

# 藝術家的助人之心： 藝術工作者帶領長者藝術團體的關懷內涵與經驗

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## 摘要

本研究目的在了解藝術工作者在帶領長者藝術團體過程中所感知的藝術關懷內涵與經驗，並進一步探討藝術療癒中帶領與參與之相互助益。團體帶領者即藝術工作者，共 16 位（小組輪流帶領），皆為藝術教育碩士層級背景，帶領「藝術即療癒團體」；參與「藝術即療癒團體」之長者皆居住於北區某所安養機構中，共 24 位。「藝術即療癒團體」，每週一次 80 分鐘，共五次。藝術工作者在帶領完「藝術即療癒團體」後，接受 80-120 分鐘深度個別訪談，所得 16 份訪談文本，以主題分析法進行分析。研究結果有三，首先，藝術關懷發生於一個相互看見的機制；第二，藝術關懷的內涵為帶領者的存在與作為後盾；最後，就帶領者的內在經驗，不但見證了藝術的自由奔放，也體悟關懷他人即陪伴自己。最後，本文依藝術療癒的相互性，以及對藝術關懷的體現與前瞻，進行討論並提出具體建議。

**關鍵詞：**長者、藝術工作者、藝術關懷

# **Artists' Helping Tendency: The Content of Facilitation and Experience of Artists Leading Elderly Art Groups**

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## **Abstract**

The purpose of this study was to understand the contents of facilitations and experience of art workers in leading an art group for the elderly, and to further explore the mutual benefits of leaders and members in art healing. The group leaders were the art workers, are 16 in total (it took turns to be a leader), all of them have a master's degree in art education, and they lead the "Art as Healing Group"; the elders who participated were all living in a caring center in the northern Taiwan with a total of 24 elders. The "Art as Healing Group" met once a week for 80 minutes, five times in total. After leading the "Art as Healing Group", the art workers were interviewed individually for 80-120 minutes. 16 interviews were collected and analyzed by thematic analysis.

There were three findings. Firstly, artistic facilitation occurred through a mechanism of seeing each other; secondly, artistic facilitation was embedded in the presence and support of the leaders; and lastly, the art workers' internal experience not only witnesses the freedom of art, but also realized that facilitated others was to accompany oneself. Finally, we discussed and made recommendations based on the mutual benefits of arts healing and the practice and foresight of artist facilitations.

**Keywords:** artist facilitation, art workers, the elderly