

# 從表達性藝術治療於乳癌之文獻回顧 探究在華人病友之應用

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## 摘要

乳癌病友除需面對疾病的生理挑戰，同時也經歷著心理衝擊，經常會引發焦慮與憂鬱症狀，需透過調適方能回歸生活常軌。近年，隨著「腫瘤心理學」與「輔助與另類醫療」的發展，出現許多專為乳癌病友提供的心理介入服務，透過藝術治療、身體律動等形式，協助癌友表達情緒、學習心理社會調適，並整合她們的罹癌經驗。本文以關鍵字搜尋資料庫中的中英文乳癌心理介入服務文獻，進行回顧探究，發現以表達性藝術治療為基礎的介入服務在國外十分普及，相對國內僅有少數文獻；作者亦整理文獻中，華人乳癌病友的獨特心理議題，且配合個人的實務經驗，來檢視目前國內與乳癌病友工作時的實務方向，尤其須從華人文化脈絡下的「關係」議題來架構心理介入方案，進入病友與家屬間的內心連結等，才能真正幫助乳癌病友在自身文化脈絡中找出健康「心」力量。

關鍵字：本土心理學、表達性藝術治療、乳癌、華人文化

## **Exploring expressive arts therapy for Chinese breast cancer patients: Based on literature review**

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### **Abstract**

Breast cancer patients experience psychological distress that provokes deep anxiety and depression, as they face physical challenges put forth by the illness. Appropriate psychological adjustment is therefore required to help the patients recover and settle smoothly back in their daily life. Following the recent development of psycho-oncology and complementary and alternative medicine, psychological interventions based on methods such as art therapy and dance movement were designed to specifically help breast cancer patients express their emotions, learn about psychosocial adjustment, and integrate their cancer experiences. In this article, literature review was conducted on the articles retrieved from keyword searches in major databases. It was found that interventions based on expressive arts therapy were commonly described in international literature, whereas in Taiwan, only a handful of psychological interventions were reported. The psychological issues faced by Chinese breast cancer patients in their unique cultural framework were also reviewed, and compared with the author's practical experience, to reflect any unmet needs in the practice of these psychosocial interventions. Intervention plans for Chinese culture were suggested to structure based on relationships issues, in order to help explore patients' emotional connections with family members and thereby help them find their inner strength to health.

Keywords: indigenous psychology, expressive arts therapy, breast cancer, Chinese culture