

## **The Fifth International Conference on Humanities Therapy in Technosociety**

### "Human Crisis in the Hyperconnected World and Humanities Therapy"

In our hyperconnected world, the fundamental question of human existence and well-being has become increasingly urgent. Digital transformation has profoundly altered how we live, think, and relate to others. On an individual level, people struggle with intensifying experiences of alienation, anxiety, depression, loneliness, burnout, and digital fatigue. At the same time, communities face their own crises: political polarization, the spread of misinformation and conspiracy theories, and the proliferation of hate speech and discrimination. These social pathologies generate collective trauma and erode the foundations of mutual understanding and empathy that make healing possible. Despite unprecedented technological connectivity, both individuals and communities yearn for deeper human connections and meaningful engagement with life. These multilayered challenges call for therapeutic approaches that draw upon the rich traditions of humanities and philosophical practice.

The hyperconnected society demands new forms of care and healing. While digital technologies and artificial intelligence continue to expand the horizons of human possibility, they also raise fundamental questions about the nature of human relationships, community, and authentic communication. Contemporary therapeutic practices must address these emerging challenges by integrating the wisdom of humanities with innovative approaches to care.

The Fifth International Conference on Humanities Therapy in Technosociety (ICHTT) seeks to explore how philosophical counseling, narrative therapy, and various forms of humanities-based therapeutic practice can help restore meaningful human connections and foster emotional and spiritual well-being in our digital age. Building upon the success of previous conferences in Nanjing (2019), Chuncheon (2021, online), Xi'an (2023), and Lanzhou (2024), this year's gathering aims to develop practical therapeutic frameworks for addressing the human crisis in our hyperconnected world through diverse perspectives on humanities therapy and philosophical practice.

The conference welcomes submissions addressing the following themes and topics, but is not limited to these areas:

#### **Conference Themes:**

1. Mental Health and Well-being in Digital Society
  - Addressing alienation and loneliness in hyperconnected life
  - Digital anxiety and emotional exhaustion
  - Therapeutic approaches to screen-mediated existence
2. Humanities Therapy and Philosophical Practice
  - Methods of philosophical counseling in digital contexts
  - Narrative therapy and storytelling in healing practice
  - Ethics of care in therapeutic relationships
3. Human Relationships and Digital Communication
  - Building authentic connections in virtual spaces
  - Social media and the transformation of human bonds

- Fostering solidarity and community in digital environments
- 4. Technology and Therapeutic Practice
  - Digital tools for humanities therapy
  - AI applications in philosophical counseling
  - Balancing technological and human elements in care
- 5. Healing Through Humanities
  - Literature and artistic practice in emotional healing
  - Philosophy as a tool for self-understanding
  - Cultural resources for therapeutic practice
- 6. Communication and Care in Digital Culture
  - Building therapeutic relationships in online spaces
  - Digital literacy and emotional well-being
  - Developing new models of online care
- 7. Future Directions in Humanities Therapy and Philosophical Practice
  - Innovative methodologies for therapeutic practice
  - Integration of digital and traditional therapeutic approaches
  - Building supportive communities in hyperconnected society

The conference welcomes contributions from scholars, practitioners, and researchers across disciplines including philosophy, literary therapy, narratology, counseling psychology, digital humanities, environmental humanities, cultural studies, and related fields. We particularly encourage perspectives that bridge traditional humanitarian approaches with contemporary planetary challenges.

**Conference Details:**

**Dates:** July 8-9, 2025 (Tuesday-Wednesday)

**Venue:** Kangwon National University, Chuncheon, South Korea

**Conference Language:** English

**Important Dates:**

- Abstract Submission Deadline: April 15, 2025
- Notification of Acceptance: April 30, 2025
- Full Paper Submission: May 30, 2025
- Conference Dates: July 8-9, 2025

**Submission Guidelines:**

Abstract submissions should include the following information in a single PDF file:

1. Author Information
  - Full Name
  - Institutional Affiliation
  - Email Address
2. Abstract
  - Title of the paper
  - Abstract (300-500 words)
  - Keywords (3-5 words)
3. Short Biography
  - A brief biographical note about the author(s) (150 words maximum)

Please send your submission to: [ichtt2025@kangwon.ac.kr](mailto:ichtt2025@kangwon.ac.kr)

**Registration:**

There is no registration fee for this conference.

**Host and Co-Hosts:**

**Host:** Humanities Institute, Kangwon National University

**Co-Hosts:**

The School of Philosophy, Nanjing University

The Institute of Science, Technology and Society, Nanjing University

Korean Society of Philosophical Counseling

East Asian Society of Philosophical Practice

Korean Society of Humanities Therapy

(More co-hosts to be announced)