



## 预期性哀伤之评估与干预 Anticipatory Grief Work: Assessment and Intervention

第七届全国癌症康复与姑息医学大会议程  
2011年11月26-27日

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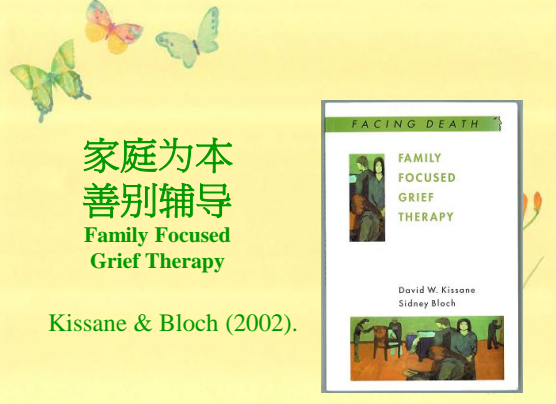
当死亡骤然的降临，  
甚至只是它的踪影临近，  
未有充分准备的家庭都会有  
一份措手不及的忙乱，  
情绪亦会被大肆牵动。

*Being a taboo topic to most people,  
death or even its warning strikes the  
unprepared family with shock and  
bewilderment.*



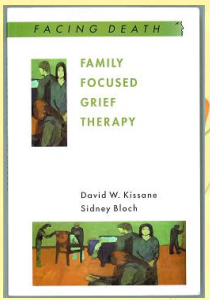

## 病患者家属 Family members

- 亦为姑息医学的服务对象
- 是第二层的病者 (Second-order patients)
- 亲密而产生的交互之苦 (Intimate reciprocity of suffering)

## 家庭为本 善别辅导 Family Focused Grief Therapy

Kissane & Bloch (2002).




## 家庭种类的分类 三种家庭功能的层面

- 团结感 Cohesiveness
- 冲突 Conflict
- 沟通 Communication (Expressiveness)



## 家庭种类的分类

种类	团结感	冲突感	沟通
支持类 Supportive	高	低	高
解决冲突类 Conflict-Resolving	高	中	高
中等类 Intermediate	高	高	中
沉闷类 Sullen	中	高	低
暴力类 Hostile	低	高	低

善用餘暉、  
減免遺憾。

Making good use of the precious moment,  
regret reduces...

去者善終，  
留者善別。

For those who are departed, a good ending;  
For those who are bereaved, a good separation.

善终病房的观察  
Observation in Hospice  
Wards

- 病患者的苦脸 Suffering
- 家属无奈的眼神 Helplessness
- 相互间强颜欢笑但沉默 Suppression
- 用食物表达关怀 Care through food

(Robert Pope Foundation)

在丈夫死亡之前重要事项  
Important Themes as Perceived by Widows

- 对死亡的接纳与准备 Acceptance and preparation for the death
- 美好的回忆及贡献 Fond memories and legacies
- 身体状况 Physical condition of the patient
- 照料机会 Opportunity to care
- 病房环境 Environment of the hospice

Chow, AYM, Chan, CLW, Ho SMY, Yse DMW, Suen, MHP, & Yuen, KFK (2006). Qualitative study of Chinese widows in Hong Kong: insights for psychosocial care in hospice settings. *Palliative Medicine*, 20, 513-520.

「善别预备」  
(Anticipatory Mourning/  
Anticipatory Grief)

是对末期病患者有机会认真地反思疾病及死亡带给他的启示，亦为其家人学会如何与病患者相处，共同让病患者达致善终境界 (Rando, 2000 : 5)。

基本信念(一) Guiding Beliefs (I) :

苦难源头  
Source of Sufferings :

- 未能活在当下 Inability to live in present moment

### 时间的焦点Time Foci



过去 ←————→ 现在 ←————→ 未来  
Past Present Future

### 受苦的人 People who are suffering



过去PAST 懊悔Regret      未来FUTURE 担忧Worry  
现在Present

### 喜乐的人 People who are enjoying



过去PAST 未来FUTURE  
珍惜、学习Treasuring good memories Learning      计划Planning  
现在Present

### 基本信念(二)Guiding Beliefs (II) :

生命回顾Life Review :  
社交危机为圆满与失望之挣扎Ego Integrity Vs Despair(Erikson, 1959)

- 能接受生命中的各样事实及坦然无惧地接受死亡to integrate the experiences of earlier stages
- 找到自己的贡献及人生满足感to realize that one's life has had meaning
- 能与晚辈连系to develop a sense of connectedness with younger generations



### 基本信念(三)Guiding Beliefs (III) :

未圆心愿Finishing of Relational Unfinished businesses:

- 未表达的歉意 Guilt & Unexpressed Apology
- 未表达的宽恕 Unexpressed Forgivenesses
- 未表达的谢意 Unexpressed Gratitude
- 未表达的感性字句如「我爱您！」、「我以您为荣！」 Unexpressed Emotional Statements



### 善别预备小组Anticipatory Grief Groups

四节的开放小组Open group of 4 sessions



Wonderful Sound 美妙的旋律  
Wonderful Touch 手牵手、心连心  
Wonderful Taste 所爱味道  
Wonderful Sight 美景当前



### 金曲回响话当年 Those were the Days

透过回顾各年代的歌曲，勾起参加者以往的回忆，以便带组者能从中引领病人及家属作出正面回顾。  
review of past life with the snapshots of different songs of the oldies

### 回归自然好轻松 Guided Imagery

透过播放大自然的天籁音乐，让病人及家人学习松弛。  
relaxation exercise with the use of natural sounds and music

### 创作妙韵显才华 Music as a way of Expression

透过先进乐器，让病人谱出自己的歌曲，增强自信。当中亦会让病人回顾年轻时的日子(如年轻时接触的音乐或没有机会接触音乐的遗憾)，从而再引领病人及家属作出正面回顾。  
playing musical instruments to express feelings

### 凭歌寄意互勉励 Support through Singing Together

透过一起唱出励志歌曲，让病人从中悟出歌中讯息。  
playing musical instruments to express feelings



**Wonderful Sight**  
美景当前





**画出彩虹创明天**  
*Looking forward to future*

-病人与家人一起凭画寓意，画出自己的内心世界。  
- painting a picture that represent future




当我无言以对时，请看看我的画！  
When words are not enough, please look at my painting...



**美丽朝花如吾生**  
The Beauty of the Blooming Flower persists, So is my Life.

**不朽晚花乃吾愿**  
The Shape of the Withered Flower maintains, So is my Death.



**寻寻觅觅我是谁**  
*Who am I*

-透过选取各类型的纽扣去形容自己或家人， use of buttons to represent one's life





**如珠如宝** As precious as pearl...




**外刚内柔** Outside and Inside ...





**Wonderful Taste**  
所爱味道



**芳香馥郁杯中物**  
*Art of Drinking Tea*

-透过中国传统茶艺，让病者与家人一起活在当下。 using tea as a catalyst to facilitate discussion of their lives



**Wonderful Touch**  
手牵手、心连心



**肌肤之亲胜万金**  
*Massage*

-透过教育家人为病者按摩身体各部份，期盼减低他们的隔膜，从而有更多的沟通。 teaching of massage





**父与子，这么近、那么远**  
**Father and son... So close...**

促进病人與

**参加者Participants :**

- 481 名参加者曾出席68 节的活动
- 481 participants in 68 sessions



Category	Percentage
病人 (Patients)	41%
家属 (Family Members)	59%

### 参加者的回馈

Feedback of Participants (N=132) :

項目 Categories	平均值 Mean (of a 5 pt. scale)	S.D.
家人間的溝通 Family Communication	3.79	1.16
願意推薦活動給其他人 Willingness to refer other to join	3.93	0.63
整體滿意程度 Overall satisfaction	4.17	0.55

**91.6% 參加者願意將聯絡方法留下給輔導員**  
**91.6% of the respondents agreed to leave their correspondence for follow-up.**

### 迟来的拥抱 Belated Hug

去者善終，  
留者善別；  
能者善生。

For those who are departed, a good ending;  
For those who are bereaved, a good separation;  
For those who are enabled, a good life.