

News

Chinese Group of Arts Therapy Established in China

December 2, 2016

新闻

中国艺术治疗学组在中国成立

2016年12月2日

In November 2016 in Beijing, the Chinese Group of Arts Therapy (CGAT) was established, in affiliation with the Chinese Psychological Society (CPS). CGAT is under the guidance of the Committee of Clinical and Counseling Psychology (CCCCP) of CPS. CGAT is currently the only working group focusing on creative and expressive arts therapies in the Society. The arts therapy field has grown rapidly in China in recent years, but there are only limited university programs in music therapy, and they produce graduates of varied quality. Currently there are over 200,000 licensed counselors in China who need extensive practical experience, as well as expanded and alternative skill sets, including the arts therapies. This has made it necessary to set up a professional society to support and guide the further development of this profession in the country while ensuring its standard and quality. CGAT was initiated and led by Dr. Tony Zhou, Executive Editor of CAET, along with six other experts from academic and clinical institutions who are on the executive board. On the advisory board, there is also the support of two professors from Taiwan. Under CGAT, four working sub-groups are being set up to cover four major categories, including art therapy, dance movement therapy, drama therapy and music therapy. One of the major goals of CGAT is to consolidate the above four areas and foster more collaboration among them, as well with other fields in China and abroad; this includes verbal psychotherapies, rehabilitation and arts. CGAT will also be working closely with CCCC on the Clinical Psychology Registration for the credentials of the registered psychologists.

2016年11月，隶属于中国心理学会的中国艺术治疗学组在北京被批准成立。中国艺术治疗学组在中国心理学会临床和心理咨询委员会的指导下展开工作。这是目前该学会中唯一一个专注于创造性和表达性艺术治疗的学组。中国的艺术治疗领域在近年来迅速发展，但即使相对发展较早的音乐治疗也只有有限的大学课程，并且培养出的毕业生水平良莠不齐。目前在中国有超过20万名有证照的心理咨询师，但他们需要丰富的实践经验，以及更加宽广的其它方面的技能，包括艺术治疗。这就需要建立一个专业的学会，来支持和指导该行业在中国的进一步发展，同时确保其标准和质量。中国艺术治疗学组由国际学术期刊《创造性艺术教育及治疗-东西方视角(CAET)》的执行主编周宇 (Tony Zhou) 博士，以及来自学术和临床机构的其他六位专家发起并通过执行委员会进行领导，并有来自台湾的两位专家教授在顾问委员会的支持。中国艺术治疗学组下设四个学科工作组，涵盖绘画治疗、舞蹈动作治疗、戏剧治疗和音乐治疗四个主要类别。中国艺术治疗学组的主要目标之一是整合这些领域，促进它们之间以及与国内外其他领域的合作，包括言语心理治疗、康复和艺术等。中国艺术治疗学组还将与临床和心理咨询委员会密切合作通过中国心理学会的临床心理学注册系统对治疗师和心理师开展认证工作。