



基督教家庭服務中心  
從「能耐為本」出發：兩岸三地復康服務  
研討會

以心為心：  
精神分裂症人士的想和夢

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- **以心為心** → **Treat other's heart with one's heart**
- **“心病還需心藥醫”** → **Not pill medicines!!**



**想 = 思想 (thinking / thought)**

**想 = wants / desires**

**夢 = dream (V. / N.)**

**夢 → the royal road to the  
unconsciousness (Freud)**

**夢 = 夢想 (dreams / aspirations)**

- 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)
- → **夢斷, 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 (Deegan'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** → 冇夢想, 冇將來
- Mental health professionals/families have little / **no expectations/hope** on the persons diagnosed with schizophrenia
- **對他們冇期望** → **令他們冇希望** → **no hope/no goal** → **no motivation** → **doing nothing** → **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 (有盼望 → 絕望 → 自殺)
- A 21-year-old young man says:
  - 「我亞媽都睇唔起我，佢覺得我蠢啦，覺得我冇用囉，都唔寄望係我身上咁囉。即係出來返工囉，見我份份工都返唔長，咁睇唔起我囉。佢覺得我做唔到嘢，搵唔到錢返屋企，賺唔到錢俾佢。我細妹做嘢萬幾蚊一個月。自己份份工做唔長，做唔到一個星期，一係俾人炒，一係自己返唔到工。我亞媽話個個鄰居都返到工，我又唔識返工，睇低我囉。我亞媽都唔寄望係我身上，佢趕我出街，要我畀垃圾房門口。佢話我係「蛀米大蟲」，拖累屋企。…自從我利個病之後呢就覺得呢，好辛苦囉，做人冇乜意義想死咗佢囉。」



# 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: **佢話我有用，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**人哋鬧我囉，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，話我你冇用嘅啦，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，對他們冇期望 → 令他們冇希望/冇盼望 → 絕望 → 自殺**