

扶康會的 藝術訓練模式

Fu Hong Society's Arts Training Model

扶康會的藝術訓練模式： 從創作中建立自信與連結

扶康會一直致力於透過藝術訓練，讓服務使用者在創作中找到自我價值，並建立與社會的連結。這套訓練模式不僅著重技巧的培養，更是一段心靈的探索與情感表達的旅程，當中涵蓋三大核心：動機培養、技能訓練與作品展示。

1 培養創作動機：簡單工具，輕鬆起步

藝術創作的起點，往往來自一份純粹的動機與好奇。我們深知服務使用者在初期可能面對技術、心理或身體上的挑戰，因此導師會因應個別情況調整教學方式，並設計合適的創作方法。即使服務使用者手部功能不靈活，仍可運用各種輔助工具，如海綿印、錫紙等，讓他們以不同方式參與創作。這些媒介不僅容易掌握，更能在短時間內完成作品，讓服務使用者獲得即時的滿足感，從而激發持續創作的興趣，踏出藝術旅程的第一步。

2 提供訓練：因材施教，發掘潛能

在藝術訓練過程中，我們結合小組互動與個別指導，讓學習更具彈性和深度。導師不僅教授繪畫技巧，更鼓勵服務使用者在創作中表達內心感受與生活經驗。我們不強調作品的美醜，而是鼓勵他們將藝術視為表達的渠道，培養自我認識的過程。

服務使用者持續創作，導師能逐步發掘他們的潛能與強項，例如堅毅的態度、獨特的創意、敏銳的觀察力等，再加以培養，讓他們在藝術中找到自信和方向。

在過程中，服務使用者亦能逐漸摸索出最適合自己的表達方式。有些服務使用者偏愛強烈對比色彩，有些則喜愛細膩的線條勾勒，成為個人風格的起點。



3 展示平台：讓創作走出工作坊，走進社會

創作的意義不僅在於完成，更在於被看見和肯定。扶康會積極為服務使用者尋找展示平台，讓他們的作品能在社區、展覽、商業空間及網上呈現，這些展示有助促進他們在社會參與的機會。

當作品獲得公眾的欣賞和讚美，服務使用者不僅獲得成就感，更建立了自信與社會連結。這種正向回饋能進一步激勵他們持續創作，在藝術旅程中繼續前行。

結語

扶康會的藝術訓練模式，是一場由內而外的蛻變歷程。從培養動機到掌握技能，再到展示作品，每一步都充滿關懷與可能性。我們的藝術不只是創作，更是一種療癒與賦權的力量，讓每位服務使用者能找到自己的光芒之餘，外界對他們的認可也能為其照顧者帶來很大的鼓舞。

Building Confidence and Connection Through Creative Practice

Fu Hong Society is committed to using arts training to help service users discover their self-worth and build connections with the wider community. The arts training model focuses not only on developing technical skills, but also on a journey of emotional expression and inner exploration, structured around three core elements: motivation, skills training, and showcasing of works.

1 Nurturing Motivation: Simple Tools, Easy First Steps

The starting point of artistic creation often lies in pure curiosity and a simple desire to try. Aware that service users may initially face technical, psychological or physical challenges, tutors adjust their teaching approach according to individual needs and design suitable creative methods. Even when the hand function is limited, service users can still participate through assistive tools such as sponge prints or aluminum foil, enabling them to create in different ways. These materials are easy to handle and allow works to be completed within a short time, giving service users a sense of instant achievement and encouraging them to continue on their artistic journey.

2 Providing Training: Individualised Support to Unlock Potential

During training, a combination of group interaction and one-to-one guidance is used to make learning both flexible and in-depth. Instructors do more than teach drawing techniques - they encourage service users to express their feelings and life experiences through their work. The emphasis is not on whether a piece is "beautiful", but on using art as a channel for self-expression and self-understanding. Instructors could gradually identify the strengths of service users — such as perseverance, originality, or keen observation — and help them develop these qualities so that they can gain confidence and direction through art. Over time, service users may also discover their own preferred modes of expression: some may favour strong colour contrasts, while others may gravitate towards delicate line work, laying the foundation for a personal artistic style.



3 Showcasing Works: From Workshop to Community

The value of creation lies not only in completing a piece, but also in it being seen and affirmed. Fu Hong Society actively seeks opportunities and platforms for service users to showcase their work in the community, at exhibitions, in commercial venues and online. These opportunities enhance their participation in society and broaden public understanding of their abilities. When their work is appreciated and praised, service users gain a sense of achievement, build self-confidence, and strengthen their sense of connection with the community. This positive feedback, in turn, motivates them to continue creating and progressing along their artistic path.

Conclusion

Fu Hong Society's arts training model supports a process of transformation from within. From nurturing motivation, to developing skills, and to exhibiting artworks, every step is filled with care and possibility. Art, in this context, is more than creation. It is a form of healing and empowerment, enabling every service user to discover and shine in their own unique light, while the recognition they receive brings immense encouragement to their caregivers.