

Symposium | Art : [Symposium 34] Reclaiming the Healing Power of Art: Narratives, Identities, and Resilience in Global Psychiatry

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[Symposium 34] Reclaiming the Healing Power of Art: Narratives, Identities, and Resilience in Global Psychiatry

Moderator: Itsuo Asai (Heart Clinic Medical Corporation)

[SY-34-03] Experience-Based Medicine: A Bridge Between Scientific Knowledge and Lived Experience.

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Experience-Based-Medicine (ExBM) values the patient's subjective experience as an essential source of medical knowledge. In cultural psychiatry, this approach is particularly relevant since it considers the social, symbolic and cultural dimensions of mental suffering. Anthropology demonstrates that illness and healing are experiences shaped by cultural context, in which narratives, rituals or art meanings play a central role. Adopting an emic perspective allows us to listen to patients' speech within their own frame of reference. In psychiatry, this translates into a more empathic approach to care, in which the cultural point of view becomes an important tool while listening patients' narrative preserves, indeed, its own importance. Artistic interventions in psychiatry settings can foster new forms of expression, social connection and self-awareness. In this way, lived experience permits more integrative practices, as exemplified by community psychiatry. From the scientific point of view, ExBM complements evidence-based medicine (EBM) by resorting to qualitative and participatory methods. It proposes to highlight the outcomes that really matter to patients. By integrating personal narratives and clinical approaches, it advocates a transdisciplinary view of care. Ultimately, cultural psychiatry is called to become a space where different types of knowledge - scientific, experiential and cultural - coexist and mutually reinforce each other.

Plan :

Introduction

- Brief definition of Experience-Based Medicine (EBM)
- Its relevance in cultural psychiatry
- Goal: how anthropology, psychiatry, and science intersect through patient experience

II. Anthropological Aspects

- Illness and healing as culturally shaped experiences
- The value of narratives, rituals, and cultural meaning-making
- Example: traditional community practices integrated into mental health care
- Emphasis on emic perspectives (insider views)

III. Psychiatric Dimensions

- Incorporating lived experience into diagnosis, care and evaluation of cultural devices
- The importance of subjectivity, empathy, and cultural formulation interviews
- Case example: community-based psychiatry, patients experience,

- Reflecting diverse worldviews in treatment planning

IV. Scientific Perspective

- Experience-Based ≠ Evidence-Based, but complementary
- Use of qualitative methods, participatory research, and neuroscience of experience
- Measuring outcomes that matter to patients
- The challenge of integrating personal narratives into clinical trials or policy

V. Conclusion

- Key message: experience is a valid form of evidence
- Need for transdisciplinary collaboration
- Final thought: cultural psychiatry must lead in validating diverse ways of knowing