

# The Creative Process

The creative process was first described by German physicist as a progression in the thought processes that allow us, as humans, to create. Helmholtz divided the process into three distinct stages (2,3,4) The French mathematician; Jules Henri Poincare added a fourth stage in 1908 (5). In the early 1960's American psychologist, Jacob Getzels added another preliminary stage to the process (1)

**Stage 1 – Identifying an existing problem or asking new and searching questions of an already identified problem.**

**Stage 2 – Saturation, describes the point in research where you have some information.**

**Stage 3 – Incubation – the time during which ideas are mulled over.**

**Stage 4 – Illumination – that “aha moment”, where the mind focuses on a sudden solution.**

**Stage 5 – Verification – The act of putting the solution into concrete form and checking its error level and usefulness.**

Although each of these five stages vary in length of time it takes to complete only the third stage brings insight. Current research also suggests that creativity is not always linked to the sudden realization of a solution.

**“Genius in one percent inspiration and ninety-nine percent perspiration” - Einstein**