



# **A hardened heart → negative symptoms → a survival strategy**

- **Giving up was a solution for me.** The fact that I was **unmotivated was seen as a problem** by the people who worked with me.
- Staff will fail to recognize the intensity of the existential struggle that **the person who is hard of heart is struggling with.** The danger is that the staff will simply say this person just has a lot of **negative signs and symptoms and that's a poor prognosis and we mustn't expect much from this person.** Or staff may become judgmental and dismiss us as **simply being lazy and unmotivated.** Or the **staff may succumb to their own despair** and simply write us off as **being low functioning.**
- (Deegan, 1996a)



# **A hardened heart → negative symptoms → a survival strategy**

- **But for me, giving up was not a problem, it was a solution. It was a solution because it protected me from wanting anything.** If I didn't want anything, then it couldn't be taken away. If I didn't try, then **I wouldn't have to undergo another failure.** If I didn't care, then **nothing could hurt me again. My heart became hardened.** (Deegan, 1996a:93)



# A hardened heart → negative symptoms → a survival strategy

- “We tried and failed and tried and failed until it hurt too much to try anymore. ... In a last, desperate attempt to protect ourselves we gave up. We gave up trying to get well.”
- **Giving up was a solution for us. It numbed the pain.** We were willing to sacrifice enormous parts of ourselves in order to say “I don’t care”.
- Our personhood continued to atrophy through this adaptive strategy of not caring anymore. (Deegan, 1996b:5)



# **A hardened heart → negative symptoms → a survival strategy**

- We **grow hard of heart** and attempt to stop caring. It is safer to become helpless than to become hopeless. (Deegan, 1996a)
- **Giving up is a way of surviving in environments which are desolate, oppressive places and which fail to nurture and support us.** (Deegan, 1996b:8)



# Recovery as a journey of the heart

- **A hardened heart (心硬化/心死)**
- **→ protection of the self from further harm, from complete collapse**
- **When we see beyond the superficial symptoms  
→ dig deeper**
- **→ We discover their strengths, their survival strategy, and coping response**



# 以心為心

以心、以愛、以愛心  
軟化已硬化/已死的心

**Don't give up, don't be disheartened, lose heart/passion. Don't be frustrated (灰心, 心灰)**

- **The person with a hardened heart will reject, reject, and reject again these invitations to choose.**
- **Staff must not fall into despair, feel like their efforts are futile, grow hard of heart, and stop caring themselves (灰心, 心灰).**
- Staff must role model hope and continue to offer options and choices even if they are rejected over and over again. (Deegan, 1996a)



**Don't give up, don't be disheartened, lose heart/passion. Don't be frustrated**

- **Mental health professionals must keep knocking on the door of clients/clients' hearts**
- **→ don't give up, don't be disheartened, don't lose heart/passion. Don't be frustrated (灰心, 心灰)**

**忙≡心亡→心死**

- **Don't lose our heart/passion with the excuse of being busy, having heavy workload, or being frustrated with agency/mental health systems**



# 以愛為本，用心去愛

- **“If we can allow ourselves to be human enough and vulnerable enough to both move and be moved by the suffering of those we work with, then our praxis [practice] is empowering.** ... there is even a deeper value at the heart of the concept of empowerment. That value is love. That value is to love the people we are called to work with. ... The power in empowerment is love.” (Deegan, 1997:15)



# 以愛為本，用心去愛

- “生命影響生命” is not merely a slogan
- → 以愛為本，用心去愛
- → 以心、以愛、以愛心軟化已硬化/已死的心
- → 要用愛、要用心才可以與 client 同步，同痛心，同傷心，同憂心，同開心



# Let's them pursue their dreams

- **Individuals with schizophrenia should be seen as heroes.**
- **They are incredibly strong and have fiercely tenacious spirits**
- Mental health professionals **must not rob them of the opportunity to fail.** Professionals must **embrace the concept of the dignity of risk and the right to failure** if they are to be supportive of persons with schizophrenia. (Deegan, 1996a)
- **→encourage them to pursue their dreams**
- **→create a more nurturing environment (reduce discrimination, more supportive employment, housing policy, etc.) to facilitate them to realize their dreams**



# **There is hope for recovery, and full recovery is possible!!**

- Psychiatric problems become **a fact of life, but not the whole of one's life, not the core of one's life.** (Ridgeway, 2001:339)
- **Many people with the disorder lead rewarding and meaningful lives** in their communities.
- E.g., John Nash - the Nobel Prize Winner
- Patricia, E. Deegan, Ph.D. – an advocate of the mental health Recovery Movement, and a clinical psychologist and trainer of the University of Kansas School of Social Welfare



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