

創傷性悲傷諮商之個案研究 以莫拉克風災少女為例

蔡麗芳

國立臺南大學諮商與輔導學系副教授

摘要

本研究分析一名遭遇莫拉克風災少女接受十三次個別諮商中，諮商心理師所介入的諮商策略及案主創傷性悲傷改變情形。研究資料來自諮商心理師於每次諮商結束 48 小時內所撰寫的諮商記錄、工作筆記。採取質性研究之開放性編碼進行資料分析。研究結果發現：第一，心理師結合口語諮商技術（如：同理、行動建議、悲傷評估、隱喻、意義重建等）與表達性藝術治療技術（如：繪畫、說故事、及表達性書寫等）協助案主接近創傷性悲傷經驗。第二，對案主而言，逃避悲傷比面對悲傷容易，需要心理師的積極介入，案主即能面對悲傷。第三，案主的創傷反應與悲傷反應都需要被處理，才能逐漸完成創傷性悲傷。第四，結束諮商關係時，案主已經重組與失落客體的關係，並對此創傷性悲傷經驗賦予新的意義，但是無法確知案主的創傷性悲傷是否已充份解決。研究者依據研究結果進行討論，並提出未來研究及災後創傷性悲傷諮商實務建議。

關鍵詞：災後心理諮商、創傷性悲傷、表達性藝術治療

A Case study on Traumatic Grief Counseling of a Female Teenager Survivor After a Natural Disaster

Lee-Fang Tsai

Department of Counseling and Guidance,
National University of Tainan, Taiwan

Abstract

This study examined the change of a client's traumatic grief experiences and the interventions that counselors adopted in the traumatic grief counseling process. The client was a female teenager survivor after a natural disaster who received 13 sessions individual counseling. The counseling sessions were recorded in detail by the counselors' notes within 48 hours. Data were analyzed based on quality research open coding method. The following results were found: first, it was feasible to integrate verbal counseling skills(e.g. empathy, action-suggestion, grief-assessment, metaphoric,meaning-reconstruction) and expressive art therapies(e.g. drawing, storytelling, expressive writing) to access the client's traumatic grief. Second, for the client, it was easy to avoid than to confront traumatic grief.She could fight traumatic grief when she got the help from the counselors.Third,in order to complete the client's traumatic grief, both of client's traumatic stress responses and grief should be treated .Fourth, the relationship between client and the bereaved object had transformed into a new one when counseling was terminated.But it was not sure whether client's traumatic grief was completed. Research limitations and suggestions for future research and practice of traumatic grief counseling after disasters were also proposed.

Keyword: disaster counseling, traumatic grief counseling, expressive art therapies