



# 哀傷輔導與喪親治療新技術

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Bereavement counseling and new bereavement  
therapy technology

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## The phenomenon of people agree to end their lives

- Holmes & Rahe, who are both psychiatrists of Washington University Hospital, conduct a social survey among five thousand participants and as a result, they draw up a table called 'The Life Events And Mental Stress Assessment Scale', which not only summarize the life crisis that human suffer in their social life but divide these life crisis into various levels.
- In addition, this table also take life change units(referred to as LCU)as an indicator to score, its results clearly show that:
- The first year of the death of a spouse has the greatest impact on bereaved people's health and that the average mortality of widowed elderly is 12 times higher than ordinary people. Furthermore, the average death rate of children and relatives is 5 times higher than that of normal.

- ▲ 美國華盛頓大學醫院精神病學家Holmes & Rahe針對五千多人進行社會調查，把人類社會生活中遭受生活危機歸納並劃分等級，編製了一張「生活事件心理應激評估量表」
- ▲ 並以生活變化單位（life change units，簡稱LCU）為指標加以評分，結果顯示：
- ▲ 配偶死亡的頭一年內對健康影響最大，中高年喪偶的平均死亡率比正常人高出12倍，而子女、近親的平均死亡率遠高於正常值的5倍。



## Death and Stress

Life events	LCU
Widowed people	100
The death of immediate family members	63
Injury or illness	53
Family member is sick	44
Other relatives and friends died	37

生活事件	LCU
喪偶	100
直系親屬死亡	63
受傷或生病	53
家庭成員生病	44
其他親友去世	37



## Heart diseases and counseling difficulties during mourning

- Erich Lindemann analysis that during the period of mourning, bereaved families of six physical and spiritual reactions are as follows:
  - (1) Symptoms of physical pains: Breath is present but vigor is absent, heavy body, exhaustion, poor appetite, chest distress, vomituration, hard to swallow, etc.
  - (2) Indulge to the images of the dead: The dying images of family members often imprint in the minds of bereaved families. They always reject the fact that families have passed away because of their excessive missing. Consequently, despite the dead has been dead for a long time, bereaved families frequently think of unreal life scenes and visual hallucination, such as eating with dead, dialogue, frolic, etc.

- ▲ Erich Lindemann分析喪親家屬在居喪期間的六項身心靈反應有：
- ▲ (1) 肉體痛苦的出現：有氣無力、東西沈重、精疲力竭、食慾不振、胸悶想吐、難以下嚥...等症狀。
- ▲ (2) 沉溺於死者的意象：親人彌留之際的影像往往烙印在案主腦海中，會因過度思念而否定已經過世的事實，死後數天會出現如夢似幻的生活場景，強迫幻視 (visual hallucination) 會出現例如：與死者一起吃飯、對話、嬉鬧等





## Heart diseases and counseling difficulties during mourning

- (3)Sense of guilt: Bereaved families blame the death of their loved ones on their own or others.
- (4)Hostility: Hostility is a common phenomenon of bereaved people. Yet this negative emotion is often unable to vent after the death of their loved ones, thus bereaved people tend to shift the blame to negligence of medical staff and unsatisfied medical care as well. Meanwhile, their family members usually accuse and shirk responsibility to each other.

- ▲ (3) 負罪感：將死怪罪在自己或他人的身上。
- ▲ (4) 敵意：敵意是喪親者經常出現的一種現象，在親人過世後的悲傷情緒無處發洩而針對醫護人員醫療疏失、看護病患不力、家人相互指責、推卸責任



## Heart diseases and counseling difficulties during mourning

- (5) Loss of capacity: Daily routines disorder, passivity, ordinary things need others to remind, ect. In the opinions of bereaved people, these habitual life patterns are necessary to complete with their loved ones instead of only their own. But now they are separated with the deceased, why are they do this meaningless things alone?

- ▲ (5) 行為能力的喪失：日常生活作息紊亂、被動無法自動自發、平日習以為常的衣食住行需要他人提醒…等，在喪親者眼中，這些習慣性的生活模式，是必需與親人一起完成的，如今天人永隔，為何要獨自完成這種沒意義的事？



## Heart diseases and counseling difficulties during mourning

- (6) Reproduction of behavior of the deceased: Under serious missing of the deceased, bereaved people will begin to imitate the personality traits of the dead, such as mental state of serious illness, mood of sadness, outfits, life interests, thinking mode, style of doing things, career ambitions, unfinished desires, etc.

- ▲ (6) 亡者行為重現：喪親者在對死者痛苦思念下，會開始模仿死者的人格特質，如：重病期的心理狀態、悲傷時的情緒、衣著外型裝扮、生活興趣、思維模式、處事作風、事業志向、未完成的遺願…等



# 暗示療法應用於喪親家屬

## ▲ 暗示療法又細分：

直接暗示

間接暗示

他人暗示

自我暗示

言語暗示

情境暗示



## The application of suggestive therapy in bereaved families

Suggestive therapy can be subdivided:

Direct hinting

Indirect hinting

Others hinting

Auto-suggestion

Verbal hinting

Situational hinting





# 古中国暗示治疗有：

Ancient China's suggestive therapy are as follow:



# 測字

▲ Divine by means of character



# 求籤

▲ Use oracle sticks to ask questions



占卜

▲ Divination



# 阴宅风水

- ▲ Geomantic omen of the house



# 观落阴

▲ Hell visit



# 观落阴網址

- ▲ <http://mmweb.tw/68695/>
- ▲ <http://www.qztao.url.tw/paper02.htm>
- ▲ <http://www.wugin.com/>
- ▲ <https://www.facebook.com/wuginTY>
- ▲ <http://ya674975.myweb.hinet.net/>
- ▲ <http://www.100tw.com/w/default.asp>
- ▲ <http://www.gogoworld.url.tw/titt/>
- ▲ <http://www.cihhang.org.tw/>



# The websites of hell visit

- ▲ <http://mmweb.tw/68695/>
- ▲ <http://www.qztao.url.tw/paper02.htm>
- ▲ <http://www.wugin.com/>
- ▲ <https://www.facebook.com/wuginTY>
- ▲ <http://ya674975.myweb.hinet.net/>
- ▲ <http://www.100tw.com/w/default.asp>
- ▲ <http://www.gogoworld.url.tw/titt/>
- ▲ <http://www.cihhang.org.tw/>





# 象徵治療應用於喪親家屬

- ▲ 意象是象征的主要元素，而相似性是串联两个或多个意象的催化剂，当丧亲家属极度思念和悲伤的情绪发生在睹物思人或触景生情时，似曾相似感的语言或行为都是诱发丧亲者寻求象征治疗的最佳时机。



# The application of symbol therapy in bereaved families

- ▲ Image is the main element of the symbol and similarity is the catalyst for two or more images in series. When bereaved families see the things of dead or being moved by what they sees, they'll be in deep thoughts and feelings of sadness. Similar language or behavior is an important incentive for the bereaved to seek symbol therapy.



# 笔仙

- ▲ Refer to the film *Bunshinsaba*/ Use the pen to divination



# 碟仙

▲ Use the plate to divination



# 问米

▲ Use the rice to divination



# 牵亡：又名牵亡歌阵

- ▲ The way to lead to the soul of the death by singing



# 冥婚

- ▲ Ghost marriage/ The living person get married with the dead



# Transference -focused psychotherapy and Simulacra treatment applied to the bereaved families

- ▲ Family members focus on the form for memory the dead, such as audio, video and text which the explicit memory of the five senses of something they can see, can hear, can touch , can smell and taste.





# 移情焦点治疗（transference-focused psychotherapy）与拟像治疗应用于丧亲家属

- ▲ 家属对死者的缅怀一般侧重在形体、音像、文字、味道等的视、听、触、嗅、味五感刺激的显性记忆（explicit memory）



On the basis of the classical conditioned reflex principle of Pavlov, if family member organize family simulacra of early intervention before the death coming, it is helpful to family member face to families death of conditioned reflex and empathy, also can prevent family member unpredictable Variation of excessive distress syndrome and some weird behavior early.



- ▲ Using the simulacra technology empathy like eating ecstasy, when medicinal attack, can happy for a while, however the loneliness and empty after will attack families, which can caused crazy and even death.



- ▲ 依据巴甫洛夫的经典条件反射原理，如果在家属生前开始筹办亲人拟像物的早期干预，有助于亲人死后出现条件反射和移情取代，并可以提早防范家属因丧亲所引发不可预期的过度哀伤症候群及其行为的变异。运用拟像技术的移情原理就像吃迷幻药一样，当药性发作时，可以迷糊又兴奋地快活一阵子，丧亲所引发的空虚寂寞是可以令人发疯甚至一心求死



According to Pavlov's classical theory of conditioned reflex, if the family members began to prepare quasi image for the early intervention of their loved ones, it not only can



# 下列是擬像與緬懷治療的臨床採用方法

- ▲ 遺物
- ▲ 實體信件（信件、包裹）：遺物與未來郵件。
- ▲ 虛擬信件（視頻錄像、電子郵件、短信）：  
重要紀念日的預約傳送功能。
- ▲ 仿真人（人形抱枕、充氣娃娃、ball jointed doll）
- ▲ 人體標本



# Simulation chatting service

- ▲ British the operators of telecom launched a bereaved family oriented chat software "Ash" after Charlie Brooker's "Black Mirror" (Black Mirror Series 2) the album launch. Families need to put some regular phone, photo, video, and be used in the Internet electronic mail, and cooperation with Facebook, Youtube, Twitter, Weibo, Line and other services, set up an information database of the dead.



# Simulation chatting service

- ▲ The software can imitate the typing of the dead language, voice tone, talked with bereaved families on the network or mobile phone text.





## 做真陪聊服務

- ▲ 英國電信業者在Charlie Brooker《黑鏡》(Black Mirror Series 2)影集推出之後，推出了面向喪親家屬的聊天軟件「Ash」，該服務只需要家屬把亡者親人平日電話、照片、視頻錄影以及在網路使用過的電子信件，並與facebook、youtube、twitter、weibo、Line等服務商合作，建立一個亡者信息數據庫。該軟件會模仿亡者的打字用語、說話語氣，與喪親家屬進行網路文字與手機做真對談。





# 科技協助喪親家屬進行哀傷輔導

- ▲ 以下哀傷輔導的早期預防干預技術，重點放在死者生前的信息採集工作：
- ▲ 未來郵件
- ▲ 3D投影
- ▲ Virtual Reality
- ▲ AR
- ▲ 精卵子銀行



# Hospice care and grief counseling to promote business opportunities

- ▲ Hospice care in social work is belong to the industry of high confidentiality, interdisciplinary strong, telecommunications industry services is also combined with E-commerce began the development in bereavement treatment industry such as the human cloning,



# Hospice care and grief counseling to promote business opportunities

- ▲ Full - body transplant, 3D projection, Virtual Reality, AR, the company of valentine gift , Trust company, online offerings, valet grave.



# 臨終關懷與哀傷輔導帶動 產業商機

- ▲ 臨終關懷社會工作是屬於私密性高、跨領域強的產業，電信行業服務之外還結合克隆人、人頭器官移植術（full-body transplant）、3D投影、Virtual Reality、AR、情人禮品公司、信託基金公司、網購祭品、代客掃墓等電子商務，打開喪親緬懷治療的產業發展。



**Thanks.**