



創齡藝術教育專題演講

The Mysteries of Creative Aging: Art Making in an Endless Quest for Meaning

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Abstract

Terms such as ‘creative aging’ suggest special qualities or expressive characteristics adults may acquire as they mature. Indeed ‘creative aging’ implies that from birth to death we are driven to make sense of the world by creatively ordering or re-ordering the world into that which is understandable and meaningful for that moment and place. Thus, artmaking as a creative process serves the same purposes throughout life. That is, through art making and sharing there is social interaction, communication, and integrate with others in community. The arts serve practical purposes as utilitarian objects or items of economic benefit. Artworks may serve as mnemonic artifacts or instructive messages of cultural traditions. Artmaking is a pleasurable, playful experience that opens one to learning and a self-soothing way of healing anxieties, sorrows, and loss. Finally, making through art serves as a ritual that bridges from the mundane to the sacred. Having lived full lives, adults enter old age equipped with knowledges, skills, and experiences that, when matched in accord with the characteristics of creativity, offer insights into how the arts benefit older adults and the communities within which they live. For as aging confronts one with the inevitable limits and uncertainties of existence, a profound desire for understanding the life’s deepest meaning and purpose renders the elder person both a venerable teacher and receptive student of art. Life’s joys and sorrows are balanced through playful engagements with art and disciplined responses to pervasive creative urgencies.

創意老化的秘徑：藝術創作與無盡的意義探尋

「創意老化」一詞意味著人們在成熟過程中所獲取的特殊品質或表達能力之提升，具體說，它強調人們從出生到死亡，不斷經由創意組織或重構方式將所經臨的當下時刻與場所轉化成可理解與有意義的世界觀；而藝術創作是一創意過程，對人生經歷也發揮類似的作用，主要是因為藝術製作與分享本身就是一與他人進行社會互動、溝通與統整的社群活

動。藝術以多種樣貌存在，可以是實用物件或具經濟效益的商品形式去符應務實功能，也可充當文化傳統的記憶保存與訊息傳達的乘載物；其次，藝術創作就是一歡樂且遊戲性的過程，引領人們進入學習與療癒憂鬱、悲傷與失落的舒壓過程；最後，藝術創作就是一個連結世俗與神聖的儀式。當人們經過大半輩子進入老年階段時，他們已經擁有很多知識、技巧與經驗，若能搭配創意活動的引導，他們可提供有關藝術如何讓高齡者及其社區受益的見解。隨著老化所面臨的無可避免的生理限制與不確定性，那份理解生命最深層的意義與目的之渴望往往使得高齡者既是可敬的藝術教師也是有感受力的學生。透過趣味性參與藝術活動與有技巧回應創意衝動，生命的喜悅與傷痛將可達到一定的平衡。

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Dr. Marjorie Cohee Manifold, Professor of Arts Education in the Curriculum & Instruction Department of Indiana University, has an extensive (50-year) background as an art teacher of K-12 students, an instructor of pre-service education students, in-service teachers, and graduate level students. In past research she has explored how socio-aesthetic interactions within and across cultures encourage appreciation of local and global expressions. Her current research focuses on the aesthetic and artist development, art making intentions, and benefits of art making among older adults. She is the author of *Art Themes: Choices in Art Learning and Making*, a textbook used by students learning studio art in online contexts. Additionally, she co-edited *Culturally Sensitive Art Education in a Global World*, and two other texts for art educators and researchers. Her current project is an anthology, edited with Dr. Melanie Davenport, on topics of creative aging and art education.

Dr. Manifold 是美國印第安納大學藝術教育教授，她有很紮實的 K-12 藝術教學經驗及高等教育之師資培育、在職進修、與研究所等專業授課資歷。Dr. Manifold 過去的研究著重於探討文化內與跨文化間的社會美學互動如何激勵在地與全球化表達的欣賞角度，但目前的研究則側重在美學與藝術家發展關係、藝術創作的意圖、藝術創作對高齡者的好處等方面。Dr. Manifold 著有 *Art Themes: Choices in Art Learning and Making*，這是一本給大學部學生的線上藝術創作課程教科書。另外，她是 *Culturally Sensitive Art Education in a Global World* 一書的合編者。她最近則與 Dr. Davenport 積極籌劃一本有關創意老化與藝術教育相關論題的選輯。

主持人

陳箐繡 博士

Jin-Shiow Chen, Ph.D

國立嘉義大學視覺藝術學系教授

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陳箐繡博士於 1997 年取得美國印地安那大學藝術教育哲學博士，現為國立嘉義大學視覺藝術系教授，其研究領域主要在於社區本位藝術教育與文化環境議題，近年其關注重心轉移至樂齡/創齡藝術教育，從 2015 年後，持續帶領學生至附近社區中推動「Let's Art Together，文隆村阿公阿嬤！」藝術教學方案，並協助兩個社區設置創齡畫畫班並提供不同層級的創意老化導向藝術學習課程，期待透過藝術教學去療育社區高齡長輩，以希望為改善老化社會問題盡一些心力。

Dr. Chen getting a Ph.D from Indiana University, USA, is professor of art education at the National Chiayi University. Her research interest has been focusing on community-based, environmental, socio-cultural issues in art education and recently extending to the dimension of art education for older adults. Since 2015, she has been executing the project—“Let's Art Together, Wenlong Grand Pa, Grand Ma”, an art program that promotes creative-aging oriented and highlights an intergenerational-elders & youths co-learning method for teaching practice. Dr. Chen believes that art education can be more responsive toward aging problems.

與談人

梁以瑚 博士/ **Dr. Evelynna Liang**

駐香港的藝術家、藝術教育工作者及社群藝術籌劃者/ Artist, Art Educator and Community Art facilitator

英屬哥倫比亞大學取得藝術學士學位，並取得墨爾本皇家理工大學藝術碩士及博士學位。

梁博士創辦了「越營藝穗」、「藝術在醫院」及「全人藝動」，旨在推動藝術治療和連繫社群。梁氏的作品曾於香港及亞洲多個展覽中展出，而她的作品大部分都圍繞人文關懷為主題，著重探索「以藝術療傷」，並運用日常用品引發對國與國及人與人之間的關注。在學術研究方面，探究在亞洲傳統文化中，如何以不同表達藝術自療，推動樂齡福祉及以此作為認知障礙症之非藥物治療方法。

For the past 40 years, Evelynna Liang , Artist, Art Educator and Community Art facilitator has been feverishly push forward community Art in Hong Kong , China and Asia.- using Art to help the needy and

underprivileged communities. She had founded the “Art in the Camp” project in the late 80’s, bringing all sorts of art activities in the Vietnamese detention Camp, providing proper Art Education for the Vietnamese Camp children. In the early 90’s, Evelynna founded the “ Art in Hospital” in Hong Kong. She then founded “Art for All” in 2002 , a charitable Community Art organization, aiming to use Art to empower all, for a better, harmonious society, to respect oneself and for all. Evelynna exhibited extensively around Hong Kong and Asia, in her own personal work she addresses mostly on humanity and justice issues. Her interest has extended into the area of ‘Healing through Art’ using ordinary daily objects to raise concern on relationship between countries and between men. In terms of academic research, she explores how to use different expressive arts in traditional Asian culture to promote the well-being of the elderly and use it as a non-drug treatment for dementia.