

# 身心障礙兒童手足情緒表達之藝術治療團體研究

## 摘要

本主旨在探討藝術治療團體對身心障礙兒童手足情緒表達之成效，本研究對象為「財團法人天使心家族社會福利基金會」之會員家庭中的身心障礙者的健康手足，每週進行一次，每次二小時，連續八週的藝術治療團體，成員共計六位(男三名、女三名)，平均年齡為 10 歲到 11 歲，成員其障礙手足的障礙類別皆不同。

透過藝術創作來幫助身心障礙者兒童手足表達、宣洩、抒發其壓抑的情緒，而團體可讓彼此分享相似的生活經驗，製造普同感與情緒支持的氛圍。本研究方法採質性內容分析法，針對成員在團體中的情緒表達方式或情緒主題進行蒐集、分析與歸類，研究結果發現如下：

- 一、參與團體的過程，手足的情緒有「害羞」、「緊張、不安」、「興奮」、「無聊」、「冷漠」，其表達方式在團體前、後時期有些差異和正向的改變。
- 二、在生活中，手足容易產生負向情緒的特定情境，確實與身為身心障礙者的手足有關。手足特定的負向情緒有孤單、不耐煩、委屈、生氣、憤怒、難過。
- 三、身心障礙者父母需重視手足間公平性，用具體的行為表達對手足的關心。
- 四、雖成員其障礙手足的障礙類別皆不同，但在生活經驗上依然有共同性，因為手足的心理壓力來自於擁有相同的家庭結構，而障礙類別並非關鍵因素。
- 五、藝術治療團體中，即使不用語言也可表達內在的渴望和期待；與特定媒材的接觸，讓成員和成員間產生正向的連結。

關鍵字：藝術治療、藝術治療團體、身心障礙者、手足、情緒表達

# **An Art Therapy Group Focused on Emotional Expression for Siblings of Developmentally Delayed Children**

## **Abstract**

The purpose of this research is to explore the effectiveness of art therapy in helping siblings of developmentally delayed children express their emotions. The participants of this research are healthy developmentally children who have developmentally delayed siblings including all members of “Angel Heart Family Social welfare Foundation”. The researcher led an art therapy group once a week, two hours per-week, for a total of eight weeks. There were six members who attended this group (3 male, 3 female). Their average age is between ten and eleven and the impairment of their siblings are all different.

Though art-making in a group setting, siblings of developmentally delayed children can express, release, and relieve their suppressed emotions, and allow them to share similar life experiences, normalizing their feelings and creating a supportive atmosphere. This is a content analysis of a qualitative research; focusing on observing, analyzing, and grouping the members’ types of emotional expression or themes of emotion within the group. Below are the findings:

1. While attending the group, siblings of developmentally delayed children displayed various emotions such as: timid, nervous, anxious, excited, bored and detached. Such emotions have a positive adjustment through the process of this group.
2. It is found that siblings of developmentally delayed children often display negative emotions towards specific situations related to their developmentally delayed siblings. The emotions are lonely, impatient, injustice, anger, rage and sadness.
3. Parents of developmentally delayed children need to value the importance of fairness between the siblings, using concrete actions to express care for their healthy developing children.

4. Although the impairments of their siblings are all different, siblings of developmentally delayed children share common life experiences, due to the similar family structure of having a developmentally delayed child which leads to inner stress. There are no different results found between the variation of their siblings impairments.
5. Within the art therapy group, even without verbal communication, inner hope and expectations can still be expressed. Through connecting with various art materials, members can also form positive connections with each other.

**Key words:** art therapy, art therapy group, individuals with disabilities, sibling, emotional expression

