

Symposium | Global Mental Health : [Symposium 41] Reimagining Healing: Traditional Wisdom and Cultural Integration in Global Psychology & Psychiatry

📅 2025年9月26日(金) 13:10 ~ 14:40 🏢 Session Room 6 (Conference Room B)

## [Symposium 41] Reimagining Healing: Traditional Wisdom and Cultural Integration in Global Psychology & Psychiatry

Moderator: Mami Yanai (Integrative Mental Health Centre of Toronto / LOGOEARTH), Hung-Tat (Ted) Lo (University of Toronto, Integrative Mental Health Centre of Toronto)

### [SY-41-02] “Delicious Moments Therapy and the Art of Flourishing: Aesthetic Healing in Japanese Tradition”

\*Mami Yanai<sup>1,2,3,4</sup> (1. Integrative Mental Health Centre of Toronto (Canada), 2. LOGOEARTH (Japan), 3. Inochi no ie (Japan), 4. International Journal of Traditional Healing & Critical Mental Health (IJTHCMH), Christ University (India))

キーワード : Delicious Moments Therapy (DLM)、Delicious Life Design (DLD)、Japanese aesthetics、integrative psychotherapy、mind-body medicine

This presentation introduces **Delicious Moments Therapy (DLM)**, a therapeutic modality rooted in Japanese aesthetic philosophy, naturopathic principles, and integrative mind-body medicine. Developed through clinical practice and grief education, DLM offers an experiential approach to healing that emphasizes emotional literacy, somatic presence, and symbolic ritual—inviting individuals to taste and transform life’s most difficult moments.

Drawing on cultural concepts such as *wabi-sabi* (the beauty of imperfection), *ma* (sacred space and pause), and *daigomi* (the richness of depth), DLM responds to the limitations of conventional psychiatric models by re-centering embodiment, relational care, and the healing power of beauty and mindful attention.

Extending from this modality, **Delicious Life Design (DLD)** offers a broader framework for flourishing. It outlines seven stages—Explore, Experience, Embrace, Enrich, Express, Embody, and Emerge—that support individuals in moving from trauma to integration, and from survival to soulful living.

Through clinical reflections, ritual examples, and embodied storytelling, this presentation illustrates how culturally grounded aesthetic practices can complement psychiatric care. By bridging tradition and innovation, DLM and DLD contribute to a more inclusive, poetic, and life-affirming model of global mental health.

Practical recommendations for integration within diverse therapeutic settings will also be discussed.