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Workshop title:

Professional Life Threads in the Metamodern Era: An Art-Based Approach to Reflecting on Professional Identity

Duration: 2x 1h 45 min

Goal of the workshop:

Using various art methods, promote an open view of today's complex reality in order to reflect and accept the diversity and interdependence of this reality, while at the same time strengthening flexibility and inner stability in professional life in a world full of change.

Concept:

In the workshop we will use visual (art) methods, which will be used here as a way of investigating, reflecting on, and transforming reality. With the help of these methods, participants will be able to reflect on their own professional identity and the diversity of meanings that make up the professional network, while at the same time developing their flexibility and stability in the face of changing realities. Through the process of creating art, participants will have the opportunity to express themselves, share their experiences and perspectives, and learn from each other. The workshop will also include theoretical inputs on metamodernism (MM, a philosophy and cultural theory that offers a comprehensive perspective on understanding the world and the human place within it) and its practical application in the field of professional development.

Learning outcome:

- 1) The ability to reflectively capture and accept the interrelationships of the elements of professional realities and to strengthen flexibility and internal stability in the face of constant change.
- 2) Improved communication skills through the creation of art and sharing of experiences and perspectives.
- 3) Greater understanding of metamodernism as a philosophy and its practical application in the field of professional development.

Profile

Kristīne is a certified supervisor and psychologist with over 30 years of experience in education, 20 years in counselling and 15 years in supervision. Her diverse academic background, incl. qualifications in psychology (Bc, Mg, PhD), pedagogy (Mg), health care (Mg), and art therapy, has given her a wealth of knowledge and experience across multiple fields. In addition to her academic accomplishments, she also completed the Supervision Education Program organized by Queen's University Belfast and the Rīga Stradiņš University (RSU), further expanding her expertise in the field of supervision. She has been involved in creating the professional standards for supervision and establishing the first master's program in supervision in Latvia, and has a lot of scientific publications.

Currently, she is a professor of psychology at RSU and head of the Department of Health Psychology and Pedagogy.