

catalyst

Psychology Of Creativity Short Course 2026

Monday 22 June
→ Friday 17 July

Institute for Creative Arts
and Technology

Funkhaus, Nalepastr. 18, 12459 Berlin
catalyst-berlin.com

Make space for creativity this summer in Berlin

Build skills, confidence and momentum on our range of Summer short courses. Our intensive short courses are led by industry experts and prioritise hands-on learning. That means you'll learn by making, experimenting, receiving feedback and iterating. You'll be practicing real-world creative skills while connecting with an international community of artists, at our iconic riverside campus in Europe's creative capital.

The Psychology of Creativity – Short Course sits within our School for Creative Human Development, but at Catalyst the four schools share a campus and a culture. You will also meet students exploring one of eleven specialist subjects within our School for Music & Sound, School for Film & Visual Media and School for Acting. Everyone is here for the same reason, and come ready to learn new skills and meet like-minded makers. The creative industries don't operate in isolation and we reflect that reality.

Why Study at Catalyst?

Learn from practicing artists and researchers

Your tutors are working professionals: researchers, coaches, artists and facilitators actively navigating the creative field. They bring lived experience into every session and a genuine passion for passing it on. Programme Lead Cordele Glass holds a BA in Applied Developmental Psychology from UCLA and an MA in Positive Developmental Psychology from Claremont Graduate University, and is an award-winning experimental electronic producer. Who better to guide you through the science and practice of creativity?

An international community of creative practitioners

You will be studying alongside students from over 70 countries, all at Catalyst because they take their creative development seriously. On a campus buzzing with every kind of artist, the conversations and connections you make here may be as formative as the coursework itself. The filmmakers, musicians, sound designers and screenwriters you'll meet in the shared spaces between sessions are also looking to collaborate.

Learn more than theory

This is not a lecture course. Every psychological framework is put to work in your own creative practice. You will leave with a portfolio of real projects, a reflection practice you can take forward and a clearer understanding of how and why you work the way you do.



Our city speaks for itself

Clubs, galleries & street culture

Berlin offers unparalleled creative infrastructure. The city offers a dizzying array of art galleries, including foundations presenting the work of Germany's most influential artists, historic galleries exhibiting the work of international masters and contemporary galleries with multi-media experiences. Art floods its way into the club scene too, with temples of techno occasionally doubling up as exhibition spaces.

You can visit a range of experimental galleries for inspiration or just walk the streets and soak in the graffiti. Corner shops have been known to transform into temporary dance floors. Berlin is an endless inspiration and actively shapes us through its relentless energy.

You'll study during Berlin's most vibrant season

Chilling riverside at the campus. Discovering the city's international food scene. Swimming in lakes just outside the city. Watching sunset from Tempelhofer Feld. Berlin is a city that caters to all your needs and desires.

After an intense month of creation, we celebrate with a showcase and closing party. Expect performances, screenings, DJ sets, installations, dancing. You'll leave with fresh output, new skills, an international network and lasting memories.

Photos taken last summer by students for our [disposable camera project](#)





/// The Psychology of Creativity

Psychology explores the workings of the mind, human behaviour and how we engage with the world around us. Within this broad field, Creativity Psychology has emerged as a dynamic area of study, with decades of scientific research, dedicated labs, academic journals and major conferences worldwide.

This course delves into the developmental roots of creativity and how to nurture it throughout life. We explore the factors that cultivate creative skills and examine the conditions that enhance the joy and fulfilment of the creative process. We investigate the mechanisms linking creativity with our mental and physical health. And we adopt a socio-cultural perspective to explore how creativity influences communities and shapes the world around us.

Staying true to the Catalyst approach, this course goes beyond lectures and exams. Together, we engage with contemporary research and literature through seminar-style discussions. In hands-on workshops, you gain practical, experiential understanding of each topic and work toward applying science-based strategies to enhance your own creative practice.

This course is right for you if:

- ✓ You are a creative practitioner curious about the psychology behind your process
- ✓ You are a coach wanting evidence-based frameworks for supporting creative clients
- ✓ You want to understand flow, play and how creativity develops across lifespans
- ✓ You prefer experiential learning over traditional lectures
- ✓ You are ready to apply psychological insights directly to your creative practice
- ✓ You have no previous experience with psychology and want to start from the beginning

Course Outcomes

- ★ Understand the complexities of your personal creative development and take greater control of your creative growth
- ★ Experience deeper enjoyment and fulfilment in the creative process
- ★ Build and enhance key creative skills effectively
- ★ Use your creativity to make a meaningful impact on the world
- ★ Create in ways that support your physical and mental wellbeing
- ★ Improve your experience of creating and collaborating with others
- ★ Lead and facilitate successful creative collaboration within groups
- ★ Bring body-based and mind-informed practices into your creative process

Course Structure

The course alternates between workshop days and application days. On workshop days, you reflect on your progress, engage with new topics and plan your own creative applications. On application days, you create in your own way, experimenting with the approaches introduced the day before. This rhythm of learning and doing is what defines the summer.

Workshop days run 10:00 to 12:30 and 14:00 to 16:30. Application days follow a freeform schedule, with campus facilities available for independent use from 10:00 until 19:45.

Week 1 Creative Lifespan Development	Developmental systems theories, big-picture creativity, the creative brain and developmental neuroscience, stages of creative development across the lifespan from early foundations to sustainable mastery, and where change happens in developmental contexts.
Week 2 Optimal Experience & Peak Performance	Play, curiosity and imagination, flow states and the zone, mindfulness and attention, emotions and artistic expression, the creative process and productivity, deliberate practice and expert performance, professional creativity and burnout prevention.
Week 3 Expressive Arts, Health & Wellbeing	Mindfulness, eco-art and self-care, neuroaesthetics, nature-based art, compassion and artistic mindsets, colour psychology and emotions, sound and health, creative writing for self-discovery, movement and embodied expression.
Week 4 Creative Leadership & Global Impact	Psychological safety and emotional intelligence, trust and communication, feedback and iteration, leadership and followership styles, group problem solving, group flow, cross-cultural collaboration, values, purpose and storytelling.

Topics Covered

- Creativity across the lifespan
- Neuroscience of creativity
- Emotional and psychological aspects of the creative process
- Mindfulness and its role in creativity
- Development of creative skills and expertise
- Artistic expression and mental health
- Productivity and professional creativity
- Collaborative creativity and group dynamics
- Cultural influences on creativity
- Creativity, wellbeing, and nature
- Leadership, communication, and feedback in creative environments
- Creativity and storytelling for personal and collective meaning

Projects and Assessment

Summer Portfolio You will design and develop a creative portfolio across the four weeks. Each application day is spent applying the previous workshop topic to your portfolio work. You may choose any medium or creative direction that is personally relevant and feasible with your resources.

Reflection Notebook You will reflect on your development through journaling. Time is devoted to intentional learning and taking in the experiences and questions raised in workshops.

Progression

Whether you want to spend four weeks expanding your creative potential, or you are preparing to advance to one of our longer HE Certificate, BA or MA programmes, this short course will equip you with practical tools and insights for your creative practice.

The course also provides skills in demand across the creative industries. You will develop and receive feedback on projects relevant for those looking to work as: artists, creative directors, arts facilitators, arts educators, creativity coaches, artist managers or arts therapists.

If you are drawn to a deeper study of applied creative psychology, the course serves as direct preparation for our [Applied Creative Psychology MA](#).

You won't be studying alone

When you join the Psychology of Creativity summer course, you are joining a whole campus of creatives. Catalyst's four schools share the same riverside home at Funkhaus, which means your classmates in the seminar room are surrounded by musicians, filmmakers, sound designers, screenwriters, actors and photographers all here for the same reason: to develop their practice at a serious level.

The creative industries don't operate in isolation, and Catalyst reflects that reality. Collaboration between disciplines happens naturally in the shared spaces, communal studios and closing showcase. The connections you make here go beyond your own subject area.

Summer Short Courses running at the same time

During the same four weeks, our campus will be brimming with students on ten other specialist short courses across music, film, video games and acting. These are the courses to choose from:

MUSIC & SOUND

Electronic Music Production

Transform creative ideas into finished tracks using Ableton Live, hardware synthesisers and drum machines. Beginner level.

MUSIC & SOUND

Studio Recording

Learn professional recording and engineering in a real studio environment. Explore Pro Tools, microphones and signal flow. Beginner level.

MUSIC & SOUND

Music & Sound for Experimental Gaming

Explore new approaches to music, sound design and storytelling in games and hybrid media. Beginner/Intermediate.

MUSIC & SOUND

Mixing & Mastering Electronic Music

Elevate your mixes with professional depth, clarity and warmth. For producers ready to take the next step. Intermediate/Advanced.

MUSIC & SOUND

Advanced Sound Design

Develop a stronger sonic identity through modular synthesis, granular processing and experimental techniques. Intermediate/Advanced.

ACTING

Screen Acting

Develop your on-camera presence and technique in a working studio environment, led by professional actors. Beginner level.

FILM & VISUAL MEDIA

Filmmaking

Develop your craft across stages of production; from pre-production and cinematography to editing and sound. Beginner level.

FILM & VISUAL MEDIA

Screenwriting

Write original scripts through structured workshops, peer feedback and industry-informed storytelling techniques. Beginner level.

FILM & VISUAL MEDIA

Unreal Engine & Environment Design

Build immersive real-time environments for games, film and digital art using Unreal Engine. Beginner level.

FILM & VISUAL MEDIA

Documentary Photography

Develop a documentary photography practice and storytelling instincts through intensive fieldwork in Berlin. Beginner level.

All eleven summer courses culminate in a shared closing showcase. Expect performances, screenings, DJ sets, photo exhibitions and installations from students across every discipline. You leave with new output, new skills and an international network built across a month of shared creative work.

Browse all summer courses: catalyst-berlin.com/about/summer-course-programme

Entry Requirements and How to Apply

Entry Requirements: Age

We don't have an upper age limit, but we do have a minimum age: 18. To join us you must be 18 years old by the first day of your study programme.

Entry Requirements: Language

All our courses are taught in English and applicants must demonstrate a level equal to IELTS 6. We do not ask for official exam results, but we will assess the standard of English in your application and support materials. We do not require German language skills.

Entry Requirements: Education

No education requirement – only relevant experience for the intermediate and advanced courses.

Admissions Timeline

Summer Short Course applications are normally processed within 2 weeks.

Application Deadlines

Early Bird deadline: 31 March 2026 (€150 discount & guaranteed spot)

Final deadline: 29 May 2026 (subject to availability)

Early-bird Discount

Enrol in a Summer Short Course before the end of 31 March 2026 and receive a discount of €150 off the tuition fee.

Multi-Course Discount

Enrol in both a Summer Short Course and a degree course with us within two years, and receive a discount of €500 off the total tuition fee.

Application Form

The Summer Short Course application form is just one page. You must submit your personal and contact details, as well as a short statement of motivation (250-300 words). If you're applying for one of our intermediate or advanced level summer courses, be sure to tell us about your previous experience with the subject and related software, if relevant.

Don't wait to create. See you this summer!

A group of people are sitting on a grassy bank by a lake at sunset. The sun is low on the horizon, creating a bright reflection on the water. A small boat is visible on the lake in the distance. The sky is a mix of blue and orange.

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