

台籍前慰安婦戲劇治療團體在情緒創傷處理 之初探

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摘要

前台籍慰安婦在二次世界大戰期間被日本政府強徵上戰場，遭受性侵害的歷史經驗造成她們終身的嚴重創傷。本研究以戲劇治療的框架，使用行動研究的導向及與相關理論交織，探討處理前台籍慰安婦歷史心理創傷的可能性。

無疑地，「慰安」是性侵害的一種辯稱。慰安婦問題涉及層面甚廣，本研究著重於情緒受創的面向探討她們在晚年心理療癒的層面。戲劇治療團體藉由戲劇儀式的框架創造阿嬤們可以表達的空間，團體的過程分為四階段，包括「暖身階段」、「主要活動階段 I：與好壞日本人的相處經驗」，「主要活動階段 II：自我對話」，以及「以療傷的象徵儀式結束」。透過戲劇團體的場域，她們整理與好壞日本人的相處經驗，並以青春意象的自我對話來進行自我療傷的象徵性治療，在歷程中哀悼那永不復返的受創青春，並發展自我統整的可能性。證諸於她們在團體前後面對創傷歷史的態度轉變，可以支持此一論點。

關鍵詞：台灣慰安婦、戲劇治療、老人心理治療

謝詞：本文獻給這些年來已去世的阿嬤，願她們止息了人世間的苦痛，永享自由的靈魂。感謝婦女救援基金會工作團隊賴采兒、吳慧玲、楊麗芳在團體中的協助，並整理團體資料提供給研究者分析。

Explore Emotional Trauma Recovery Process of the Former Taiwanese Comfort Women in Drama Therapy Group

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Abstract

The former Taiwanese comfort women were forced to go to the battlefield and sexually abused by the Japanese government during the World War II. This extraordinary sexual abuse experience they suffered causes both serious lifelong physical and psychological traumas. This research utilized the framework of drama-therapy and the guidance of interpretive and action research approach to study the contents of drama-therapy groups of Taiwanese comfort women through the view of historical background. This article is written based on the historical background research, contents of the group progress, and related literature reviews of this subject.

The comfort women are victims of sexual abused under special historical situation. The authors will focus on the understanding process of trauma recovery in the literature review. Since the problems of comfort women are extensively complicated, this study will focus on the psychotherapy in the late years of life of these comfort women. The drama therapy groups used drama ceremony to create a space for them to express their feelings. The group process is divided into four stages, includes warm-up stage, main activity stage I: the experience with Japanese, main activity stage II: self-dialogue, and final activity stage: symbolized treatment ceremony. In the scenes of drama groups, they can forgive themselves through self-dialogue to their younger selves. In addition, the participants grief for them self during the drama therapy and then develop the ability to start self-integration which is the first step for their recovery. This argument is supported by the fact that they changed their attitude toward their trauma and past after the group drama-therapy.

Key words: Taiwanese Comfort Women, Drama therapy, Elder Psychotherapy