

TKU HOLDS CONFERENCE TO EXPLORE EXPRESSIVE ARTS IN THERAPY

The Graduate Institute of Educational Psychology and Counseling has organized an international conference to explore the topic of expressive arts and psychotherapy this weekend (20/3 and 21/3). Presentations aside, there will be discussion panels to investigate and reflect on the theories and application of the various media of art for psychotherapeutic purposes. Renowned scholars and practitioners in this field such as Dr. Miriam Roskin Berger, Dr. William R. Stimson, and Dr. Jill Westwood will present and share their insight with the participants at the conference.

The principle of this type of therapy is to depart from traditional analytical verbal expression of experiences and move into using different media such as games, body movement, story telling, writing journals, drawing, dancing and music to open up patients to deal with their trauma. As this therapy offers an alternative and innovative way of exploring issues of the mind, conferences as such are extremely popular for both researchers and practitioners, according to Ms. Lee Tsai-ling, a member of the organizing committee. So far, they have received over 300 registrations, though 180 people are expected to attend. (~Ying-hsueh Hu)

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