

## Symposium

📅 2025年9月28日(日) 10:40 ~ 12:10 🏛️ Session Room 3 (Large Hall A)

## **[Symposium 86] What is the core of Asian Psychotherapy: The East Asian Academy of Cultural Psychiatry (EAACP) Presents**

Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine),  
Chan-Seung Chung (Maum Dream Clinic)

### **[SY-86-03] Resilience or Learned Helplessness? Or Any Others? About the Threat of War from China and the Psych of the Taiwanese People**

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キーワード : Resilience、Learned helplessness、Collective shadow、Collective Trauma、Social reconstruction

From 1979 to now, China has continued to increase military pressure on Taiwan. These activities are not only gradually increasing in frequency and severity, but the actual military activities are also getting closer and closer to the islands of Taiwan in terms of geographical location. In such a political situation that is gradually approaching the state of war, how should the psychological statue of 23.4 million people living in Taiwan be understood?

From the perspective of outsiders, Taiwan were listed as the Powder keg of the world. But once these outsiders came to Taiwan, they could not feel any atmosphere of war. However, in front of the threat and intimidation on the verge of war set by China, is the peace shown by the general public in Taiwan a sense of resilience or learned helplessness? In this discussion, I will be more concerned about what kind of changes have happened to Taiwan's collective mentality under such lasting pressure? How did these changes happened and happening? What role does such pressure play in the mental health of the Taiwanese people? The collective unconsciousness of the people of Taiwan, what changes may be progressing?