

博士論文要旨

論文題名：芸術療法における絵本や音楽を媒介とした 人と人との「つながり」の研究

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本論文は教育現場での調査と実践、絵本や音楽をはじめとする芸術を媒介とした6つの事例を通して、人と人との「つながり」の観点から研究を行った論文である。本論文の「つながり」の定義は「人と人、自分自身や人と媒介物のであいにおける、安心感を伴う『場』での相互作用、相互交流のある関係」である。本論文の新しい知見から芸術、特に絵本や音楽を媒介とした実践での対象者の幅広い人間理解と、人と人との「つながり」の構築に役立てられ、芸術療法の新たな可能性と社会全体の幸福への寄与を願う論文である。

本論文の独自性や新奇性は、芸術、特に絵本や音楽を媒介にした人と人との「つながり」の構築を明らかにした以下の5つの点である。

- ①芸術を共に創造することでセラピストとクライアントに相互性が生まれ、その体験から両者に「つながり」が構築される。
- ②絵本や音楽の「場」では読み手や演奏者という表現者と、聞き手という表現者による即興的な行為によって「つながり」が構築される。
- ③「つながり」は過去、現在、未来の時間軸を含む。
- ④相乗効果で絵本の世界を音楽が後押しする。
- ⑤絵本や音楽を媒介とする実践に人と人との「つながり」という相互作用の視点を導入することで、セラピスト-クライアント間のほか、クライアントの背景にある幅広い人間理解に役立つ可能性が明らかになった。

Abstract of Doctoral Thesis

Title: Research on Relationships between People through the Media of Picture Books and Music in Arts Therapy

Doctoral Program in Human Science

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This paper presents a focus on the relationships between people through six case studies, based on research and practice at education sites, through the media of picture books, music, and other forms of art. The term “relationships” as used in this paper is defined as “relationships involving interaction or interchange in settings where there is a sense of security, when a person encounters another person, a person encounters a medium, or a person witnesses another person encountering a medium.” This paper was written in the hopes that the new findings obtained through this study might help to foster a broad understanding of humanity in the subjects when putting therapy into practice through artistic media such as picture books or music in particular, and to build relationships between people, thus contributing to new and novel possibilities for arts therapy, as well as to the overall happiness of society as a whole.

The uniqueness and novelty of this paper come from the following five points, through which we have elucidated how the relationships between people are built through the media of picture books, music, and other forms of art:

- 1) Collaboration between the therapist and the client in creating a work of art gives rise to a sense of reciprocity, which then develops into a relationship between them;
- 2) In settings where a picture book is read aloud or music is performed, impromptu acts by the reader or performer(s) and the audience (in this case, both sides of these interactions are regarded as creators) build relationships between them;
- 3) Relationships encompass the timelines of past, present, and future;
- 4) Music reinforces the world of picture books, giving rise to synergistic effects; and
- 5) It has become clear that introducing the viewpoint of interaction in the form of relationships between people into the practice of therapy, through the media of picture books and music, may potentially be helpful for a broad understanding of the humanity that exists between the therapist and the client, as well as in the client’s background.