

二十一世紀台灣的藝術治療

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摘要

藝術治療引入台灣已二十餘年，本文先就台灣現況，在實務上最廣泛應用的教育與醫療系統做一回顧，接著探討現有研究的文獻中，藝術治療研究結合神經認知科學和數位科技的發展，以及未來和多方領域結合的可能性。此外本文也針對全球化之下，台灣發展藝術治療所面臨的文化議題做出探討，並提出未來在結合社區心理健康需求上的發展建議。

關鍵字：藝術治療，台灣藝術治療，神經認知科學，數位科技，文化，社區心理健康

Art Therapy in Taiwan in the New Millennium

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Abstract

Art therapy has been brought to Taiwan more than 20 years. This article reviews current art therapy practices in educational and medical institutes in Taiwan, where art therapy is most widely applied. We report how recent developments in neuroscience and computer technology have led art therapy research in novel directions and transformed it into an interdisciplinary field. We also analyze the challenges art therapists face in Taiwan under the influence of globalization, and suggest therapists should increase their cultural awareness. We strongly feel that Taiwanese society should include more art therapists into community programs for mental health enhancement, and make art therapy become accessible to the general Taiwanese population in addition to groups with special needs who seek relief from medical problems.

Keywords: art therapy, art therapy in Taiwan, neuroscience, computer science, culture, community mental health