Models of Art in Mental Health in the Asia Pacific

Session 2: Taiwan

Chair: Dr Eugen Koh, Director, The Dax Centre

Art therapy in Taiwan

Art therapist: Shu Jen Lu

呂素貞
European style

Chinese Style
When art encounters medicine ...

“I believe what I see only!”
Life is a Gift

When we look at carefully, everyone has a heart inside.

The competition of drawing “the earthquake on 921 in Taiwan” ~by the champion
by the survivor from the 921 earthquake in Taiwan

What do you see?
In spite of how hard we work,
Others just don’t understand.
我只是想回家
To analyze the drawing is not doing art therapy

Diagnose is not equal to therapy
finding the problem is not equal to solve the problem
sometimes to expose somebody
Is not appropriate.
To create a safe space

art

patient

therapist

09/11/11
How to solve the problem for the patient?”
"I have more problems inside myself!"

More pressure than the patient
Overwhelm!

Self awareness

More doubt!

More confuse!
Being the art therapist, the most important tool is the self.
09/11/11
The weaving of the life.

participate in art therapy program, 
the benefit is to help myself.
The true feeling from the nurse:

“The doctor needs the art therapy program more than as.”
藝術是遊走於光影虛實之間的精靈
～張醫師

枯乾河床
星空下的荷塘   大提琴的對話
Dr. Wang said,

“Drawing is the way into my heart.”

❤️
Life is a Gift
When we look at carefully, everybody has a heart inside.