Models of Art in Mental Health in the Asia Pacific

Session 2: Korea

Chair: Dr Eugen Koh, Director, The Dax Centre

Art & Mental Health

Yoo Mee
1. Mental illness and Pictures

Confusion...

landscape
M(29)/schizophrenia

Unique...

flower In the tank
& fish in the flower vase
F(39)/schizophrenia
Delusion…

cross I
&
cross II
F(47)/schizophrenia

Melancholy…

tree F(50)/depression
Malformation...

in one's childhood
F(47)/schizophrenia

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delusions of grandeur...

self-portrait
F(47)/schizophrenia

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2. Art for Mental Health

We need...
Art materials
Theme of painting
conversation

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Yoo Mee

Yoo Mee
3. Change of picture

before

after

Landscape Montage Technique Test

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before

after

Landscape Montage Technique Test

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4. Effects

Here are the effects from art therapy.

- Release stress
- Gain confidence
- Express oneself
- Start to build social skills
- Generate creative energies
- Improve the quality of life

5. art & vocational rehabilitation

F(47)/schizophrenia

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people looking at the future
M(51)/schizophrenia

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A child playing with a smile at the beach
sitting next to mom

M(51)/schizophrenia

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6. challenges

We have to improve these problems...
• Strong stigma of mental illness
• Lack of the financial support to keep the mental health care in the community
• Poor Environment for the mental health institutes
Thank you for your attention!
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