



Dreams of persons with Schizophrenia

- **“I’ll become Dr. Deegan ... transform the mental health system so it helped instead of hurt people ... I’ll make the mental health system work the right way so no one else ever gets hurt in it again.”** (Deegan, 2004:8)
- **“ I made up my mind to become a doctor ... I decided that I wanted to get a powerful degree and have enough credentials to run a healing place myself. ”** (Deegan, 1996a) → **Delusions of grandeur???**



在夢中振翅高飛

- Delusions and hallucinations of persons with schizophrenia reflect their dreams:-
 - unfulfilled wishes and unmet needs for love and to love
 - dreams of fulfilling social expectations
 - desperate need / drive for power.
 - (Chan, 2004)



A hardened heart (心硬化/心死)

- Prior to becoming active participants in our own recovery process, many of us find ourselves in a time of great apathy and indifference. It is a time of having **a hardened heart (心硬化/心死)**.
- Nothing anyone did touched me or moved me or mattered to me. **I had given up.** (Deegan, 1996a)
- In the real world, people with schizophrenia very often experienced of the **trauma of being bullied, rejected, oppressed, discriminated against, not understood, not accepted, hurt and harmed** etc. → **have no more expectations from others/outside world, not caring any more → giving up communicating with the external world → retreated to their own worlds (seemingly unmotivated to others)**



A hardened heart → negative symptoms → a survival strategy

- When go beyond this picture of apathy, withdrawal, isolation, and lack of motivation and dig deeper:-
- **Are these merely the negative symptoms of schizophrenia?**
- → **becoming hard of heart and not caring anymore is a strategy** that desperate people who are at the brink of losing hope, adopt **in order to remain alive**. (Deegan, 1996a)



Dreams of persons with Schizophrenia

- **People with schizophrenia are no different from other ordinary people.**
- **They have normal needs, wants and desires**, just like each of us. They need **a sense of security**; they expect to have **a stable job with a reasonable and decent income, have a safe shelter, lead an independent living**, etc. (**Sandy's 期望/理想**: expect to have chance to improve her life/living, a stable job (no longer need to distribute pamphlets in the street), have her own public housing unit → independent living. Work hard to complete a course to obtain a certificate but difficult to concentrate and not easy to get course materials registered in her brain due to ... Her delusion that a woman always wants to steal her \$ → lack of sense of security, \$ → security (**Sandy's delusion (妄想)**: **有個女人要偷我嘅錢** → 每日去銀行打幾次簿, 仍然唔放心。))



Dreams of persons with Schizophrenia

- **People with schizophrenia also have their own dreams and life aspiration**, but **their roads** to realize their dreams and accomplish their life goals are **far more difficult** due to **adverse life circumstances**, extraordinary tribulations, **not supportive, not nurturing or even hostile environment**, **the catastrophic effects of mental illness**, etc.
- → **他們的夢難圓**



夢難圓

- 正常人都有老婆仔女啦。
- 陳姑娘，我俾1000蚊媒人費你，你介紹個女朋友俾我吖？
- → People with schizophrenia got **normal need/desire** to get married, just like ordinary people. They **do wish to lead a normal life**, to have their own children
- 正常嘅都唔會娶個有精神病啲做老婆啦。佢唔驚你斬佢呀？！
- → Strong stigma, internalized stigma, discrimination and self-discrimination make people with schizophrenia difficult to realize their dreams (不敢想, 不再有夢想→將來冇夢)
- → The **side effects of medication** make them difficult to fulfill **socially expected role** to provide for their family, esp. for males (唔敢諗結婚，自己衣、食、住、行都未搞掂。成日周身唔舒服，做唔到嘢...自己都未搞掂...唔敢諗結婚。)
- → **難圓結婚夢**



克服噩夢, 惡夢 (Nightmare)

- Sometimes **recovering from mental illness is the easy part. Recovering from these deep wounds to the human heart takes much longer.** (Deegan, 1996a)
- **Persons with schizophrenia need to recover from their nightmares (噩夢, 惡夢) (traumatic experience, e.g., childhood / early life experience of being abused/bullied)**



思覺失調三成曾遭校園欺凌

- 浸會愛群社會服務處委託香港理工大學進行「香港青少年校園欺凌現象與思覺失調研究」，於去年[2008] 5月至12月期間，研究481個患有焦慮症、抑鬱症、思覺失調等精神問題的個案。
- 研究發現，**272名思覺失調病人中，有三成即81人曾於校園內遭受各種欺凌。**理大應用社會科學系教授葉錦成指出，未發現校園欺凌直接導致受害者患上思覺失調，但研究結果顯示兩者關係緊密



夢難圓

在現實世界**夢難圓**→**振翅高飛**，只可在“**夢**”中（在他們的妄想世界 (in their delusional world) !!）

- 「隻冇禮鬼成日纏住我，叫我落陰間做佢老婆。」
- 「有個姑娘(nurse)鍾意我，我地有個十二歲女。」
- 「我係耶和華。」
- 「我係飛虎隊。」
- 「我係毛澤東個仔。毛澤東係皇帝，而我係一個太子。」
- 「滙豐銀行係我亞爸開嘅，我係滙豐太子爺。」
- 「我嘅祖先係外太空高等智慧嘅人類，係外太空有片樂土(有個家園)。我地要移民去外太空。」
- 「我已經成咗仙，要活著升天。」



在夢中振翅高飛

In phantasy [delusional world of persons with schizophrenia], **the self can be anyone, anywhere, do anything, have everything.** It is thus **omnipotent** [completely powerful] **and completely free** – but only in phantasy.

The self, as long as it is “uncommitted to the objective element”, is **free to dream and imagine anything.** Without reference to the objective element it can be all things to itself – **it has unconditioned freedom, power, creativity.** (Laing, 1960:88)



在夢中振翅高飛

- 面對外在不斷壓迫、欺凌的環境，精神分裂症人士，為求保存「自我」，只好把所有與外在現實世界有關的「自我」部分徹底摧毀，以保內在的自我部分得以解放和自由。脫離了現實世界的「自我」是不真實的，是一種幻象 (phantasy)。在幻象世界裏，因為缺乏與客觀現實世界的互動和聯繫，「自我」的自由及創造力不受任何現實世界的規範的束縛，什麼瘋狂自大的幻想都可以發生，可以說凡事都可能。也即是說精神分裂症患者的妄想和幻覺的內容可以天馬行空 (葉，2011)。