

Symposium

📅 2025年9月26日(金) 10:40 ~ 12:10 🏢 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]

Experience-Based Medicine and the Healing Power of Art: Narratives and Resilience in Global Psychiatry

Itsuo Asai¹, Ayaka Shima, Yayoi Imamura², Alberto Velasco³, Jaswant Guzder^{4,5} (1.Heart Clinic Medical Corporation(Japan), 2.Kyorin University School of Medicine,(Japan), 3.Sainte-Anne Hospital Center, GHU Paris Psychiatrie & Neurosciences(France), 4.University of British Columbia(Canada), 5.MacGill University(Canada))

[SY-34-01]

The In-between Language - Exploring Second Language Acquisition through Arts Therapeutic Processes -

*Ayaka Shima (MuzureHippo counselling room(Japan))

[SY-34-02]

Experience-Based Medicine: A Bridge Between Scientific Knowledge and Lived Experience.

*Alberto Velasco (GHU Paris, psychiatrie et neurosciences(France))

[SY-34-03]

Contributions of the Jamaican Psychiatrist Dr Frederick Hickling to clinical creative arts innovation in teaching, therapeutics, resilience promotion and deinstitutionalization

*Jaswant Guzder (McGill University(Canada))

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キーワード : Art Therapy、 Narrative Medicine、 Cultural Psychiatry、 Experience Based Medicine、 Indigenous Mental Health

This symposium explores the transformative role of arts-based and narrative practices in psychiatry through a structured arc of healing extending from the individual self to the wider community. Drawing on clinical, narrative, and cultural psychiatry, the session illustrates how diverse artistic modalities foster agency, insight, and resilience across human experience.

The opening presentation by Ms. Ayaka Shima (Japan) offers an autoethnographic exploration of artmaking as a therapeutic process for the therapist herself. Through visual expression, she narrates a cross-cultural journey of self-awareness, linguistic dislocation, and emotional integration.

Dr. Yayoi Imamura (Japan) then explores the realm of individual meaning-making through her pathographic analysis of ONE PIECE, a globally influential manga. Her interpretation reveals how characters mirror neurodevelopmental struggles and trauma, positioning manga as a vehicle for psychiatric empathy and symbolic healing.

Next, Dr. Jaswant Guzder (Canada) shifts the focus to the community, reflecting on decades of visual narrative work in Indigenous mental health. Her presentation affirms the importance of culturally rooted, trauma-informed art interventions and highlights how community-based projects foster resilience and cultural continuity.

Finally, Dr. Alberto Velasco (France) broadens the discussion with “Experience-Based Medicine: A Bridge Between Scientific Knowledge and Lived Experience.” This talk situates cultural psychiatry as a field uniquely poised to integrate scientific, experiential, and cultural knowledge. Dr. Velasco underscores how Experience-Based Medicine (ExBM) values patients’ subjective experiences as evidence, complementing Evidence-Based Medicine (EBM). He will discuss anthropological and psychiatric dimensions of ExBM, participatory methods, and how qualitative approaches can inform care and policy.

Together, these contributions advocate for a model of Experience-Based Medicine

grounded in narrative, cultural meaning, and creative expression—an approach essential for reimagining mental health care in a pluralistic world. At the same time, the symposium acknowledges that future work must further explore how Evidence-Based and Experience-Based models can collaborate to strengthen psychiatric care.

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Moderator: Itsuo Asai (Heart Clinic Medical Corporation)

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

*Ayaka Shima (MuzureHippo counselling room(japan))

キーワード：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.

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Moderator: Itsuo Asai (Heart Clinic Medical Corporation)

[SY-34-02] Experience-Based Medicine: A Bridge Between Scientific Knowledge and Lived Experience.

*Alberto Velasco (GHU Paris, psychiatrie et neurosciences(France))

Experience-Based-Medicine (ExBM) values the patient's subjective experience as an essential source of medical knowledge. In cultural psychiatry, this approach is particularly relevant since it considers the social, symbolic and cultural dimensions of mental suffering. Anthropology demonstrates that illness and healing are experiences shaped by cultural context, in which narratives, rituals or art meanings play a central role. Adopting an emic perspective allows us to listen to patients' speech within their own frame of reference. In psychiatry, this translates into a more empathic approach to care, in which the cultural point of view becomes an important tool while listening patients' narrative preserves, indeed, its own importance. Artistic interventions in psychiatry settings can foster new forms of expression, social connection and self-awareness. In this way, lived experience permits more integrative practices, as exemplified by community psychiatry. From the scientific point of view, ExBM complements evidence-based medicine (EBM) by resorting to qualitative and participatory methods. It proposes to highlight the outcomes that really matter to patients. By integrating personal narratives and clinical approaches, it advocates a transdisciplinary view of care. Ultimately, cultural psychiatry is called to become a space where different types of knowledge - scientific, experiential and cultural - coexist and mutually reinforce each other.

Plan :

Introduction

- Brief definition of Experience-Based Medicine (EBM)
- Its relevance in cultural psychiatry
- Goal: how anthropology, psychiatry, and science intersect through patient experience

II. Anthropological Aspects

- Illness and healing as culturally shaped experiences
- The value of narratives, rituals, and cultural meaning-making
- Example: traditional community practices integrated into mental health care
- Emphasis on emic perspectives (insider views)

III. Psychiatric Dimensions

- Incorporating lived experience into diagnosis, care and evaluation of cultural devices
- The importance of subjectivity, empathy, and cultural formulation interviews
- Case example: community-based psychiatry, patients experience,
- Reflecting diverse worldviews in treatment planning

IV. Scientific Perspective

- Experience-Based ≠ Evidence-Based, but complementary
- Use of qualitative methods, participatory research, and neuroscience of experience
- Measuring outcomes that matter to patients
- The challenge of integrating personal narratives into clinical trials or policy

V. Conclusion

- Key message: experience is a valid form of evidence
- Need for transdisciplinary collaboration
- Final thought: cultural psychiatry must lead in validating diverse ways of knowing

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[SY-34-03] Contributions of the Jamaican Psychiatrist Dr Frederick Hickling to clinical creative arts innovation in teaching, therapeutics, resilience promotion and deinstitutionalization

*Jaswant Guzder (McGill University(Canada))

キーワード：creative arts therapeutic innovations、resilience promotion、deinstitutionalization

The session will honour the legacy of Dr Frederick Hickling an emeritus professor at University of the West Indies who engaged with innovative application of creative arts in psychiatry inspired in his efforts to address the post slavery legacy of colonialism including deinstitutionalization of the Jamaican asylum, a psycho-historiography methodology and the Dream a World (a community school based resilience promotion project). Dr Hickling was mentored by the late chancellor of UWI Rex Nettleford who established the National Dance Theater in Jamaica and toured with him as his stage manager while a medical student. His legacy as clinician researcher, innovator, artist and writer reflected his life passion for developing community psychiatric services embedded in his knowledge of Afro-Caribbean post slavery trauma . His last book (Decolonization of Psychiatry in Jamaica: Madificent Irations). outlines the methodology of psycho-historiography with patient scripted and performed works at the Garden Theatre created on the asylum grounds of Bellevue Hospital. His integration of creative arts with trauma informed resilience and reparation approaches was an important contribution to global health addressing the complex agendas of cultural genocide, histories and creative arts responded to child ,youth and adults with severe mental health disorders and risk.