

Symposium | Art : [Symposium 11] Reclaiming the Role of Art in Mental Health: From Global Policy to Lived Healing

2025年9月25日(木) 14:45 ~ 16:15 Session Room 5 (Conference Room A)

[Symposium 11] Reclaiming the Role of Art in Mental Health: From Global Policy to Lived Healing

Moderator: Byamah Brian Mutamba (Butabika National Mental Hospital)

[SY-11-04] Empowering Mental Health Through Art and Cultural Narratives

*Muhammad Irfan¹ (1. Department of Mental Health, Psychiatry & Behavioral Sciences, Peshawar Medical College, Riphah International University, Islamabad (Pakistan))

キーワード : Cultural Psychiatry、Artistic Expressions、Self Help

Art and cultural narratives have a transformative power in empowering individuals to manage their mental health. By integrating artistic expression and culturally rooted insights, creative practices can foster resilience, self-awareness, and healing. Through compelling examples and evidence-based approaches, highlighting the role of art as a bridge between personal experiences and cultural heritage, innovative pathways for self-management and emotional well-being can be offered.