

藝術治療團體應用於成年智能障礙族群的省思

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摘 要

本文省思一個為智能障礙成年人實施的藝術治療團體。團體一共進行十周，配合台灣中部地區一間啟智中心的樂活課進行。在文獻探討中說明藝術創作歷程運用於智能障礙族群的特性，並據以設計和實際執行藝術治療團體的活動方案，撰述方案的構想、活動目標及執行成果。期望能給予未來實務工作者針對成人智能障礙族群，運用創作介入的參考。

關鍵字：成年智能障礙者、藝術治療團體、日間照顧課程

Group Art Therapy for Adult with Intellectual Disability

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Abstract

This article will introduce the art therapy group which was designed for adult with intellectual disability. This group had been processed 10 weeks, and cooperated with a series of day-care classes in a nonprofit organization in Taichung. Reviewing over past studies, researcher tried to manage why creating art can be benefit and effective in intellectual disability. In practice, this research emphasized the thinking behind the design of this 10 weeks' group activities.

Keywords : adult with intellectual disability, art therapy group, day-care class