

## 2023 國際人文醫學講座

### 創傷與影片為本的治療：新媒體在創傷後成長的使用

"Film/Video-Based Therapy and Trauma: Research and Practice involves technology

2023/7/4 10:00~12:00 <https://meet.google.com/jhn-aydw-qf>

#### Speaker Bio



#### Dr. Joshua Lee Cohen

(<https://www.routledge.com/authors/i13230-dr-joshua-cohen>)

Dr. Cohen is clinically trained as a researcher from Pacifica Graduate Institute and Walden University. He has experience as a film/video editor, which includes "A" list work in Hollywood with significant people in the film world. He is a Media Psychologist with Peer Mental Health and staff with the Kolnoam school of video therapy. Dr. Cohen's clinical experience involves working with people of several populations in various settings, including hospitals and community mental health.

Cohen 博士是太平洋研究院博士及研究員。他有豐富的影片編輯經驗，包括在好萊塢與眾多重要電影界人物合作多項 A 級作品。他同時是 Peer Mental Health 的心理師，亦於科諾姆影像治療學校服務。Cohen 有在醫院和心理健康社區的人員合作的臨床經驗

#### Lecture Summary

Outline:

- Benefits of film and video production. (製作影片的好處)
- To support the use and integration of film/video-based therapy in practice from anthropology, psychiatry, psychology, and art therapy. (以人類學、精神病學、心理學和藝術治療為基礎的影像療法)
- film/video-based therapy and virtual reality (影像療法與虛擬實境)
- Demonstration of how to make a short video using zoom and/or off-the-shelf software so they can make a movie with a browser and a small budget in a small space. (以精簡的預算及現成的軟體製作簡易的影片)
- To write cases in a medical setting to help combat burnout. (在醫療環境中撰寫個案的故事避免過勞)

## **Related Links**

### **Film/Video-Based Therapy™ and Virtual Reality**

**By Joshua L. Cohen**

<https://www.taylorfrancis.com/chapters/edit/10.4324/9781315622507-2/film-video-based-therapytm-virtual-reality-joshua-cohen?context=ubx&refId=fa3e535d-4341-4994-bd24-c7ae70f96725>

[https://www.goodreads.com/book/show/203303.Healing\\_Fiction](https://www.goodreads.com/book/show/203303.Healing_Fiction)

James Hillman discusses this in his book healing fiction, and I also talk about it briefly in my dissertation and my published work.