an 80/20 syndrome student, one who could be described as having an out of balance creative to analytical brain type.

Research ~ a study of writings by great creative geniuses in all fields revealed a shared common process which became the basis of the creative process theory and the Creative Ability Development Method.

Experimentation ~ Years of experimental study followed to test the creative process theory and the pedagogical concepts

Books ~ After 10 years of experimenting and sharing the method with programs around the world the first CAD books are published by Alfred. Several more followed over the years with many more currently in development.

Recognition ~ In 1984, world famous pedagogue, Shinichi Suzuki, nicknamed Alice “Mozart’s Mother” in recognition of her groundbreaking work in developing a method to teach creativity to children.

CAD Becomes An International Movement ~ In recent years, CAD has been taught around the world in many different languages by a small but dedicated group of teachers. It has spread among Suzuki teachers, public school teachers, private music studios, outreach programs, college campuses and more. Conferences and retreats and reunions are becoming more common. There is a need now to organize and build relationships that bridge backgrounds and circumstances.

Science

Howard Gardner ~ Frames of Mind The Theory of Multiple Intelligences ~ identified creative ability as the defining factor at the highest level of any type of intelligence

Malcolm Gladwell ~ Outliers ~ redefined the notion of high IQ as an indicator of success. Instead he demonstrated that high levels of divergent (creative) thinking was more likely to lead to success. High CQ (Creative Quotient) + average IQ (Intelligence Quotient) is the formula for success.

Charles Limb ~ Medial Prefrontal Cortex ~ Identified the part of the brain we use when improvising. Especially significant because the medial prefrontal cortex is intimately tied to what makes each of us unique as human beings, supporting the idea of the development of a unique voice developing as a result of practiced improvisation.

Martin Norgaard ~ Imagine Improvisation ~ discovered that when we imagine improvisation we engage a layer of neuronal activity across the whole brain tying into the Howard Gardner principles of Creative ability defining every intelligence at the highest level. This supports the idea that we can impact creative ability across multiple forms of intelligence using the language of music.

Dan Coyle ~ The Talent Code ~ explained how disciplined focused practice actually grows myelin, the substance that connects neurons. This suggests that we can grow permanent creative myelin through the disciplined practice of improvisation.

Walter Mischel ~ the Marshmallow Man ~ entertaining study, which if looked at from a CAD perspective, clearly shows that the researcher probably came to the wrong conclusion.

Empirical Evidence of CAD ~ Multiple long term students of CAD have gone on to major careers in multiple fields requiring creative thought processes.

Evolving Theories

80/20 Syndrome ~ the starting point of CAD which continues to shed light on the relevance of bringing balance to the different types of thought processes.

Starting From the Creative Side ~ what is the value of starting musical instruction with pure improvisation from the beginning?

Social Impact of CAD ~ The McGowan Experiment shed light on the potential impact the CAD pre school mixed arts program could have on the social interaction of young children.

Pedagogy

Freedom of Choice + Disciplined Practice = Creative Ability Development ~ the founding and guiding educational principle of CAD. Discipline as represented by repetition of creative exercises is both the most disputed and misunderstood concept of creative education, and the most often missed ingredient in following the principles of CAD.

The 3 Rules ~ These rules guide how we control the freedom of choice portion of the formula. They create an atmosphere of safety and comfort, even joy.

- 1) There's no such thing as a mistake
- 2) Applause and silence
- 3) Never criticize a friend

Solo Practice ~ A carefully designed set of books and recordings were created specifically to address the daily disciplined practice of the freedom of choice. The books consist of philosophical and pedagogical material as well as carefully graded exercises for daily practice. I tell parents and students to think of these as creative etudes. Etudes which no one judges but the student himself.

Group Practice ~ Guided by a series of carefully graded games and group exercises, CAD teaches students to communicate and share their own ideas and to accept ideas from each other in a unique and powerful way. True creativity is built on this kind of understanding and acceptance.

The Role of the Teacher ~ Catalyst and Facilitator

- 1) Listen without criticism ~ do not correct any element of the students playing during creative work. This includes technique or confusion over the creative instructions.
- 2) Provide a rich musical environment ~ use the CAD recordings to inspire ideas, and play along to provide live examples and motivation
- 3) Create a safe space for creative work ~ Use the three rules and a variety of the games designed to ease fears.
- 4) Provide creative problems for the student to solve ~ Use the solo materials for private lessons, and provide group class opportunities.
- 5) Encourage the disciplined solving of creative problems ~ Educate both students and parents in the need for creative practice.
- 6) Celebrate the emerging creative voice of the child ~ Be positive nurturing and honest in your responses to their creative work.

Educating Parents 2+3=5 (*provide parents with articles or books about these topics*)

- 2 Separate practice sessions (one for technique the other for creative work)
- 3 Rules of CAD to create the perfect home environment
- 5 stages of development (explain these so parents have appropriate expectations)

Dealing With Fear ~ Use the chapter in the *Fun Improvisation series* to educate and understand the ways to deal with fear and ego. Also demonstrate games which help with ‘Breaking the Ice’.

Simplicity is Complex: Complexity is Simple ~ we are teaching some of the most complex ideas using very simple instructions. We guide through our non-actions, our inspired playing, and our creation of a safe environment. We respond to questions but rarely instruct, and never criticize.

Applications by Level

Pre Twinkle (Breaking the Ice) ~ a few months to a few years

Solo Musical improvisation for Children by Alice Kay Kanack

Playing From the Heart by Alice Kay Kanack

Group CAD Pre School Mixed Arts Program

Basic (Finding Your Voice) ~ generally 3 years

Solo Fun Improvisation For Violin, Viola, Cello, and Piano by Alice Kay Kanack

Group *The Book Of Games by Alice Kay Kanack*

Advanced (Sharing Your Voice) Generally begins in the fourth year of creative study

Solo *Basslines and Fantasies* by Alice Kay Kanack

Group *The Book Of Games* by Alice Kay Kanack

The Complex Self (Breaking Away)

Solo Indépendant study

Group *The Book Of Games* by Alice Kay Kanack

Skill Development For Teachers

Solo Practice: This should be an ongoing study with their students

Keyboard Skills: Cheat sheets for basic Basslines and modes should be introduced and practiced during training weeks. Practice should continue indefinitely with and without students.

Experience with Group Classes: The following three levels should be experienced, observed, and then practice taught by the trainees.

CAD Pre School Arts Program

The Book of Games

Improvising String Quartets

Philosophical Quotes

- *Creativity is the art of choice.*
- *Creativity is the search for truth and beauty within ourselves and in the world around us.*
- *Great creativity plus great intellectual capacity is the definition of genius, and it is genius which keeps us on the path towards greater humanity.*

- *All ideas are built on ideas that came before. Creativity does not exist in a vacuum.*
- *Imagine a place where no one tells you what to do, everyone listens when you speak, and everyone applauds your ideas. This is the world of creative ability development!*

Organizing Training Sessions

1 Hour Introductions and Immersions

- Introduction to CAD for Teachers (core, interactive demo, live demo or video)
- Teaching Genius and Artistry for parents teachers or administrations (Google genius, core, brain science, how to teach, the character of genius)
- Introduction to Pre School Mixed Arts Program (be interactive: draw, tell a story, play music games, create a music drama)
- Building Empathy through CAD (demonstrate the character building aspects of the three rules, the search for truth and beauty, the ethical character of genius)
- 1 Hour Parent Lecture/Demonstration (how to create a safe environment, the genius lecture, practical advice: experience and observe)

3 Hour Workshops (one hour talking, two hours playing)

- Classroom CAD (core, group games and solo assignments)
- Pre-twinkle CAD (preschool mixed arts program, and *playing from the heart*)
- Basic level CAD: group and private (core, *Book of games and fun improvisation series*)

- ISQ workshop for advanced players, teachers, college students and professors (core, science, *improvising string quartets*, genius lecture)

10 Hour Enrichment Course (Suzuki)

- Elements: core, history, science, pedagogy
- Include as much playing as time allows (include breaking the ice, basic level, and Improvising String Quartets)
- Live observation if possible, video demonstrations also
- Comparison and compatibility with Suzuki (quote from nurtured by love)
- Keynote from the SAO conference by Alice Kanack

10 Hour Course for Outreach Programs or Public School Programs

- Elements: core, history, science, pedagogy
- Include as much playing as time allows include appropriate levels and mixed instruments (be creative with what's available)
- Building empathy through CAD (demonstrate the character building aspects of the three rules, the search for truth and beauty, and the ethical character of genius)
- Provide Live observations or videos if possible
- Discussion of fundraising and administrative hurdles
- Discuss connections with other active outreach groups for support
-

40 Hour Full Teacher Training

Essentials

Core, keyboard skills, dealing with fear, playing and teaching skill development in all levels of CAD

Daily work

A mixed schedule including lectures and playing time, include all levels daily, include skills practice daily, include keyboard development daily, include discussion time daily

Add Ins

Add in live demonstrations or videos of students, practice teaching opportunities, solo practice demonstrations, solo assignments for daily practice

Creating Connections

- Nonprofit Organization ~ Creative Ability Development, Inc.
- Website ~ *creativeabilitydevelopment.org*
- Books ~ *creativeabilitydevelopmentpress.com*
- Facebook Private Group ~ CAD teachers