

# 家族藝術治療介入認知障礙者手足之親子關係

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## 摘要

本研究旨在探討透過家族藝術治療對認知障礙孩子手足的親子關係影響。研究對象為一個家庭，計實施十二次家族藝術治療活動，並以質性研究法，從成員的創作過程、作品和訪談等資料，瞭解家庭成員接受藝術治療後，對家庭中正常青少年手足親子關係的轉化與輔導效果。研究結果發現如下：

- 1.家庭在創作過程中，看見疏離僵滯的家庭互動模式。
- 2.家庭從創作作品中，覺察親子的關係。
- 3.視覺藝術表達及具體作品的創作形式，提供親子安全的表達方式及溝通互動的平台。
- 4.親職角色在「賦能」的創作過程中，展現了親職功能。
- 5.家庭發現內在資源，展現愛的力量。
- 6.家族藝術治療方案對整體家庭關係有正面影響，有助於改善親子關係的滿意度。

關鍵字：家族藝術治療、認知障礙兒童、青少年手足、親子關係

# A Study of Family Art Therapy on the Relationship Among Parents and Sibling of Child with Intellectual Disabilities

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## Abstract

This study aims to investigate the effect of family art therapy upon parent-child relationship, among parents and adolescent sibling of child with intellectual disabilities. The participants from a family were conducted twelve family art therapy activities. The qualitative study is used in this study. The data were collected, analysed and interpreted from art-making process, artworks and interviews. The major findings of the study were summarized as follows:

1. The family realizes the estranged parent-child interaction through creating process.
2. The family becomes conscious of close interaction through creations.
3. Visual art creating process and works provide family a safely communicative way.
4. Creative art expression offer an empowerment process which provides parents to show their responsibilities.
5. The family discovers their inner resource and developing love power.
6. The family art therapy creates positive effects for the family and improves parent-child relationship.

**Key words:** family art therapy, child with intellectual disabilities, adolescent sibling, parent-child relationship.