

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

📅 Fri. Sep 26, 2025 10:40 AM - 12:10 PM JST | Fri. Sep 26, 2025 1:40 AM - 3:10 AM UTC 🏢 Session Room 5 (Conference Room A)

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

Moderator: Itsuo Asai (Heart Clinic Medical Corporation)

[SY-34-01] The In-between Language - Exploring Second Language Acquisition through Arts Therapeutic Processes -

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Keywords : English-as second-language、Arts-based autoethnography、Creative Arts Therapy、Authentic self

This research is auto-ethnographic and uses a form of heuristic phenomenological inquiry to explore how an arts-based research journey has helped me, as an English-as second-language speaker, to find emotional and empathic connections to English within myself and encourages the awareness of my language-influenced identities between different cultures. The research uses arts therapeutic process to identify the cognitive, psychological, and emotive barriers of my expression of English, to release the stress I experience when using English as well as to feel the nuances of the English language more deeply and to stimulate growth and transformation within me as an English-as-a second-language speaker. This project explores a range of creative modalities and non verbal expressions in order to express intangible emotions and feelings from my experiences of speaking English as a second language.

This autoethnographic research examines my emotions, feelings and experiences as an English-as-a-second-language speaker through layers of expressing, reflecting and analyzing. The non-linguistic creative experience of this self-focused study can potentially enhance my cultural competence as an arts therapy trainee working in a foreign culture. The research could potentially provide insightful, authentic and powerful research materials for other arts therapists to understand the issues around speaking English as a second language, and for others who also experience issues from speaking English as a second language to apply arts therapeutic process in their learning journey.