



●以心為心 → Treat other's heart with one's heart "心病還需心藥酱" → Not pill medicines!!



如果一個普通年青人說他/她將來要做一位醫生 或律師

→ 好! 有夢想, 有理想, 有抱負, 有大志 (He/She got a dream of his/her life)

 如果精神分裂症人士, e.g., 一位十八歲精神分裂 症少女說將來她要做doctor, 要transform the mental health system

→她在發夢 (She is dreaming.), 癡人說夢話, 她在 幻想, 空想

→她有妄想(delusions, grandiose delusions, delusions of grandeur) → it's better to keep my dream to myself (Deegan, 2004:9).

• A survivor of schizophrenia, and a consumer advocate, Esso Leete (1989:199) says: • "Life is hard with a diagnosis of schizophrenia. I can talk, but I may not be heard. I can make suggestions, but they may not be taken seriously. I can report my thoughts, but they may be seen as delusions. I can recite experiences, but they may be interpreted as fantasies. • To be a patient or even ex-client is to be discounted."

Dreams Shattered (夢斷, 夢碎)

• Many of us [persons with schizophrenia] have experienced our lives and dreams shattering in the wake of mental illness, one of the most essential challenges that faces us is to ask, who can I become and why should I say yes to life? (Deegan, 1996a) ● → 夢断, 夢碎

Dreams Shattered (夢斷, 夢碎)

• When she was told to have schizophrenia, Deegan said: "I experienced a sudden flash of rage that was quickly followed by a shocked, numb sense that my whole world was crumbling and shattering. My teenage world in which I aspired to dreams of being a valued person in valued roles – of playing lacrosse (曲棍球) for the U.S. Women's Team ... -I felt these parts of my identity being stripped from me. I felt I was given, not a diagnosis, but a prognosis of doom. (Deegan, 1997:16)

Why Dreams Shattered (夢斷, 夢碎)?

 Schizophrenia is to psychiatry what cancer to general medicine: a sentence as well as a diagnosis. (Hall et al., 1985)

- Schizophrenia has been called the "cancer of mental illness" because we do not know what causes it or how to prevent it. (Austrian, 2005:90)
- Up to this point, investigators have not been able to identify a single factor that characterizes all patients with schizophrenia (Walker et al., 2004)
- It is among the most debilitating of mental illnesses (Walker et al., 2004) and responds to no particular treatment (Bentall, 1990 in Chan, 2004)
- The puzzle of schizophrenia has not yet been solved (Walker et al., 2004)

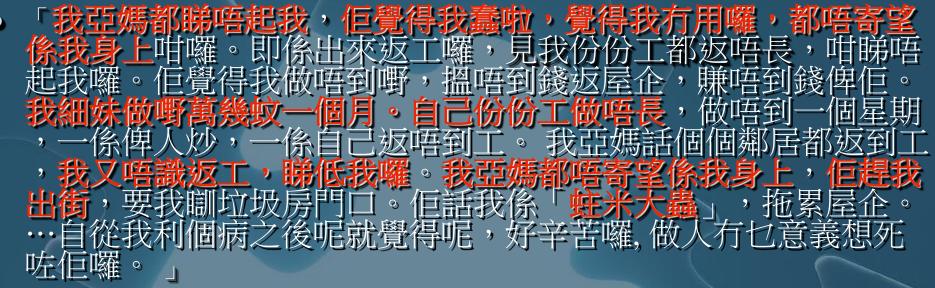
Dreams Shattered (夢斷, 夢碎)

- Many of us who have been psychiatrically labeled have received powerful messages from professionals who tell us that... Our futures are already sealed. (Deegan, 1996a)
- Once diagnosed with schizophrenia, professionals acted as if my future and my fate were sealed. Deegan (2004:6)
- He (Deegain's psychiatrist) said, "You have a disease called **chronic** schizophrenia. It is a disease that is like diabetes. If you take medications for the rest of your life and avoid stress, then maybe you can cope. (Deegan, 1996a)
- As he spoke these words I could feel the weight of them Crushing my already fragile hopes and dreams and aspirations for my life. (Deegan, 1996a)
 → 夢斷, 夢碎

Mental health professionals can do harm to service users Helping professionals can cause detrimental effects on the service users by providing them with a prognosis of doom, smashing their dreams and rendering them no hope for their future → 有夢想, 有將來 Mental health professionals/families have little / no expectations/hope on the persons diagnosed with schizophrenia ● 對他們有期望 → 令他們有希望 → no hope/no $goal \rightarrow no motivation \rightarrow doing nothing \rightarrow suicide$

Families have no expectation upon their members with schizophrenia

- Family's rejection, their not understanding, their having little or even no expectations/hope on their family members diagnosed with schizophrenia render the persons with schizophrenia hopeless, despair and even suicidal (行盼 之》)
- A 21-year-old young man says:



Families have no expectation upon their members with schizophrenia

- The contents of his auditory hallucination (a woman's voice kept urging him to kill himself: 但話我方用,叫我死咗佢) echo that his mother does not have any expectation / hope on him though he is the eldest son in a Chinese family:-
- 「幻聽呢,就聽到人哋開我囉,叫我去死咁樣囉。話我 有精神病,又話我有咩出息,叫我去死囉。叫我跳樓, 話我你有用嘅啦,去死咗佢啦。好辛苦囉,成日叫我去 死...我就割脈....嗰時第一次割脈都唔死得。」
 家人的排斥,對他們有期望 >令他們有希望/有盼望 > 絕望 >自殺