

CAET 世界论坛 | 艺术治疗峰会 2025

CAET World Forum

艺术治疗的整合性应用-前沿与趋势

Integrative Application - Frontiers & Trends

日程详细介绍 Detailed Introductions of all the sessions

第一天 4月18日

下午 3:00-4:15, 讲座

在风湿病科为慢性疼痛和纤维肌痛患者试行在线艺术治疗小组

讲者: Val Huet, Katherine Irving

主持: Helen Payne

慢性疼痛正成为全世界关注的问题。在这次讲座中, Irving 博士和 Huet 博士将概述是什么吸引他们合作开展这个试点项目, 以及这个项目在过去四年中是如何发展的。Huet 博士将讨论干预措施的发展, 以及她是如何将身体地图、心理教育部分和艺术创作结合起来的。她还将分享试点项目的一些新成果。参加完艺术治疗小组的患者可以选择参加“经验专家”咨询小组, 并积极帮助完善干预措施的不同要素。大多数参加艺术治疗小组的患者都被诊断患有纤维肌痛。Irving 博士和 Huet 博士将讨论患者对艺术治疗小组的看法, 以及艺术治疗小组如何影响疼痛控制和生活质量。

Piloting online Art Therapy groups in a Rheumatology Department for people living with chronic pain & fibromyalgia.

Dr Katherine Irving, Rheumatology Consultant & Dr Val Huet, Art Therapist & Associate Researcher, Kings College Hospital, London.

Chronic pain is becoming a worldwide concern. In this presentation, Dr Irving and Dr Huet will outline what drew them to collaborate on piloting this project and how it evolved over the past four years. Dr Huet will discuss the development of the intervention and how she has integrated working with body maps, psycho-education sessions and art making. She will share a few emerging results from the pilot project. Patients who have completed their attendance in the art therapy groups can elect to participate in an 'expert by experience' advisory group and have been active in helping to refine the different elements of the intervention. Most of the patients who participated in the art therapy groups have a diagnosis of fibromyalgia. Dr Irving and Dr Huet will discuss patients' perceptions of the art therapy groups and how they may influence pain management and quality of life.

下午 4:30-5:45, 工作坊

疗愈从未间断：身体/心智/精神的协同作用

讲者：Marcia Plevin

主持：沈妍 Katee SHEN

疗愈是我们在地球上生活的一个持续过程。

当我们通过动作、写作和分享的创造性过程踏上协同之旅的时候，精神将感动我们的身体与心智。无论你身处地球的哪个角落，旅程都将从“我”（在哪里？）开始。它将继续朝着“我们都是属于地球的人类”的方向发展，就像地球围绕属于宇宙银河系的太阳旋转一样。疗愈并不是孤立发生的，尽管我们有可能这么想。“我”在某种程度上属于“我们”，这将是你的故事的重点。一种归属。

请清理出一个你可以安全活动的空间，并准备好纸和笔。我们还将分组讨论室进行交流。

The Going on of healing: a bodymindspirit synergy

Marcia Plevin

Healing is an ongoing process throughout our living on earth.

Spirit will move our bodymind as we embark on a synergetic journey through a creative process in movement, writing and sharing. The journey begins where ever you are on earth with I AM (where?). It will continue to evolve towards the WE ARE those who belong to the earth, as the earth revolves around the sun belonging to the milky way which belongs to the universe. Healing does not happen in isolation even though we may think so. 'I am' belongs in some way to 'we are' which will be the focus of your story. Belonging.

Please clear a space in which you can move in safety, have paper and a pen or pencil nearby to write with. We will be sharing in break-out rooms.

晚 7:30-8:45, 工作坊

大脑与具身化过程的联系：舞蹈是一种神经运动

讲者：Christina Devereaux

主持：程增艳

晚 9:00-10:15, 圆桌会议

本土艺术疗愈、治疗性艺术和艺术治疗 - 走向艺术与健康

讲者：Vivien Speiser, Devika Metha, Paul Animbom, 胡俊

主持：Sudesh Mantillake

这次圆桌会议将深入探讨艺术与福祉之间的深刻联系，特别是通过教育、社区、临床和健康系统中的本土实践这一视角。我们很荣幸地邀请到了来自不同地区的思想领袖、从业者和学者，他们将就艺术如何作为一种强大的疗愈工具提出丰富的观点。在会议中，我们将探讨本土艺术在历史上如何提供疗愈效果，当代治疗性的艺术实践和应用如何在西方艺术治疗的背景下不断发展，以及如何将这些实践融入到更广泛的健康和保健计划中。

当我们踏上这段旅程时，我们的目标是加深我们对艺术在疗愈中所扮演的重要角色的理解，并促进有意义的对话，探讨如何继续发展这些实践，以满足世界各地不同社区的需求。

Indigenous Arts Healing, Therapeutic Arts, and Arts Therapies – Towards Art & Health

This panel will delve into the profound connections between art and well-being, particularly through the lens of indigenous practices in education, community, clinical and health systems.

We are honored to gather a diverse group of thought leaders, practitioners, and scholars from various regions who bring rich perspectives on how art serves as a powerful tool for healing. In this discussion, we will explore how indigenous arts have historically provided therapeutic benefits, how contemporary therapeutic arts practices and applications are evolving, in the context of arts therapy developed in the west, and how these practices can be integrated into broader health and wellness initiatives.

As we embark on this journey, we aim to deepen our understanding of the vital role that art plays in healing and to foster meaningful dialogue on how these practices can continue to evolve to meet the needs of diverse communities around the world. Thank you for joining us in this important conversation.

第二天 4月19日

上午 9:00-10:15, 工作坊

在治疗中融入多种艺术方法

讲者: Krystal Demaine

主持: 陈蕙静

人类的表达根植于动作、声音、图像、叙事、写作、游戏、创造力和想象力。通过编织创造性的艺术形式，我们设计出丰富的表达方式，促进全身的整合和多感官的参与，提供通往自我更深层次的途径，激发灵魂，点燃好奇心，并为成长和治疗提供一个框架。

在这次工作坊中，我们将探索积极创造和游戏性综合艺术体验在治疗环境中的转化力量。参与者将学习将艺术融入日常健康和深化治疗过程的实用策略。我们将共同发现多种艺术方法如何能够放大创造力、增强情绪复原力，以及培养与自己和他人的有意义联系。

Integrating a Multi-Arts Approach in Therapy

Krystal Demaine

Human expression is rooted in movement, sound, imagery, storytelling, writing, play, creativity, and imagination. By weaving creative art forms, we design a rich tapestry of expression that fosters whole-body integration and multi-sensory engagement, offering access to deeper layers of the self, stimulating the soul, igniting curiosity, and providing a framework for growth and healing.

In this workshop, we will explore the transformative power of active creation and playful integrated arts experiences in therapeutic settings. Participants will learn practical strategies for integrating the arts into everyday wellness and deepening the therapeutic process. Together, we'll discover how a multi-arts approach can

amplify creativity, enhance emotional resilience, and cultivate meaningful connections with oneself and others.

上午 10:30-11:45, 工作坊

在艺术治疗中发挥人类与人工智能的共同创造力

讲者：安鹏程、Linda Chapman, 刘嘉

主持：石韵媛

晚 7:30-8:45, 工作坊

持久的阈限：通过内在积极想象与麻烦共舞，一种关系本体论方法

讲者：Deborah Green

主持：胡俊

晚 9:00-10:30, 圆桌会议

创造性与表达性艺术治疗的全球发展

讲者：Vivien Speiser, Phillip Speiser, 何天虹, Nsamu Moonga, Clive Holmwood, 周宇

主持：Vivien Speiser, 周宇

这次圆桌会议将探讨创造性与表达性艺术治疗在全球范围内充满活力和不断扩展的领域。

我们很荣幸地邀请到为创造性与表达性艺术治疗的发展和 innovation 做出过重大贡献的专家、从业人员和研究人员组成一个受人尊敬的小组。讨论将深入探讨这些疗法是如何在不同的文

化和地区背景下发展、调整和实施的，并强调艺术在治疗、社区、健康和个人成长中应用的特定背景和普遍性。

在审视全球格局的同时，我们还将讨论一些挑战、成功经验以及影响这些治疗方式未来发展的新兴趋势。我们的目标是让大家更深入地了解创造性与表达性艺术治疗如何在全球范围内得到更广泛的认可并融入社区和医疗保健系统，从而促进个人和社区的整体福祉。

请与我们联系参加这场充满启迪和灵感的对话。

Global Development of Creative and Expressive Arts Therapies

This panel will explore the dynamic and expanding field of creative and expressive arts-based therapies across the world.

We are privileged to bring together an esteemed panel of experts, practitioners, and researchers who have contributed significantly to the growth and innovation of Creative and Expressive Arts Therapies. This discussion will offer insights into how these therapies are being developed, adapted, and implemented across different cultural and regional contexts, highlighting context specific as well as universal aspects of applications of the arts in therapy, community, health and personal growth.

As we examine the global landscape, we will discuss some of the challenges, successes, and emerging trends that shape the future of these therapeutic modalities. Our goal is to foster a deeper understanding of how Creative and Expressive Arts Therapies can be more widely recognized and integrated into community and healthcare systems worldwide, promoting holistic well-being for individuals and communities.

Please join us for what promises to be an enlightening and inspiring conversation.

第三天 4月25日

上午 9:00-10:15, 工作坊

思想与空间交融：用艺术和冥想驯服狂野的心灵

讲者：Michael Franklin

主持：Joanna To

上午 10:30-11:45, 工作坊

在多元文化和代际创伤背景下作为恢复过程的具身化艺术治疗

讲者：Amber Gray

主持：杨琇玲

心理治疗中的疗愈通常被认为是一个单独的过程。以创造性的方式让身体参与其中，促进归属感的恢复，为心理治疗提供了一种更具集体性和代际的方法和影响。这个工作坊将简要介绍与讲者的“多迷走神经体感疗法”和“舞蹈/动作治疗”相关的理论，并将这项工作扩展到长期受暴力和流离失所影响的社区环境中的表达性艺术。在准备体验过程时，请准备一张空白的彩纸和一些可以画画/涂色的东西，以便参与这个工作坊。

Embodied arts therapies as restorative process in multi-cultural and -inter-generational trauma contexts

Amber Gray

Healing in the context of psychotherapy is often considered an individual process. Engaging the body in creative ways that promote restoration of a sense of belonging offers a more collective and trans-generational approach and impact to psychotherapy. This presentation briefly covers theory related to the

presenters Polyvagal-informed Somatic and Dance/Movement Therapy, expanding this work to include expressive arts in communal settings long impacted by protracted violence and displacement. In preparation for the experiential process please have a blank piece of coloring paper and something to draw/color with ready for participation in this session.

下午 3:00-4:15, 工作坊

舞蹈治疗与萨提亚变革性家庭治疗模式的整合与创造性应用：四种应对方式的动态具身化，促进自我意识的发展和改变

讲者：方曼

主持：沈妍

在不断发展的家庭治疗领域，舞蹈/动作治疗（DMT）与萨提尔模式的整合为培养自我意识和促进转化性的改变提供了一种强有力的方法。本次线上工作坊将探讨这些方法如何协同作用，以突出弗吉尼亚-萨提尔所确定的四种应对姿态的动态具身化：安抚、责备、超理智和无关紧要。通过使用 DMT 技术，治疗师可以引导个人和家庭不仅从概念上，而且通过动作和表达来体验这些立场。

这种动觉方法可以提高情商，促进对家庭动态中的个人和关系模式的深入理解。参与者将了解如何将动作与萨提尔模式相结合，帮助打破防御行为，实现更真实的沟通和联系。参与者还将深入了解这种综合方法的实际应用，并掌握在治疗实践中鼓励自我意识和转化性疗愈的工具。

Integrative and Creative application of DMT with the Satir model of transformative family therapy: Dynamic Embodiment of Four Coping Stances for Self-awareness Development and Change

Fang Man

In the evolving field of family therapy, the integration of Dynamic Movement Therapy (DMT) with the Satir model offers a powerful approach to fostering self-awareness and facilitating transformative change. This online speech will explore how these methodologies synergize to highlight the dynamic embodiment of the four coping stances identified by Virginia Satir: placating, blaming, super-reasonable, and irrelevant. By utilizing DMT techniques, therapists can guide individuals and families in experiencing these stances not just conceptually, but through movement and expression.

This kinesthetic approach enhances emotional intelligence and promotes a deeper understanding of personal and relational patterns within family dynamics. Participants will learn how the integration of movement and the Satir model helps in breaking down defensive behaviors, allowing for more authentic communication and connection. Attendees will gain insights into practical applications of this integrative method, equipping them with tools to encourage self-awareness and transformative healing in their therapeutic practices.

下午 4:30-5:45, 工作坊

“开箱育儿”：通过创造性艺术形成育儿观念的家庭治疗创新方法

讲者：Michal Lev

主持：方曼

Bowen (1993 年) 将家庭描述为多代人的情感单元，它在很大程度上影响着我们的情感生活。家庭发展出僵化的、不适应的模式来应对挑战，从而导致症状的出现，这些症状代表着代代相传的情感障碍。症状携带者背负着上几代人未解决的冲突。原生家庭是我们心理和认知发展的基础模式，影响着我们的世界观和自我意识。

在我们的人生旅途中，我们会在记忆中创造“家庭快照”，从而构建我们对爱和人际关系的理解。基因图谱是一种强大的治疗工具，可以揭示家庭叙事中的模式和里程碑。参与创造性艺术可以帮助克服认知障碍，培养针对反复出现的主题的新视角。构建三维基因图谱可以让伴侣从被动角色转变为主动角色，鼓励他们为自己的选择承担个人责任。这种方法能让人深入了解情感，认识到个人经历中“内在”和“外在”的因素。

“Unboxing Parenthood” : An Innovative Approach in Family Therapy to Formulate Parenting Conceptions Through Creative Arts

Dr. Michal Lev

Bowen (1993) described the family as a multi-generational emotional unit that significantly shapes our emotional lives. Families develop rigid, maladaptive patterns to cope with challenges, leading to symptoms that signify emotional blockages passed down through generations. The symptom bearer carries the unresolved conflicts of prior generations. Our family of origin serves as a foundational model for our mental and cognitive development, influencing our worldview and sense of self.

As we navigate life, we create “family snapshots” in our memory, framing our understanding of love and relationships. The genogram is a powerful therapeutic tool that reveals patterns and milestones within the family narrative. Engaging in creative arts can help overcome cognitive blocks, fostering new perspectives on recurring themes. Constructing a three-dimensional genogram allows couples to shift from a passive role to an active one, encouraging personal responsibility for their choices. This approach provides insights into emotional depths, recognizing elements both “inside” and “outside” the individuals’ experiences.

This workshop equips participants with innovative tools to assist parents in gaining insights into their family dynamics, uncovering hidden emotions, and

transforming inflexible relational patterns into opportunities for growth and understanding.

晚 7:00-8:15, 工作坊

真实动作的临床应用

讲者: Marcia Plevin, Joan Wittig, Rosa Maria Govoni

主持: Marcia Plevin

晚 8:30-10:10, 圆桌会议

如何成为一名合格/称职的艺术治疗师 – 职业规划和发展

讲者: Krystal Demaine, Joan Wittig, Mitchell Kossak, Dominik Havsteen-Franklin, Michell Chan

主持: 沈妍, Jaime Zhao

这次圆桌会议的讨论内容丰富, 将为有志于在艺术治疗领域开创事业的人士提供宝贵的见解和指导。

由经验丰富的艺术治疗师、教育家和行业领袖组成的杰出小组将分享他们的专业知识, 探讨如何成为一名合格/称职的艺术治疗师。在这一环节中, 我们将讨论在这一回报丰厚的领域中脱颖而出所需的基本资质、培训和个人发展。讲者们还将就如何应对从初级教育到高级实践的职业发展过程中出现的挑战和机遇提出建议。

本次讨论将为大家提供了一个机会, 探讨艺术治疗专业的不同发展方向, 并了解对成功至关重要的能力。无论你是刚刚踏上职业生涯的起点, 还是正在寻求职业生涯的发展, 我们都希望本次会议能给你带来启发, 让你掌握在这项有意义的工作中茁壮成长所需的知识。

How to Become a Qualified/Competent Arts Therapist – Career Plan and Development

This informative and empowering panel discussion will provide valuable insights and guidance for those aspiring to build a career in arts therapy.

The distinguished panel of experienced arts therapists, educators, and industry leaders will share their expertise on the pathways to becoming a skilled and effective arts therapist. In this session, we will discuss the essential qualifications, training, and personal development needed to excel in this rewarding field. Our panelists will also offer advice on navigating the challenges and opportunities that arise as one progresses in their career, from initial education to advanced practice.

This discussion is an opportunity to explore the diverse routes one can take in the arts therapy profession, and to learn about the competencies that are crucial for success. Whether you are at the beginning of your journey or looking to advance your career, we hope this session will inspire and equip you with the knowledge needed to thrive in this meaningful work.

第四天 4月26日

下午 2:30-3:45, 讲座

艺术治疗在中国的应用与发展

讲者：王维斌、于芷渲、艺子、林思晨

下午 4:00-4:30, 讲座

为发展中地区的创造性和表达性艺术治疗颁发证书：机遇与挑战

讲者：LeeAnn Mandrillo, Mary Attridge

主持：陈听听

本讲座将探讨创造性和表达性艺术治疗认证体系的发展，重点是支持发展中地区该领域的发展。它将详细介绍艺术治疗资格认证委员会（ATCB）的发展历程，该委员会脱胎于美国艺术治疗协会（AATA），旨在为艺术治疗实践制定严格的标准。ATCB 制定了最初的注册标准和全面的道德规范，为专业责任奠定了基础。随后又设立了委员会认证，并辅以旨在评估艺术治疗核心能力的高难度考试。该考试的制定过程十分严谨，专家们通力合作，以确保考试的相关性和公平性。此外，监督员资格认证的引入以及未来微观资格认证的计划都表明了对专业持续发展的承诺。艺术治疗是一个全球性的专业，在一些国家已经确立，在另一些国家正在兴起。因此，我们面临的挑战是，既要在文化上保持谦逊，又要保护艺术治疗师的核心身份，无论我们身处世界何处，都要保护我们所服务的公众。然而，将这一模式推广到国际上会面临各种挑战，如教育资源、文化差异和基础设施的限制。尽管如此，创新与合作的机会还是存在的，包括符合文化特点的认证程序和更多的培训机会。通过支持这些努力，创造性和表达性艺术治疗界可以在尊重文化多样性的同时促进全球标准的制定，从而增强该领域在全球的影响力。

Credentialing Creative and Expressive Arts Therapies in Developing Regions: Opportunities and Challenges

This presentation examines the development of credentialing systems for creative and expressive arts therapies, with a focus on supporting the growth of the field in developing regions. It details the evolution of the Art Therapy Credentials Board (ATCB), which emerged from the American Art Therapy Association (AATA) to establish rigorous standards for art therapy practice. The ATCB developed initial registration standards and a comprehensive code of ethics, laying the groundwork for professional accountability. This was followed by the

creation of board certification, supported by a high-stakes examination designed to assess core competencies in art therapy. The process of developing this exam was meticulous, involving collaboration among experts to ensure its relevance and fairness. Additionally, the introduction of credentialing for supervisors and plans for future micro-credentials demonstrate a commitment to ongoing professional development. Art therapy is a global profession with its established presence in some countries and its emerging one in others. As such, we face a challenge to be culturally humble while protecting the core identity of an art therapist that serves to protect the public we serve no matter where we are in the world. Expanding this model internationally, however, poses challenges such as varying educational resources, cultural differences, and infrastructural limitations. Nonetheless, opportunities for innovation and collaboration exist, including culturally tailored credentialing processes and increased access to training. By supporting these efforts, the creative and expressive arts therapy community can promote global standards while respecting cultural diversity, enhancing the field's impact worldwide.

下午 4:30-5:45, 工作坊

艺术治疗师的自我照料和可持续发展

讲者: Val Huet

主持: Michal Lev

在本讲座中, Huet 博士将探讨艺术治疗师如何在整个工作生涯中照顾好自己, 以确保他们不仅能“挺过”工作压力的影响, 而且还能找到自己的方式, 在专业和个人方面茁壮成长。我们将首先反思我们的工作环境, 并探索我们在组织内部经常遇到的动力。我们将考虑职业成长和复原力的概念, 并探索创造力如何支持职业成长和复原力。我们还将探讨

涉及身体/心智联系自我照料策略，以及慈悲的概念及其如何支持复原力。艺术治疗专业最令人兴奋的一点是，总有新东西值得学习。Huet 博士将探讨如何保持对新思想的开放态度是避免职业倦怠的根本。

Self-care and sustainable development for arts therapists

Dr Val Huet (PhD), Visiting Professor.

In this presentation, Dr Huet will explore how arts therapists can look after themselves throughout their working lives to ensure that they not only 'survive' the impact of work-related stress but find their own way to thrive and grow professionally and personally. We will start by reflecting on the context of our work and explore the dynamics we often meet within organizations. We will consider professional growth and the concept of resilience, and explore how creativity supports this. Self-care strategies involving the body/mind connection will be explored as will the concept of compassion and how it also supports resilience. One of the most exciting aspects of the arts therapies professions is that there is always something new to learn. Dr Huet will reflect on how staying open to new ideas is fundamental to avoiding burnout.

晚 7:30-8:45, 工作坊

拉班/芭特妮芙动作体系在理论和实践中不断发展的意义

讲者: Karen Studd, Cat Maguire

主持: 彭小希

拉班/芭特妮芙动作体系 (LBMS) 不断发展的教学法和实践对人类动作的知识体系具有重要影响。人类动作是我们生活经验中最重要的方面，因此，该系统 (由

WholeMovement 实施) 在理论和实践中既认可传统又重视创新。这种演变是学生在 学习过程中不断参与的结果, 也是我们所处时代现实的结果。

LBMS 是一个全面的系统, 用于理解人类动作的多个方面。其方法论包含了动作的理论框 架和语言, 包括动作成分和模式。该系统用于识别、记录和解释人体动作的宏观和微观方 面。作为一种动作分析系统, LBMS 独一无二, 因为它能识别和编纂动作的定性和定量 方面。

在人类的经验中, 随着时间的推移, 微观模式的重复创造了宏观模式的整体性和意义— —无论是天气、文明的兴衰、饮食和睡眠周期——换句话说, LBMS 让我们有机会了解 人类动作在我们生活经验中的意义。

成功和生存取决于我们调整、塑造和改变的能力——这是人类的天性——在我们的教育 模式以及我们设计、创造和使用的工具中也是如此。正如疫情向我们展示了在线教育的缺 陷和成功。在 WholeMovement 的动作分析培训中, 我们将继续根据需要进行调整和 修改, 使我们能够保持相关性和弹性。

The significance of the ongoing evolution of LBMS in theory and practice:

Karen Studd and Cat Maguire/WholeMovement

The evolving pedagogy and practice of LBMS has a significant ramification for the body of knowledge that is human movement. As human movement is the most significant aspect of our lived experience, this System (as practiced by WholeMovement) - identifies and values both tradition and innovation in theory and practice. This evolution is the result of ongoing engagement with students in the moment of learning and the reality of the times we live in.

The Laban/Bartenieff Movement System is a comprehensive system used in understanding multiple aspects of human movement. Its methodology incorporates a theoretical framework and language for movement including the

parts and patterns. The System is used to identify, record and interpret both macro and micro aspects of human movement. As a system of movement analysis, LBMS is unique as it identifies and codifies both the qualitative and quantitative aspects of movement.

In human experience the repetition of micro patterns over time creates the wholeness and meaningfulness of macro patterns –whether that be the weather, the rise and fall of civilization, eating and sleeping cycles – in other words – LBMS offers us the opportunity to understand the meaningfulness of human movement in our lived experience.

Success and survival are contingent on our capacity to adjust, shape and change – which is built into the human condition - this is true in our education models, and the tools we design, create and use.--just as the pandemic showed us the pitfalls and successes of online education. In WholeMovement Movement Analysis Training, we continue to make adjustments and modify as necessary enabling us to remain relevant and resilient.

晚 9:00-10:15, 圆桌会议 (中文)

内卷世界中的创造力、活力与人性

讲者：郭海平、陈蕙静、徐娴、彭勇文、彭琳

主持：程扬、洪瑞翔

在这个充满挑战、飞速发展的时代，创造力、活力和人性的意义比以往任何时候都更为重要。来自中国各地的资深实践者将与我们分享他们的见解和方法，如何利用各种形式的艺术作为培养内在力量和复原力的工具。

在这次讨论中，讲者们将探讨不同的艺术实践——如视觉艺术、音乐、舞蹈、戏剧和表达性写作——如何帮助我们在现代生活的压力下保持活力和人性。他们将提供实际案例，说明如何利用这些创造性的形式来应对内卷世界中的社会、文化和心理挑战。

我们希望本场圆桌会议能给你带来启发，并就如何通过多样化的艺术实践来保持创造力、活力和人性提供有价值的观点。本场讨论会主要面向讲中文的与会者，并将以中文进行。

Creativity, Vitality, and Humanity in an Involutional World (in Chinese)

In these challenging and rapidly evolving times, the significance of creativity, vitality, and humanity is more crucial than ever. We are joined by a group of experienced practitioners from across China who will share their insights and approaches to using various forms of art as tools for fostering inner strength and resilience.

In this discussion, our panelists will explore how different artistic practices—such as visual arts, music, dance, drama, and expressive writing—can help us maintain our vitality and humanity amidst the pressures of modern life. They will provide practical examples of how these creative forms can be harnessed to cope with social, cultural, and psychological challenges in an involutional world.

We hope this session will inspire you and offer valuable perspectives on how to sustain creativity, vitality, and humanity through diverse artistic practices. This panel is primarily intended for our Chinese-speaking participants and will be carried out in Chinese.

其他（需要时使用）

徐娴：

我的研究主要聚焦于创造力、生命力和人性，尤其是在复杂和“内卷化”加剧的社会中，这些特质如何展现。

在这样的环境中，个人往往面临过度竞争的压力，容易导致倦怠或与自身文化根基的疏离。

我的研究特别关注澳籍华裔青年，他们在寻求归属感和身份认同的过程中，常常需要平衡多重文化的期待。通过创造性戏剧和治疗技术，我的研究揭示了艺术如何能够增强韧性、赋能自我表达，并加强个人与文化根源的联系，即便是在充满挑战的社会环境中。

我希望通过创造力作为通向自我理解的桥梁，展示创意实践如何为个体带来活力并提供疗愈。这种方法不仅支持个人成长，同时也在多元文化社会中通过保留多样化的视角、促进跨文化共情，带来更丰富的文化理解。