

# 探討藝術治療介入 PTSD 兒童之影響

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## 摘要

本文旨在探討藝術治療對於兒童患有創傷後壓力症候群(Post-Traumatic Stress Disorder, PTSD)的影響，介紹 PTSD 的歷史與症狀以及形成原因，並說明用於 PTSD 兒童的三種治療方法，以及整理國際期刊有關藝術治療用於 PTSD 兒童的研究，最後則是比較跟分析上述研究採用的方法及成效。本文採用文獻探討的方式，蒐集國際期刊文章當中與藝術治療用於 PTSD 兒童相關之研究，並做整理與分析，本文結論則是歸納出藝術治療於 PTSD 兒童大多能產生正面的效果，但是若能再輔於其他的治療方式(CBT 或是藥物治療)應該更能達到其治療成效。由於台灣目前少有與 PTSD 有關的研究，因此本文章也期望能為國內藝術治療的實務工作提供助益。

**關鍵字：**藝術治療、兒童、創傷後壓力症候群

# **A study on the effects of art therapy on children with PTSD**

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## **Abstract**

This study is aimed to investigate the effects of art therapy on children with post-traumatic stress disorder (PTSD). The history of PTSD and its related symptoms as well as its causing reasons were discussed. Three therapeutic methods for PTSD were illustrated and research related to PTSD mostly focused on children was summarized. Finally, comparisons among the methods and research were compared and analyzed to address their advantages and disadvantages.

Content analysis was the approach applied in this study. Along with this approach, papers published in international journals with the issues related to the application of art therapy to children with PTSD were reviewed and studied. Conclusions obtained from this study showed that art therapy can positively influence the children with PTSD. The effect would be even significant if other therapies (CBT or medicine therapy) were applied simultaneously. The results can provide a useful insight into art therapy in Taiwan from clinical and practical viewpoints due to there is rare research focused on PTSD in Taiwan.

**Keywords:** art therapy, children, post-traumatic stress disorder (PTSD)