

# 表達性藝術治療在失落悲傷團體之效果研究

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## 摘要

本研究目的是以表達性藝術治療，探究在 921 地震災後四年之十位失落悲傷成員工作坊之效果研究。十位參與者，其中六位家中房屋全倒，八位曾經歷過親人死亡，三位因地震失去親人。工作坊前成員已重建家園並參與兩週一次進行半年的讀書會。研究者應成員邀請帶領二天工作坊，處理成員悲傷失落經驗，協助其面對、接受此失落經驗，重新面對其未來生活。資料來源有「非參與觀察記錄」、「團體回饋問卷」、團體後一個月的「追蹤訪談」、半年後的「焦點團體」。研究者以開放編碼、分析歸類工作坊效果資料，成員檢核確認後呈現。

研究結果發現本工作坊在失落悲傷團體的效果是：1.透過象徵圖示表露悲傷失落情緒與溝通，倍感安全；2.藝術為過渡空間，可將自我內、外在世界經驗連結；3.視覺圖像重新創作，轉化悲傷失落為再出發的能量；4.作品具體存在，日後改變的提示物；5.面對死亡恐懼、了解生命限制，與死者告別完成未竟事務。本研究討論上述發現的意義，並針對悲傷失落工作提出相關討論與建議。

關鍵字：表達性藝術治療、悲傷、失落

# The Effect of Expressive Art Therapy on the Loss and Grief Group

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## Abstract

The purpose of this research was to explore the effect of an expressive art therapy workshop for ten members who suffered from loss and bereavement four years after the 921 Taiwan Earthquake. Of all the ten participants, six were exposed to full collapse of their houses, eight experienced the death of relatives, and three lost beloved families due to the earthquake. All participants has reestablished the living place before the workshop, and has been reading together in a reading group on this communal issue biweekly for half a year. The researcher, invited by the group members, lead a two-day workshop to deal with the grief and loss experiences, to assist them confronting and accepting such experiences therefore to better face the future. The resources include non-participating observational record, and the post-group tracing interview and focus group interview. The effect materials are analyzed and categorized with open-coding, and finally revealed after the confirmation by the members. The findings of the effect of a loss-grief group workshop are as follows: Firstly, it's more secure to express and communicate the emotions of grief and loss via symbolic patterns. Secondly, art as a transitional space can connect the self experiences of internal and external world. Thirdly, the visual images was re-created, therefore the grief and loss can be transformed as the energy to start over. Fourthly, the concretization of the art work will become the reminder for later alteration. Finally, the expressive art therapy group can help facing the fear of death, learning the limit of life, and completing the unfinished business through the farewell to the death. The research discussed the meanings of the findings above, and provided relevant suggestion to the practices for loss and grief group.

**Key Word:** expressive art therapy, grief, loss