

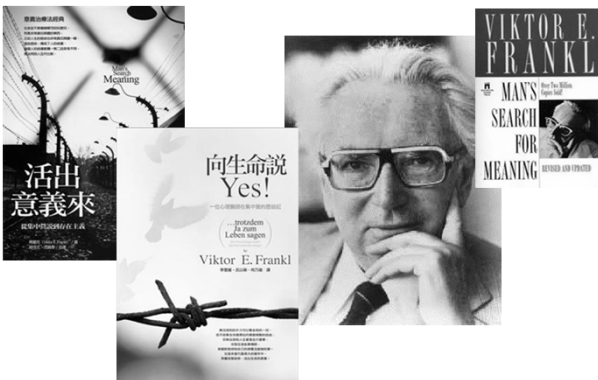
Psychosocial care for demoralization: Helping patients to develop sense of meaning
如何協助「失志」病人在生活中建立意義

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Demoralization 「失志」?

- 意志消沉...
- 失去「意志」? 什麼意志?
- Viktor Frankl: Will to meaning (尋找/尋求意義的意志)

Viktor Frankl: Logotherapy 意義治療



Searching or not (在尋找嗎?)

- Searching but no meaning can be found or only meaninglessness is experienced
- Cannot see the hope.....stop searching

Helping others who are demoralized to search for meaning (協助意志消沉的人尋找意義)

- Never easy: for you and for him/her
- Have you prepared yourselves to face the challenges in that process?

Impact on self (對自身的影響)

- Research on "Self-competence in Death Work" among helping professionals (Chan, Tin, & Wong, 2016; Chan, Tin, Wong, Tse, Lau, & Chan, 2016)
- Impact on self: emotional and existential challenges
- Consequences: burnout, compassion fatigue, unable to show empathy, unable to accompany him/her to search for meaning in sufferings

One possibility (其中的一個可能性)

- You are also confronted by the existential issues, e.g. death anxiety, meaning in life
- You also experience the existential distress
- You also lose your sense of meaning in life
- You feel helpless and hopeless

Ineffective coping (無效的應變方法)

- Detach and depersonalization
- Pretend to ignore others' sufferings

How can we help a demoralized person to search for meaning?

如何協助意志消沉的人尋找意義

Self-care 自我照顧

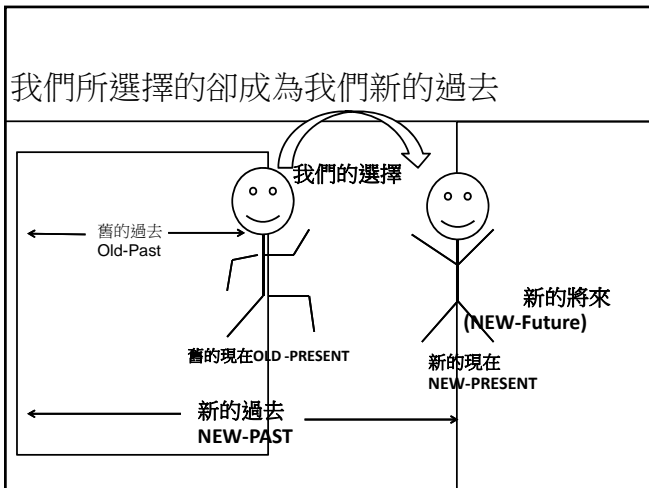
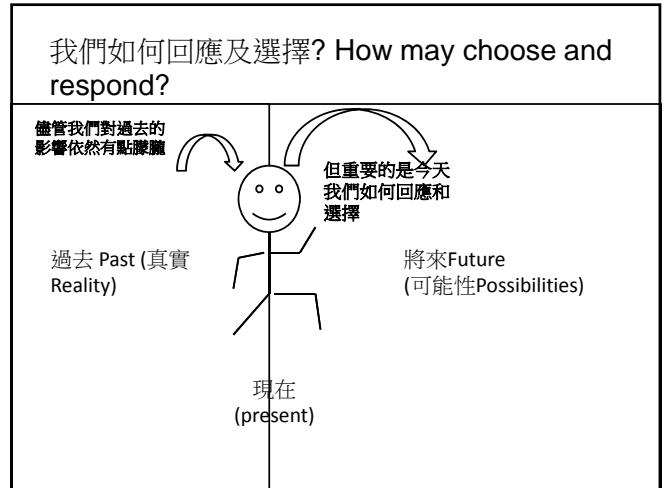
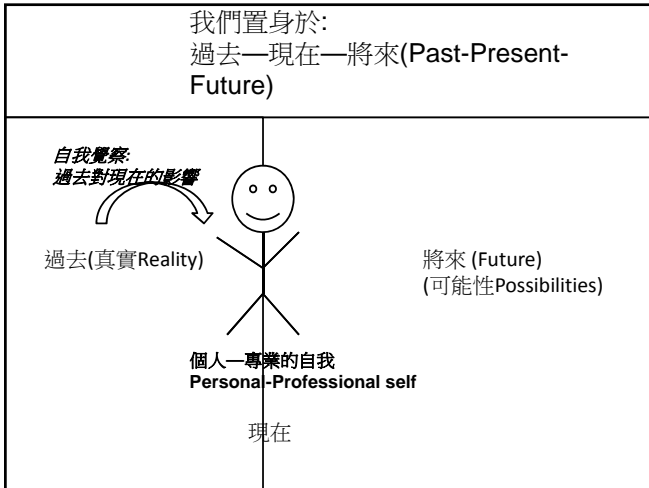
- Another big topic
- Existential: Acceptance, Belief, Commitment
- Emotional: Appreciation, Balance, Coping

Avoid (避免)

- Over-positive (e.g. life is beautiful...)
- Pushing too hard (e.g. you cannot be like this; you should cheer up)
- Too many advice and suggestions (e.g. you may try this...you may try that...)

Proactive view of time in logotherapy
意義治療的時間觀

- **Our responsibility: we choose what become part of the eternity**



- Source of meaning (意義的來源):
Actualizing the values (實踐價值觀)
(Frankl, 1984)
- Creative value (e.g. achievement, creation)
 - Experiential value (e.g. appreciate the beauty and nature; relationship)
 - Attitudinal value (e.g. positive attitude towards sufferings)

- Something/Someone we still care? (一些我們依然著緊的人和事)
- Understand his/her values, dreams: What may he/she still do and experience?
 - Instilling hopes is important: what are the possibilities despite the limitations?

- Listen carefully (小心聆聽)
- Be patient to listen
 - Can we pick up the key words/messages? These may be something/someone they still care

Identify the inconsistency (找出不一致的地方)

- "If she is the person you treasure, why don't you do something for her?"
- "You said life is meaningless for you...but I can feel your joy when you talk about your grandchildren/family members"
- By identify the inconsistency, we may have a chance to help the patient to see their "meaning"

Little by little; Step by Step (一點一滴，一步一步)

- You will never walk alone: support and encouragement
- Change is difficult especially at the beginning
- Respect his/her choice and pacing: a small change is already a big step

Modifying the attitudes (改變態度)

- Frankl continued "You see such a suffering has been spared her; and it is you who have spared her this suffering; but now, you have to pay for it by surviving her and mourning her." The man said no word, but shook Frankl's hand and calmly left his office." (*Man's Search for Meaning*)

The meaning is there... (意義就在那裡)

- We may see the meaning if we change our attitudes/ perspectives
- But again.....follow his/her pacing
- Your genuine sharing/ Ask a simple question: more effective than asking many questions (we are not debating)

Modifying the attitudes (改變態度)

- Principles: is this the only way of facing the situation? Other possibilities/ perspectives?
- "Why am I suffering? Why don't I die earlier?"
- Suffering? Dying? Or are we still living?

Try to think of your own experience (回想你自己的經歷)

- Did you experience the differences when you change your attitudes/perspectives in seeing things?
- You will then better understand the power of "modifying attitudes".....

Our own attitudes.....
(我們的態度)

- “Searching” / “Living” is already the meaning
- Accept the fact: “we may feel that life is meaningless”, “I cannot find any meaning...”

What I learnt from Frankl.....
(我從Frankl學習到的東西)

- With a deep understanding on sufferings, I still dare to say “Life is meaningful despite all the sufferings”

Allow me to....(容許我)

- Send my regards and support to all of you:
 - Those who are now experiencing sufferings
 - Those who are now accompanying someone who is in sufferings

Thank you

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