

藝術治療在憂鬱情緒兒童的應用 —以客體關係取向為例

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摘要

根據聯合國世界衛生組織（WHO）提出的最新報告，憂鬱症將和癌症、愛滋病並列為 21 世紀的三大流行病症之一，WHO 在 2001 年時，首度以心理衛生為宣導主題，提醒民眾關懷精神病患，其中憂鬱症患者就有兩億多的人口；其預測在 2020 年時，憂鬱症將成為威脅人類健康的第二大病因，而台灣在日漸高度現代化的過程中，憂鬱症也悄悄的在人群前流行蔓延開來，而罹患憂鬱疾患的年齡層也一直往下延伸。憂鬱情緒在臨床上已被證實會嚴重影響兒童的正常發展，對於國家未來發展更是不利。因之，本研究主要針對日趨嚴重的兒童憂鬱情緒問題，先進行相關文獻探討，再以客體關係取向之藝術治療為例，說明藝術治療之特色如何在憂鬱情緒兒童的工作中所能產生的治療機轉進行分析及探討，以提供面對兒童憂鬱情緒時諮商輔導相關人員參考，以達到早期療育的效果。

關鍵詞：兒童憂鬱症、藝術治療、客體關係

Art Therapy for Children Depressive Disorder -Object Relations Oriented Method

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Abstract

According to World Health Organization latest report, Depression, Cancer and AIDS are the three major epidemic diseases of the 21st Century. In 2001, WHO started to use Mental Health as the guidance to remind everyone paying more attention to mentally ill which more than 200 million of the patients are with depression.

By the forecast in 2020, Depression will become the second largest threat of Human Health. Under the growing modernization processes in Taiwan, ages of the patients who are suffering from depressive disorders have been dropped. Depression has been clinically proven that has become a huge impact to children's normal development, and quite harmful to a country's future development. This research focuses on the increasing problem of children depression issue. With a full literature review (of related articles), the study uses the art therapy in object relations as an example both to analyze and discuss the possible treatments and to elaborate on how the features of art therapy effect children in depression.. This study can be used as a reference for parents and school counseling staff while facing Children Depressive disorders, and achieve the effect of early treatment.

Keywords : Children Depressive Disorder, Art Therapy, Object relations