

關係理論在藝術治療臨床實務上 之運用：一個案研究

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摘 要

本研究旨在探討運用關係理論，透過藝術治療的歷程，重新建構憂鬱症個案心理健康及發展與週遭他人的優質關係。本文採質性研究，透過藝術治療的方式，幫助個案洞悉本身與自己（個人己）及原生家庭與社會文化終其一生的關係（關係己），依序以晤談、評估、音樂、創作歷程，及作品，並運用治療關係來修通、解釋、療癒和探索個案潛意識的連結。研究結果發現，個案與家人的關係在治療初期呈現負向，治療中則漸移至正向，與治療者的關係由正向疏遠移至正向親近；並從關係座標圖得知與父母、手足、親戚及朋友等重要關係人，多數落在陽面公開化的正向關係，顯示由關係理論的藝術治療，為個案帶來認知上的改變，強化其正向關係的經驗。

關鍵字：關係理論、藝術治療、憂鬱症

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Relationship Theory Usage in Clinical Trial with Art Therapy : A Case Study

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Abstract

In this study, the patient with depressive disorder accepts drawing art therapy based on Relationship Theory in order to reconstruct her mental health and develop better relationships with other people. Qualitative study is used as the therapist facilitates the patient into understanding the relationships within her self (individual self), family of origin, and the social culture (relational self). The procedure of the art therapy includes the conversation, evaluation, providing of music, creative paintings, explanations of the work, and explorations as well as working-through of her unconsciousness. The results show as below. Firstly, her relationship with the family moves from destructive to constructive. Secondly, the therapeutic relationship moves from estranged to intimate. Most of all, the patient's relationships with her various important "relational persons", including her parents, sisters, brother, as well as friends, gradually move towards open and positive relationships as shown on the relational plot graph. The conclusion is that the relational thought of this patient has changed and strengthened from negative to positive after accepting the drawing art therapy based on Relationship Theory.

Keywords: Relationship Theory, Art Therapy, Depressive Disorder

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