

用艺术创作治疗身心

艺术治疗不同于心理治疗，是通过创造艺术品让心理活动以及潜意识浮出表面，或者通过艺术创作来调节情绪，是一种温和的治疗手法。看看三位艺术治疗师如何运用艺术手法疗愈身心。

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拉萨尔艺术学院提供图片



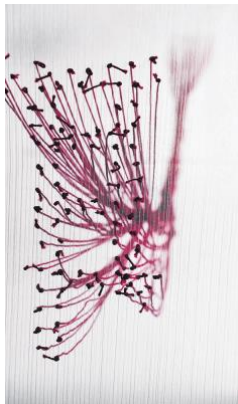
艺术治疗听起来像是艺术和心理学的结合，无法归类于纯粹的艺术，又和心理学有着一定的差距，这门学科相对冷门，不为大众熟知。为了更加深入地了解艺术治疗，《@世代》采访了拉萨尔艺术学院艺术治疗硕士的三名毕业生。

拉萨尔艺术学院于5月底在麦克纳利校区举行2022年学生毕业展览，其中展出包括艺术治疗硕士的毕业作品。学生在拉萨尔艺术学院的艺术治疗硕士课程毕业后，可以申请成为注册艺术治疗师（ATHR），在澳大利亚、新西兰和新加坡以注册艺术治疗师的身份执业。

非语言的媒介

韩馥璟（46岁）在教育领域有近20年的华文教学以及相关行政经验，她在教育生涯中发现，“在学校给学生做心理辅导，很多时候都是单方面的语言输出。可是如果学生不想把心声说出口，或者因为某方面的障碍没有办法倾诉心声。这时候艺术治疗就能够派上用场了。”

这便是艺术治疗和一般心理治疗最大的不同。韩馥璟说：



韩馥璟毕业作品“命运之牵引”（Strung by fate）。

珍妮丝的毕业作品，将新加坡的日常食物化身成法国高级美食，创造一种陌生又熟悉的荒诞菜肴，重新构建食物价值，也促使人们反思在日常生活中体验食物的方式。



韩馥璟认为艺术治疗能够帮助学生走出困境。

“心理治疗主要通过对话的形式为服务对象疏导厘清心理活动，而艺术治疗主要是通过创造艺术品的过程，让服务对象的心理活动以及潜意识浮出表面，是一个比较温和的治疗手法。”艺术治疗可以“让学生通过创造艺术品的过程表达他们的内心世界，并达到调节情绪的功效”。

胡雯玲（29岁）则强调，艺术治疗可以基于通过使用艺术作为一种非语言交流形式的治疗，或者通过艺术创作本身为人带来治疗效果。但是，它必须由专业且经过认证的艺术治疗师进行。

为了更生动地理解艺术治疗的过程，记者请珍妮丝（Janice Tan，29岁）讲述一些艺术治疗的具体案例。她说：“比如一个内心有很多愤怒或暴力倾向的客户来艺术治疗，我们会提供黏土进行艺术创作，他可以通过打、捏黏土来发泄自己的情绪，但不会伤害到他人，也不会伤害到自己。”

“我有一个学生，她很容易放弃，有一点难度的事情就不要做了。我就让她做马林糖，做这个需要手工打发蛋白，我就让她慢慢做，自己如果无法完成还可



陈·珍妮丝认为美食可以创造更多的意义。

以叫朋友来一起做。要吃到自己做的马林糖是一种强大的动力，完成的难度也适中。她用了两个小时才打出蛋白霜，但烤好后吃到自己做出来的食物，她感到非常满足。”

从工作中寻找更深刻意义

三位硕士在攻读艺术治疗之前都从事过其他的职业，韩馥璟是教育工作者、胡雯玲是舞蹈和健身教练、珍妮丝是厨师。记者询问她们选择修读艺术治疗硕士课程的原因，发现她们总在自己的工作中寻找更深刻的意义。

珍妮丝说，她热爱自己的工作，但全职厨师的工作很繁重，很少有时间与他人进行情感交流。但她认为美食的意义不仅在于给人提供一顿饱餐而已，美食



胡雯玲希望为不同客户设计创造性艺术治疗方案。

可以创造更多的意义，能够在不同的层面给予人们帮助。

胡雯玲在舞蹈和健身行业时，遇到了许多客户，跟她分享各种故事和人生困惑。胡雯玲希望通过在艺术治疗培训过程中获得的专业素养，能够设计出适合不同客户的创造性艺术治疗方案，从而帮助他们获得成长、健康和幸福。

韩馥璟说：“教育不单是教学，也是在育人，所以学校应该创造一个让孩子们身心都能够健康成长的安全环境。当学生在成长的任何一个环节受到挫折的时候，艺术治疗能够帮助他们走出困境，让他们能够健康地发展，我觉得这便是艺术治疗在育人过程中的重要性。”



胡雯玲的毕业作品 Oasis of Calm and Chaos（平静与混乱的绿洲）。

Healing the mind and body with art creation

Art therapy is different from psychotherapy. It is a more moderate kind of therapy that allows one's mental activities and subconscious to surface through the creation of artworks, or to regulate one's emotions through artistic creation. Here, we take a look at how three art therapists apply artistic techniques to heal the mind and body.

Art therapy sounds like a combination of art and psychology, which does not fall neatly into the classification of art and yet, is also some distance away from psychology. This discipline is relatively obscure and not well known to the public. To gain a deeper understanding of art therapy, Lianhe Zaobao interviewed three graduates of the MA Art Therapy Programme from the LASALLE College of the Arts.

LASALLE College of the Arts held its 2022 graduation exhibition on its McNally campus in late May, featuring, amongst others, graduation works of graduates from its MA Art Therapy Programme. After graduating from the MA Art Therapy Programme at LASALLE College of the Arts, students can apply to become a registered art therapist (AThR), to practise as a registered art therapist in Australia, New Zealand and Singapore.

A non-verbal medium

Eliza Han (46 years old) has nearly 20 years of Chinese teaching and related administrative experience in the field of education. In her career in education, she found that "the traditional counselling approach relies heavily on talk therapy and verbal inputs. However, if students refuse to speak, or are unable to speak due to conditions, this is when art therapy can be effective."

This is the biggest difference between art therapy and general psychotherapy.

"Psychotherapy is mainly a form of talk therapy where the therapeutic process takes place during the dialogue between the therapist and the client, to express and process inner thoughts and emotions. Art therapy also allows the clients to do the same, yet through the gentler process of creative art making." Art therapy can "allow clients to express themselves through the art-making process, and help regulate themselves," says Eliza.

Sarah Amor Oh Wen Ling (29 years old) emphasises that art therapy is a form of non-verbal communication therapy that uses art. Alternatively, art therapy can bring about therapeutic benefits to the person through the creation of art itself. However, it must be performed by a professional and certified art therapist.

In order to understand the process of art therapy more vividly, we invited Tan Janice (29 years old) to provide some case studies of art therapy. She said, "for example, when a client with a lot of pent-up anger or violent tendencies comes to art therapy, we will provide clay for art creation, so that they can vent their emotions by hitting and pinching the clay, and such methods will hurt neither others nor themselves."

Seeking deeper meaning in work

All three MA graduates had other careers before pursuing art therapy. Eliza Han was an educator, Sarah Amor Oh Wen Ling was a dance and fitness instructor, and Tan Janice was a chef. When we asked them why they chose to pursue a master's programme in art therapy, we learned that they were constantly seeking deeper meaning in their work.

Janice said she loved her job, but being a full-time chef is a heavy workload and left little time for emotional interactions with others. However, she believes that food serves not only the purpose of satiating people's physical hunger. Food can also create more meaning to help people at different levels.

When Sarah was in the dance and fitness industry, she met many clients who shared with her various stories about their lives. Sarah hopes that through the professionalism acquired in the art therapist training process, she can design creative art therapy programmes suitable for different clients, thereby helping them to achieve growth, health and well-being.

"Education is not just about teaching curriculum, but also about human development. Hence schools should create a safe space for children to develop and grow mentally, emotionally and spiritually. When they meet with blockages and stumbling blocks along the way, art therapy can help them come out of the situation and continue to grow holistically," says Eliza.