

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]

### Reimagining Healing: Traditional Wisdom and Cultural Integration in Global Psychology & Psychiatry

Hung-Tat (Ted) Lo<sup>1,3,7</sup>, Mami Yanai<sup>1,2,5,6</sup>, Roy Moodley<sup>3</sup>, Meetu Khosla<sup>4</sup> (1. Integrative Mental Health Centre of Toronto (Canada), 2. LOGOEARTH (Japan), 3. University of Toronto (Canada), 4. University of Delhi (India), 5. Inochi no ie (Japan), 6. International Journal of Traditional Healing & Critical Mental Health (IJTHCMH), Christ University (India), 7. Hong Fook Mental Health Association (Canada))

[SY-41-01]

### Bridging Worlds of Healing: Seven Modes of Integrating Traditional Medicine and Modern Psychiatry

\*Hung-Tat (Ted) Lo<sup>1,2,3</sup> (1. University of Toronto (Canada), 2. Integrative Mental Health Centre of Toronto (Canada), 3. Hong Fook Mental Health Association (Canada))

[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))

[SY-41-03]

### Critical Psychology and Psychiatry and the Integration of Cultural Healing Practices: *Toward a Pluralistic Framework for Mental Health*

\*Roy Moodley<sup>1</sup> (1. University of Toronto (Canada))

[SY-41-04]

### Contribution of Traditional Indian Healing systems to Modern world Psychiatry

\*Meetu Khosla<sup>1</sup> (1. Delhi University, Daulat Ram College (India))

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キーワード : Traditional Healing Practices、 Global Mental Health、 Cultural Psychiatry、 Indigenous Knowledge Systems、 Flourishing and Well-being

Cultural psychiatry began in the 19th century with curious psychiatrists examining so-called “exotic” cultures. In the 21st century, however, the world has become deeply interconnected—practices in one culture increasingly influence others. To truly understand and advance global psychiatry, we must engage with the rich healing traditions that have developed across diverse societies for thousands of years.

This symposium brings together voices from Canada, India, and Japan to explore how traditional wisdom can meaningfully inform and transform contemporary mental health practices. Rooted in embodied, spiritual, and relational knowledge systems, each presentation offers a culturally grounded approach to healing as a process of both personal integration and collective flourishing.

We begin with a critical examination of Euro-American psychiatry, highlighting the limitations of the biomedical model and advocating for a pluralistic, justice-oriented framework that centers lived experience, cultural humility, and holistic care.

Drawing from Indian psychology and indigenous healing practices, the next presentation shares empirical insights from tribal communities in Northeast India, emphasizing spiritual rituals, emotional regulation, and holistic well-being.

From Japan, an experiential approach to healing is introduced through aesthetic, somatic, and symbolic practices grounded in traditional philosophy. *Delicious Moments Therapy (DLM)* and its broader framework, *Delicious Life Design (DLD)*, illustrate how culturally rooted modalities grounded in emotional literacy and aesthetic ritual can support grief work, resilience, and human flourishing.

Finally, a reflection on five decades of psychiatric practice in Canada, and involvement with multiple cultural groups around the world, the speaker offers seven modes of integrating traditional medicine with contemporary psychiatry—ranging from systemic collaboration to

ethno-specific services.

This symposium invites dialogue—not hierarchy—between traditional and contemporary approaches. Together, we envision a model of global psychiatry that honors ancestral wisdom, promotes cultural inclusion, and supports the healing of individuals and communities alike.

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### [SY-41-01] Bridging Worlds of Healing: Seven Modes of Integrating Traditional Medicine and Modern Psychiatry

\*Hung-Tat (Ted) Lo<sup>1,2,3</sup> (1. University of Toronto (Canada), 2. Integrative Mental Health Centre of Toronto (Canada), 3. Hong Fook Mental Health Association (Canada))

キーワード : Cultural Psychiatry、Traditional Healing Systems、Biopsychosocial-Spiritual Model (BPSS)、Integrative Mental Health、Transdisciplinary Dialogue

This presentation reflects on five decades of psychiatric practice in Canada, interwoven with cross-cultural engagement in traditional healing systems. Using the biopsychosocial-spiritual (BPSS) model, it critiques the limits of conventional psychiatry and highlights diverse global approaches that integrate spiritual, cultural, and community-based dimensions of healing.

Drawing on field observations and professional experience, the presentation identifies **seven modes of integration** between traditional medicine and contemporary psychiatry:

- 1. Systemic Integration** – In countries like China, Traditional Chinese Medicine and Western biomedicine coexist in universities and hospitals under a formal dual system.
- 2. Collaboration** – In Ethiopia, Orthodox Christian rituals (holy water, prayer) support mental health alongside clinical services.
- 3. Task-Shifting** – In India, Vikram Patel’s *Sangath* model trains lay workers to deliver adapted therapy. In Zimbabwe, the *Friendship Bench* engages ‘grandmothers’ to offer counseling on “Friendship Benches” — now replicated internationally.
- 4. Incorporation** – In Brazil, Alaska, and New Zealand, traditional ceremonies, storytelling, and spiritual practices are integrated into mainstream care by culturally trained providers. Traditional healing spaces are provided for contact with nature and for ceremonies for aboriginal patients.
- 5. Alternative Therapies** – The West has seen rapid growth in complementary methods such as mindfulness, acupuncture, yoga, often by individual practitioners and psychedelic-assisted therapy is being actively studied.
- 6. Ethno-Specific Services** – Community organizations like Hong Fook Mental Health Association in Canada, and hospital provision of ethno-specific clinics, respond to culturally distinct needs of minority populations.

**7. Educational Bridging Initiatives** – FACT (Friends of Alternative and Complementary Therapies), founded in Toronto, organized film festivals, interdisciplinary hospital rounds, and healing banquets to promote education and dialogue across traditions.

Through these modes, this presentation advocates for culturally responsive, spiritually inclusive, and community-driven models of care—vital for addressing the unmet needs of our increasingly diverse societies, and furthering the development of a richer and more holistic healthcare system.

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### [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.

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### [SY-41-03] Critical Psychology and Psychiatry and the Integration of Cultural Healing Practices: *Toward a Pluralistic Framework for Mental Health*

\*Roy Moodley<sup>1</sup> (1. University of Toronto (Canada))

キーワード : critical psychology and psychiatry、 cultural healing practices、 decolonial mental health

This paper presents a critical examination of Euro-American psychology and psychiatry, interrogating the dominant biomedical model in mental health for its reductionist assumptions, universalizing tendencies, and frequent disregard for socio-cultural determinants of distress. Advocating for a more holistic and culturally sensitive approach, the paper situates psychological suffering within the lived experiences of culturally diverse communities, emphasizing the need for contextually grounded understandings of mental health. Drawing on interdisciplinary insights from transcultural psychiatry, cross-cultural psychology, and postcolonial studies, the paper highlights how culturally rooted healing practices offer alternative ontologies of suffering and recovery—challenging Western-centric conceptions of pathology. In contrast to the individualistic focus of mainstream psychology, many Global South healing traditions prioritize interconnectedness, collective healing, and meaning-making, addressing trauma, identity, and belonging in ways often overlooked by conventional psychological and psychiatric frameworks. The paper concludes by proposing a pluralistic model for mental health practice—one that integrates diverse epistemologies, fosters epistemic justice, and promotes cultural humility. Ultimately, it calls for decolonial reforms in psychological and psychiatric practice, urging a shift toward an inclusive, ecologically situated approach to healing.

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### [SY-41-04] Contribution of Traditional Indian Healing systems to Modern world Psychiatry

\*Meetu Khosla<sup>1</sup> (1. Delhi University, Daulat Ram College (India))

キーワード : Traditional Healing、Health、Well-being

**Background:** Traditional Indian knowledge is deeply embedded in ancient Indian scriptures that offer insights into human functioning, which are immensely valuable for modern world psychiatry. The traditional Indian healing systems are a great source of wisdom that provides a profound pathway to understand human behavior and mental health issues. **Objectives:** To explore how traditional knowledge classifies psychiatric disorders, their etiology and course, transcultural variations in clinical features, and psychotherapeutic approaches to deal with them effectively. **Method:** In-depth semi structured interviews, dialogic conversations, were conducted audio-visually with 25 indigenous healers from Meitei, Bodo, and Nyshi tribes in North-East India. In-person visits and observations of healer's habitat, rituals, ceremonies were photographed along with their narratives and stories. The interviews were transcribed into English language. Inductive semantic thematic analysis was carried out after familiarizing with the data and various codes were developed. **Results:** Prominent themes that emerged were: collective experiences, socio-cultural values, traditional beliefs, spiritual practices & rituals, socialization norms, life-style behaviors, self-awareness, emotion regulation, conflict resolution, personal development and holistic well-being. **Discussion:** There was emphasis on karma yoga, possession by evil spirits, social discord, and nature wrath in etiology of mental disorders. The healers performed rituals, prayers, spiritual ceremonies, abstinences and sacrifices to reduce anxiety, psychosis, depression and psychosomatic disorders. Naturalistic healing techniques as mantras, yagnas, yoga, meditation, thought purification, and ayurveda helped in treat the symptoms, empowering the mind, promoting mental peace and health. Indigenous healing systems have valuable applications for psychiatry in fostering individualistic and holistic interventions to restore, sustain and enhance mental health and wellbeing. Interdisciplinary collaboration, cultural inclusivity, incorporating indigenous perspective and interpretations of mental health with Western approaches will help to address the global challenges in mental illness.