



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

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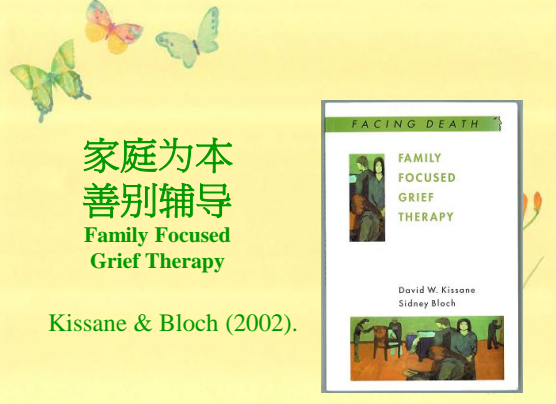
当死亡骤然的降临，
甚至只是它的踪影临近，
未有充分准备的家庭都会有
一份措手不及的忙乱，
情绪亦会被大肆牵动。

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



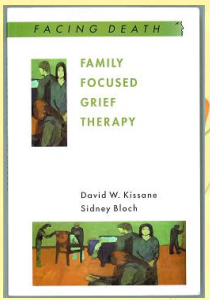

病患者家属 Family members

- 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不惧地接受死亡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



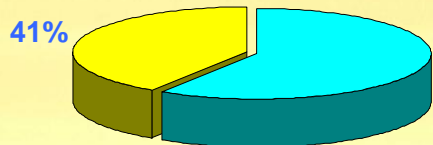

父与子，这么近、那么远
Father and son... So close...

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

■ 病人 Patients
■ 家属 Family Members



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.