

**Announcement**  
**International Symposium of Behavioral Medicine ISBM**  
**September 22-24, 2017, Shanghai, China**

**公告**  
**国际行为医学研讨会ISBM**  
**2017年9月22 - 24日，中国上海**

The International Symposium of Behavioral Medicine (ISBM) will be held on September 22nd to 24th, 2017 in Shanghai, China. This symposium will be presented by the Mental Health Center, Fudan University and the Inspirees Institute of Creative Arts Therapy. The themes of ISBM are on psychosomatics and dance movement therapy, which aim to strengthen the communication and collaboration between the two fields.

The concept of body-mind integration has also been deeply rooted in the Chinese traditional culture. However, in recent years, the challenges to physical and mental health in modern society, associated with the division between the body and the mind, have encouraged us to reflect, explore and develop more comprehensive and integrated approaches with medical professionals. Art is considered as a medicine to heal the soul. Hence, dance is not only a form of performance, but also an effective tool and vehicle to contain and express our sub-conscious feelings. “Exercise alone was not enough...it was this creative use of movement that touched the deeper levels of human beings” – Rudolf Laban. Dance movement therapy combines psychology, Laban movement analysis, creative movement and neuroscience; it is a relatively new discipline that has been developing for over 80 years which has now merged into mainstream medicine.

An important issue that will be addressed in the Symposium is how we can combine function- and structure-oriented medical approaches with creative and expressive-oriented art approaches in an effort to develop a scientific, humanistic and sustainable model in clinical settings. ISBM will consist of a 3-day program including a one-day forum with keynote speeches from experts in psychosomatic and dance movement therapy from China and abroad, as well as presentations and networking sessions, followed by two days of dance movement therapy workshops, clinical demonstrations and on-site supervision. Email: dmt@inspirees.com

浦江精神卫生论坛暨国际行为医学高峰论坛 ( International Symposium of Behavioral Medicine ISBM ) 将于2017年9月22日至24日在上海召开，主办方是复旦大学精神卫生中心和亿派创造性艺术治疗学院。本届论坛及研讨会的主题是身心医学与舞蹈治疗，其目的是加强身心医学领域与以舞蹈动作治疗为代表的艺术领域的对话与合作。

身心整合的理念一直深深扎根于中国的传统文化中并被得以认可和接受，近年来现代人类社会面临身心分离带来的生理和心理的问题和挑战，迫使我们和医学界一起开始反思更为全面整合的途径。艺术被称为疗愈灵魂的良药，舞蹈不仅仅是表演艺术，也是有效承载并抒发表达我们情感和潜意识的载体和工具。“仅仅肢体练习是不够的...创造性地使用肢体动作才能触及到人类内心的深处” -鲁道夫拉班。舞蹈治疗，作为一门整合了心理学，拉班动作分析，创意舞动和神经科学等的新学科，经过近80年的不断发展成熟与壮大，正不断融合到主流医学领域中。

如何将功能性结构化为导向的现有医学途径与表达性创造性为导向的艺术途径相结合，发展出科学化人性化和可持续发展的道路，是此次研讨会各界同仁将要探索讨论的重要议题。ISBM 一共三天，第一天为专家论坛，包括国内外身心医学和舞蹈治疗专家的主题演讲和同行专业人士的海报展示及现场交流，后两天为舞蹈动作治疗工作坊及临床演示和现场督导。 Email:dmt@inspirees.com