

Implication for mental health practice

- We must restore clients' hope and provide them with a hope for recovery as hope can serve to fuel motivation for change and for active participation.
- (Liberman & Kopelowicz, 2005:735)



John Nash: Genius, Nobel & Schizophrenia



- John F. Nash (1928 -)
- John Nash was diagnosed having paranoid schizophrenia in 1959 at the age of 31.
- Nash, a mathematical genius, whose dissertation, "Non-Cooperative Games," written in 1950 when he was 21, was honored with the Nobel Prize in Economics in 1994.
- Movie: A Beautiful mind (有你終身美麗) (2001)



Was Vincent van Gogh mentally ill??



- Vincent van Gogh (1853 - 1890), was born in Dutch, produced more than 2,000 art works.
- He cut off part of his left ear and later ended his life by suicide at the age of 37.
- (Bipolar?? Schizophrenia??)
- (V. creative and productive)

Beautiful mind of persons with schizophrenia

- Their dreams and thoughts, and the inner world of people with schizophrenia are too beautiful for us ordinary people to appreciate; they are not easily understandable to us. We need to listen to them (their stories/dreams/thoughts) with heart.
- 精神分裂症人士的“想”和“夢”實在太豐富，太美麗了，平凡的我們不易理解，不易明白他們的内心世界。
- 我們要真正用心聽，才能明白他們的夢與想。
- 請用心聽以下的歌:-



Starry Starry Night

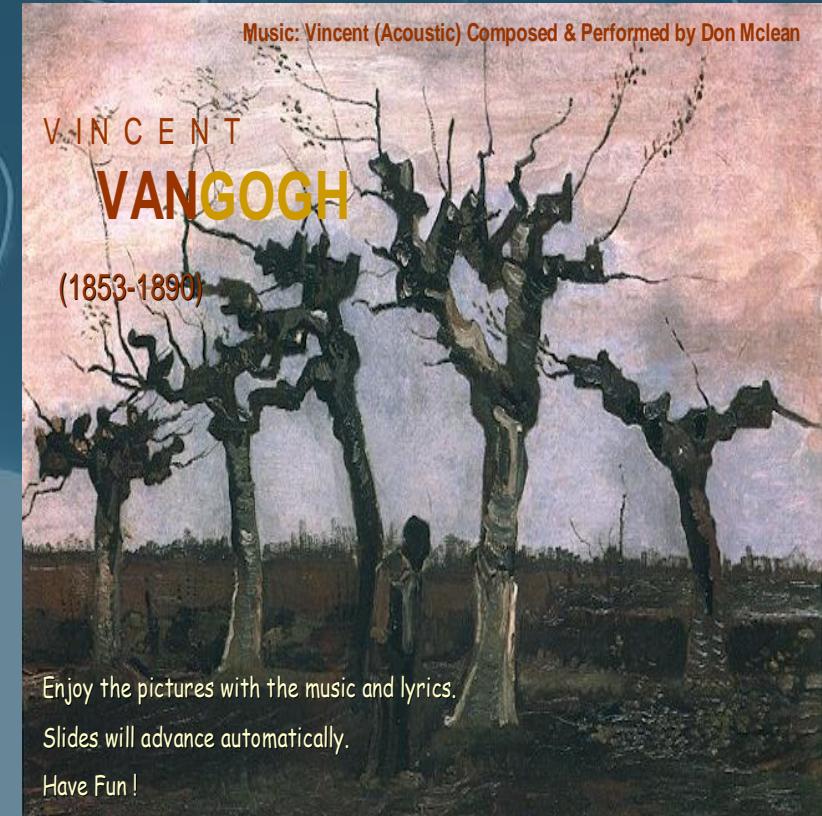
- <http://www.youtube.com/watch?v=oxHnRfhDmrk&feature=related>



Vincent van Gogh



- ***The Starry Night***,
- **Vincent van Gogh, 1889**



A beautiful mind of a person with schizophrenia

- The inner worlds the people with mental illness, especially of those with psychosis, are so abundantly rich and amazingly full of colours and ideas, and so on.
- However, for us who have never been psychotic, **we do not know what they tried (try) to say** to us (their psychotic symptoms/ behaviors/art works etc. are actually their expressions of their inner worlds).
- **We would not listen** to them/their psychotic experience as we assume they're insane.
- **We do not know how** (to communicate with them)
- The (Our) world never meant for one as **beautiful as Vincent van Gogh** and John Nash (*A beautiful mind*).

- But today, we would listen to them and we know how, i.e., **with our human heart!!**
- **Note:** people struggling with schizophrenia **do not only need medication but also empathy**
- **Medication is not a substitute for human understanding.**
- People suffering from schizophrenia **need empathy as much as medication.**
- While their **body needs antipsychotic medication to suppress hallucinations and other symptoms, the self needs more. It needs understanding.** (Doubt, 1996 in Chan, 2004)

醫治思覺失調 輔導好過用藥

思覺失調病人自我形象低落，需要別人長期支援。香港大學為近百名思覺失調患者進行為期六個月的早期干預治療，包括心理健康教育、行為治療及工作技巧訓練等，發現其社交及工作能力均有顯著改善；相反，**單靠藥物控制病情無助提升患者能力。**

港大於09年起推行「賽馬會思覺健康計劃」(JCEP)，為初次發病的26歲至55歲思覺失調患者提供度身訂做治療方案。84名經醫管局轉介的病人參加JCEP半年後，其社交及工作能力分數由平均56分提升至65分（滿分為100分），令他們在工作效率、自我照顧及獨立生活等方面，由中下提升至中等水平。**反觀39名單靠藥物控制病情的患者，其能力每况愈下**，平均分由62分微跌至59分。

此外，JCEP病人辨認數字及符號的能力，**進步幅度遠比單靠藥物治療的大**。港大醫學院精神醫學系教授陳友凱表示，思覺失調患者發病後一般會留院數周觀察病情，出院後便單靠藥物控制病情，醫生跟進時間僅限於每月覆診的數分鐘，支援嚴重不足。

JCEP個案服務主任蔡韻齡及陳詩韻表示，**要制訂符合病人需要的療程，先要與他們建立互信關係，繼而透過各種活動及訓練去提升其自信**。蔡韻齡說一名婦女患者參加義工服務後，**發現自己仍有能力幫助別人，自此不再封閉**。



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