

以書寫開創人生的新局

一個台灣婚姻受暴婦女表達性書寫治療團體的行動研究

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摘要

本文乃是針對一項四年之表達性書寫團體計劃進行研究，此計劃乃是為婚暴婦女之心理創傷療癒提供支持性團體。計劃採用「行動研究」的概念與方法，就「表達性書寫」此工作方法之效能，及其療癒機制進行檢驗。研究結果發現此書寫團體有機的發展成為三個階段：「自我療癒期」、「自我重建期」與「自我創造—向社會發聲期」，呼應了這群婚暴婦女心理復原的完整歷程。研究並發現表達性書寫為婦女們創傷療癒所帶來的治療功能有四項：1.情緒的宣洩；2.自我價值感的重建與提升；3.姊妹情誼與支持系統的建立；4.自我賦權。

關鍵字：行動研究、表達性書寫、婚暴婦女、創傷療癒

Reveal a New Life through Writing A Study of Using Action Method to Develop a Battered Women Expressive Writing Group

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Abstract

This research is using action method to study the effect of a four-year battered women expressive writing group, who suffer from domestic violence. The result found that the organic development of the group co-responds with the trauma recovering process of these participants, and can be identify to three stages: self-healing, self-rebuilding, and self-creating to the society. The result also found that the expressive writing group helps the battered women recovering from abused trauma through four healing functions: 1. emotional cathexis, 2. self-esteem rebuilt and increasing, 3. establish sisterhood and support system, and 4. self empowerment.

Keywords: action method, expressive writing, battered women, trauma healing