

# 藝術治療媒材用於本土性侵害 加害人社區處遇團體之效果研究

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## 摘要

本研究的目的是在於了解藝術媒材用於社區處遇團體之中：(1) 能否降低成員對描述犯行的抗拒與否認之態度。(2) 是否幫助團體成員促進表達與情緒宣洩。(3) 對於團體氣氛與團體療效因子的影響。(4) 參與者使用的經驗感受。本研究為質量混合設計，透過等組隨機分派將受試者分成實驗組與對照組，兩組皆進行十二周性侵加害人處遇團體，並施以相關量表，而實驗組受試者將在團體之中經驗藝術媒材的使用，並在團體結束後接受訪談。研究結果發現：實驗組在依變項(1) 強暴迷思 (2) 男女對立 (3) 男尊女卑 (4) 認知扭曲 (5) 行為合理化 (6) 異性相處 (7) 情緒基調 (8) 憂鬱 (9) 表達溝通，分數變化皆達統計顯著，對照組只在依變項「男尊女卑」上達到顯著。在團體療效因子與團體氣氛上，實驗組與對照組在各項變化上有明顯的不同。由訪談資料發現：(一) 藝術媒材的創作歷程讓成員擁有正向感受。(二) 藝術作品有協助成員分享並增進專注力，在分享時能夠保有隱私與安全感。(三) 藝術媒材加深成員的自我探索。(四) 每位成員對於不同藝術媒材的使用印象具獨特性。

關鍵字：否認、性侵加害人處遇、團體氣氛、藝術媒材

# **The study of the efficiency of using art materials in local sex offender treatment group**

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## **Abstract**

The purpose of study is to find out the efficiency and the personal experience of using art materials in a local sex offender treatment group. This study is a mix-designed experiments, researcher random assigned group members into experimental(5) and control(4) group. Both groups will join a local sex offender treatment for 12 times in six month, but only the experimental group used art materials during the treatment and been interviewed after the treatment had finished. Four scale had been used to measure the efficiency: "Questionnaire of attitudes toward sex"、"Questionnaire of emotion"、"Yalom's therapeutic factors in group therapy scale" and "Group atmosphere Scale". Pair-test was used to analysis data.

The results are : Experimental group were significant change in cognitive distortions (include rape myth, androcentric myth、antitheses between gender)、rationalization of sex offence、ability of get along with opposite sex、depression、emotional awareness and self-express ability, but the control only had significant changes in androcentric myth. The therapeutic factors in group therapy and group atmosphere were different between two groups.

Compare the qualitative result the conclusions were made: 1. The process of creating gave members a positive emotional experience. 2. Sharing self by using artistic works helped concentration and feeling security. 3. The process of using Art materials increased members' self-awareness. 4. The experience of using art materials were unique.

Keywords: denial, sex offender treatment, group dynamics, art materials