

# 藝術治療運用於中醫的探討

黃柏銘<sup>1</sup>、吳周潔<sup>2</sup>、王麗菱<sup>3</sup>

<sup>1</sup> 中華推拿科學學會

<sup>1,3</sup> 國立台中護理專科學校

<sup>1</sup> 百穗中醫診所暨自然醫學中心

<sup>2</sup> 中國醫藥大學附設醫院兒科部

## 摘要

四診「望、聞、問、切」是中醫臨床辨證論治中重要的手段，但是「問診」對於中醫兒科來說是相對困難的。近年來，藝術治療常運用於精神醫學上，不過輔助於中醫師的診斷報告案例卻是相對的少。中醫因沒有注射治療和較少的診間擁擠，而獲得兒童及家長的喜愛。本文藉由「注意力缺失過動症」過動兒案例，來探討藝術治療中「房子-樹-人繪畫」測驗對於中醫診斷的輔助性。研究初步認為藝術治療對於中醫兒科問診診斷有所幫助，並且可以延伸中醫四診的適用性。

關鍵詞：中醫兒科，針灸，過動症，房子-樹-人繪畫，自然醫學

# The Exploration of Art Therapy Applied in Traditional Chinese Medicine

Bo-Ming Huang<sup>1</sup>, Chou-Chieh Wu<sup>2</sup>, Li-Lin Wang<sup>3</sup>

<sup>1</sup>Science Association of Chinese Tuina

<sup>1,3</sup>National Taichung Nursing College

<sup>1</sup>Baisui Chinese medicine clinic

<sup>2</sup>Department of Pediatrics, China Medical University Hospital

## Abstract

It was an important skill for traditional Chinese medicine (TCM) to identify pattern and determine treatment with four examinations including inspection, smelling and listening, inquiry and palpation. However, the inquiry of Chinese pediatrics was difficult to realize and finish. In recent years, art therapy (AT) had been a treatment intervening in mental health, and yet a few case report of TCM by AT for complementary and alternative medicine. For without injection treatment and less jammed outpatient clinic, children and parents would like to accept TCM treatment. We explored the clinical and complementary efficacy of H-T-P drawing test to a nine years old boy case with attention deficit hyperactivity disorder (ADHD) in TCM. The study found AT can increase and enlarge the applicability of four examinations in TCM, and it was help to clinical Chinese pediatrics.

**Keywords:** Chinese Pediatrics, Acupuncture, ADHD, H-T-P Drawing, Nature Healing