

自我治療

婦女如何走出兒時
受虐的陰影



Helping Yourself Heal

A Recovering Woman's Guide to Coping With Childhood Abuse Issues



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov



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引言

開始接受毒品治療的你，心中必是百感交集。這些感受或許痛苦、難以理解、甚至難以忍受。你可能感到：

- 害怕
- 無助
- 罪惡感
- 羞愧
- 焦慮
- 情緒低落
- 生氣
- 自責
- 無法與家人和朋友溝通交往
- 不理智
- 麻木
- 有自殺的念頭

開始接受毒品治療的婦女，或多或少都會有以上幾類的感受，但對兒童時期受過虐待的婦女來說，這些感受可能更為強烈。在痛苦難忍之下，有的婦女會不顧一切來尋求自我安慰，包括使用毒品或酒精。

Helping Yourself Heal A Recovering Woman's Guide to Coping With Childhood Abuse Issues

Introduction

Now that you're in treatment for substance abuse, you may begin to have many different feelings. At times, these feelings may be painful, and you may have a hard time understanding or coping with them. You may feel:

- Fearful
- Helpless
- Guilty
- Ashamed
- Anxious
- Depressed
- Angry
- Bad about yourself
- As if you can't connect with family or friends
- As if you're crazy
- Numbness or nothing at all
- As if you want to die

Some of these feelings are common for any woman who starts treatment for substance abuse, but the same feelings may be stronger for many women who were abused in childhood. The pain may be so great that a woman may do anything to cope with her feelings, including using drugs or alcohol.



接受治療的婦女中，有人無法清楚記得自己曾經受過虐待，但能感受到一些以上所列舉的心理反應。有些婦女可能極力壓抑過去痛苦的記憶，因此，她們無法解釋為何自己總是容易動怒、害怕某人、作惡夢、或是為何總有大禍臨頭的感覺。有時在戒酒或停止使用毒品之後，或在接受治療之中，以往被壓抑、或被毒品和酒精阻隔的記憶，又會浮現出來。

探討兒時的記憶或遺忘的片段，有助於你的毒品治療。只有勇於面對過去的痛苦，才能專注於當前的生活。

什麼是兒童時期虐待？

虐待有許多定義，有時很難判定你在兒童時期是否受過虐待。你曾接受的一些懲罰或對待，甚至可能被視為正常方式。但請你思考以下所列舉的問題。在一般認知下，以下經歷被視為虐待。也許你還有其他受虐待的經歷，但沒有被列舉出來。

Some women in treatment for substance abuse don't clearly remember being abused, but they have some of the feelings mentioned here. Some women may have pushed the memories of the abuse so far away that they may not be able to explain why they feel intense anger, fear a particular person, have nightmares, or always believe something bad is about to happen. Sometimes, after people stop drinking or using drugs and are in treatment, memories may surface that were too painful to remember before or that were blocked from memory by drugs and alcohol.

Working through childhood memories or memory lapses can help you when you're in substance abuse treatment because facing past pain can help you focus on your present life.

What Is Childhood Abuse?

Abuse has many definitions, and sometimes it can be hard to know whether what you went through as a child was abuse. At the time, the way you were punished or treated may have seemed normal. Here are some questions to think about. **These questions ask about just a few experiences that are generally considered abuse.** You may have had other experiences that are not on this list but are still considered abuse.



你還記得你小的時候，有人：

- 對你採取極端的懲戒或懲罰嗎？
- 使勁揍打你，在你身上留下瘀痕、破皮傷口、或骨折骨裂？
- 對你拳打腳踢？
- 故意做出讓你覺得不舒服或無助的行為？
- 叫你外號，或以狠毒的語言傷害你？
- 家庭成員或其他親近的人士 指責或取笑你的身體特徵，如你的頭髮、膚色、體形、或殘疾？
- 向你說猥褻的話，看你脫衣或洗澡，給你看黃色圖片或電影，或拍你暴露的照片？
- 猥褻你，或者強迫你撫摸自己，或撫摸別人？
- 強迫你觀看別人的性行為？
- 強迫你性交？

Do you remember anyone when you were a child:

- Using extreme discipline or punishment on you?
- Spanking or hitting you so hard that it left bruises, cuts, or broken bones?
- Beating or punching you?
- Acting in a way that made you feel uncomfortable or powerless?
- Calling you names or abusing you verbally?
- Among family members or others close to you, criticizing or making fun of your physical characteristics, such as your hair, your skin color, your body type, or a disability?
- Talking to you in a sexual way, watching you undress or bathe, showing you pornographic pictures or movies, or photographing you in inappropriate ways?
- Touching you sexually or making you touch yourself or someone else sexually?
- Forcing you to watch others acting in a sexual way?
- Forcing you to have sex?



受虐待的症狀是什麼？

兒童時期受虐待的負面影響可伴隨你步入成年。除了常常生氣、擔心、羞愧、或情緒低落外，你也許：

- 當時受虐待的記憶又浮現腦海
- 經常做惡夢
- 對噪音或體膚接觸極為敏感
- 總是預感壞事來臨
- 讓別人虐待你或佔你的便宜
- 不記得生命中某個階段的事情
- 感覺麻木。

當你感受壓力，或遇到一些事讓你回想起受虐經過的時候（譬如你與親人不和時），以上列舉的狀況也許會越來越嚴重、越來越強烈。如果你想傷害自己、或有自殺的念頭時，請立刻告訴你的心理輔導員、或打緊急熱線電話、或911。

What Symptoms Could You Have If You Were Abused?

The effects of childhood abuse may be with you as an adult. As well as feeling angry, anxious, ashamed, or depressed, you may:

- Have flashbacks of the abuse
- Have frequent nightmares
- Be very sensitive to noise or being touched
- Always expect something bad to happen
- Let people abuse or take advantage of you
- Not remember periods of your life
- Feel numb.

These feelings may get worse or become more intense when you're stressed or in situations that trigger memories of the abuse, such as when you fight with someone close to you. **If you feel like hurting yourself, or are thinking about suicide, tell your counselor immediately, or call an emergency hotline or 911.**



在治療期間，如何談論你兒童時期受虐待的問題？

治療的第一個月，你應該專注於戒毒或戒酒，清理你的思維，建立健康的思想及行為模式。起初你也許不願談論痛苦的過去。當你戒了毒也戒了酒，與輔導員建立了牢固的關係，與不吸毒、不酗酒的人交了朋友之後，你也許能逐漸敞開心來面對這個問題。

然而，如果你的感受過於強烈和痛苦，並想立刻把你的經歷講出來，請記住，**無論何時**，無論你處於任何康復階段，你總是能得到幫助。許多與你一樣的婦女，已經解除了她們的痛苦，現在過著幸福、美滿和遠離毒品的生活。

How Can You Address Childhood Abuse Issues While You're in Treatment?

For the first month or so of substance abuse treatment, you'll be focusing on getting the drugs or alcohol out of your system, clearing your head, and establishing healthy patterns of thinking and behaving. You may want to put off addressing painful past abuse until you are comfortable being drug and alcohol free, establish a strong relationship with your counselor, make new friends, and build relationships with people who do not abuse drugs or alcohol. Then you may begin to feel safe enough to think about this issue.

However, if the feelings are too overwhelming and painful, or if you feel that you must address them right away, know that you can raise the issue **whenever** you want or need to. No matter what stage of recovery you're in, help is available for you. And remember: Many other women have worked through their pain and now lead happy, fulfilling, drug-free lives.



何時與輔導員談論你受虐待的問題，完全由你自己決定。重要的是，**你要做好心理準備**。也許這是你第一次向別人談論你兒時的痛苦經歷。在描述家人或親人如何虐待你時，也許你會感到內疚或不忠，並且害怕家人知道後可能作出反應。請記住，**這些感覺和恐懼是完全正常的**。不要猶豫，請和你的輔導員談論這些感覺。

別讓兒時受虐的無助，阻擋了你今日接受心理輔導的信心。**兒時的你無法保護自己，但現在你已成年**。勇於談論過去，是你成功療程的開始。

It's up to you to decide when to discuss abuse with your counselor, but it is important for you to raise the subject **when you are ready**. This may be the first time you've ever told anyone about what happened to you as a child. You may feel guilty or disloyal talking about a family member or another person close to you. You may fear how your family will react to you after you've talked about what happened. **All of these feelings and fears are very normal**; talk about them with your counselor.

Sometimes, it's hard to remember the difference between what you felt as a child victim and the choices you have as an adult in counseling. **You could not protect yourself then, but you can now**. As an adult, you can talk about what happened to you and you can begin to heal.



心理輔導員如何幫助你？

你要瞭解，美國各州都要求心理戒毒輔導員向當局報告虐待案例。如果你不足18歲，請向你的輔導員查詢本州年齡方面的規定。如果你已成年，輔導員沒有義務報告你的案例。可是，如果施虐者仍有接觸和傷害兒童的可能，輔導員就有義務向當局報告。

當與輔導員或治療師討論你的經歷時，痛苦的記憶和感覺會浮現出來，以致難於談論下去。有時這些強烈的反應會再度引發你的毒癮或酒癮。輔導員或治療師能夠幫助你瞭解過去受虐和今日吸毒之間的關係，他們也能夠幫你適應這些心理反應。

How Can Your Counselor Help?

It's important that you know that all States require mental health and substance abuse counselors to report abuse. If you're younger than 18, talk to your counselor about your State's requirements. If you're an adult, your counselor is generally **not** required to report the childhood abuse. The exception is when the abuser still has access to children and may harm them.

As you and your counselor or therapist talk about your experiences, your talks may become more difficult when painful memories and feelings arise and you look more closely at the past. Sometimes, these overwhelming feelings contribute to a drug or alcohol relapse. A counselor or therapist can help you understand the relationship between the abuse in your past and your substance abuse. He or she can help you cope with your feelings better so that you won't become overwhelmed.



戒毒輔導員也可以為你介紹一位專精兒童虐待的輔導員或治療師。討論虐待問題是要花時間的，你需要與治療師建立一種長期的合作關係。他不僅伴隨你完成治療，而且在你完成了戒毒治療之後，還將繼續為你提供幫助。

除了為你介紹專業的治療師之外，戒毒輔導員也可為你介紹合適的自助組織。例如 Survivors of Incest Anonymous。如果你的家人有毒癮或酒癮的歷史，以下的組織會對你有幫助：Adult Children of Alcoholics 或 Co-Dependents Anonymous。

結束語

作為戒毒中的婦女，你已在巨大的挑戰中挺立。接受戒毒治療需要付出很大的勇氣抉擇。這是值得嘉許的。你將會痊癒，並將擁有幸福、健康的生活。

Your substance abuse counselor also can help you find a counselor or therapist who specializes in working with people who have been abused as children. Addressing child abuse issues takes time; you'll need to develop a relationship with a therapist who can work with you now and who will continue to work with you after you've finished your treatment for substance abuse.

In addition to helping you find a skilled therapist, your substance abuse counselor can help you find self-help groups, such as Survivors of Incest Anonymous. If you grew up in a family in which one or more members had addiction issues, groups like Adult Children of Alcoholics (ACA) or Co-Dependents Anonymous (CoDA) might also be very helpful for you.

A Final Note

As a woman in recovery from substance abuse, you've faced great challenges and survived. It is a tribute to your strength that you've made the courageous choice to enter a substance abuse treatment program. You deserve the chance to heal and live a happy, healthy life.

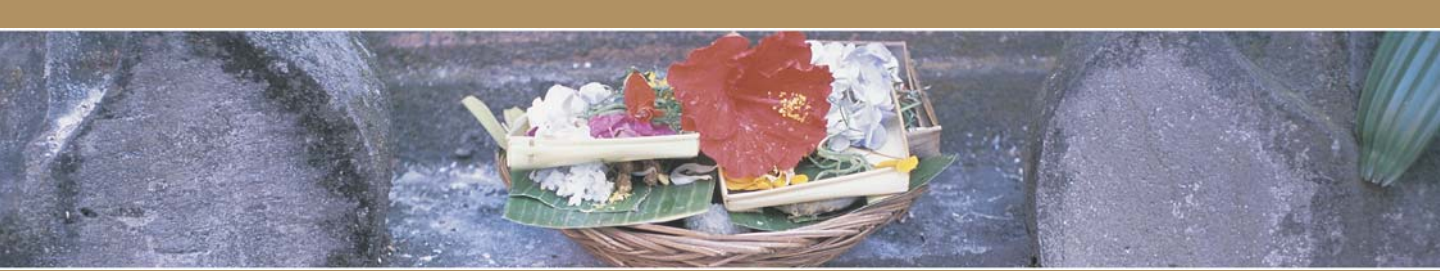


你將面對挑戰，但你有能力使事情變得更好。像許多人一樣，你也能成功戒毒。記住，**你不是孤立無助的**。請利用社會上各種的資源和組織，來幫助你脫離毒癮，並達到你的戒毒目標。當你不再使用毒品，你的機會就越多。當你與輔導員或治療師建立起信任關係時，你已開始邁向痊癒。你今日戒毒的勇氣抉擇，日後也可幫助其他戒毒者脫離毒癮。

要有耐心。醫治需要時間，但為了你的痊癒和健康，今日的付出是值得的。

You will face challenges, but you have the ability to make things better. You can do this, as many have before you. Remember: **You are not alone**. Use the many resources and support networks available to help you feel safe and to keep you moving toward your goal. As you stay sober, your options grow. As you create a trusting relationship with your counselor or therapist, you begin to heal. And the courage you find to help yourself heal may one day help another person who is lost in addiction and pain.

Be patient with yourself. Healing takes time, but it's worth it – because you are.



聯邦資源

- SAMHSA的全國酒精與毒品信息交換站 (NCADI),
www.ncadi.samhsa.gov,
800-729-6686, 或
800-487-4889 (TDD)
- SAMHSA的毒品治療機構中心,
www.findtreatment.samhsa.gov
800-622-HELP
- SAMHSA的全國心理健康信息中心
www.mentalhealth.samhsa.gov
800-789-2647

其他資源

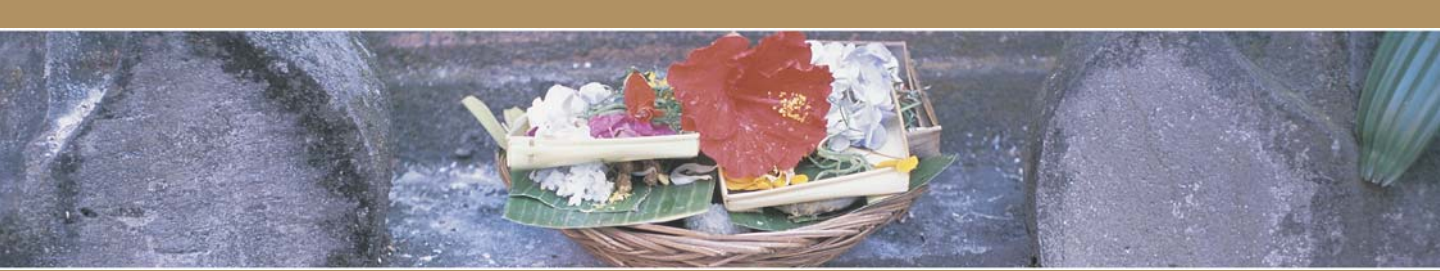
- 如酗酒者的成熟兒童,
www.adultchildren.org,
310-534-1815
- 互靠者匿名 (CoDA),
www.codependents.org,
602-277-7991
- 情感匿名國際,
www.emotionsanonymous.org,
651-647-9712
- 全國受虐兒童和遺棄兒童信息交換中心,
www.calib.com/nccanch,
800-394-3366

Federal Resources

- SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI), www.ncadi.samhsa.gov, 800-729-6686, or 800-487-4889 (TDD)
- SAMHSA's Substance Abuse Treatment Facility Locator, www.findtreatment.samhsa.gov, 800-622-HELP
- SAMHSA's National Mental Health Information Center, www.mentalhealth.samhsa.gov, 800-789-2647

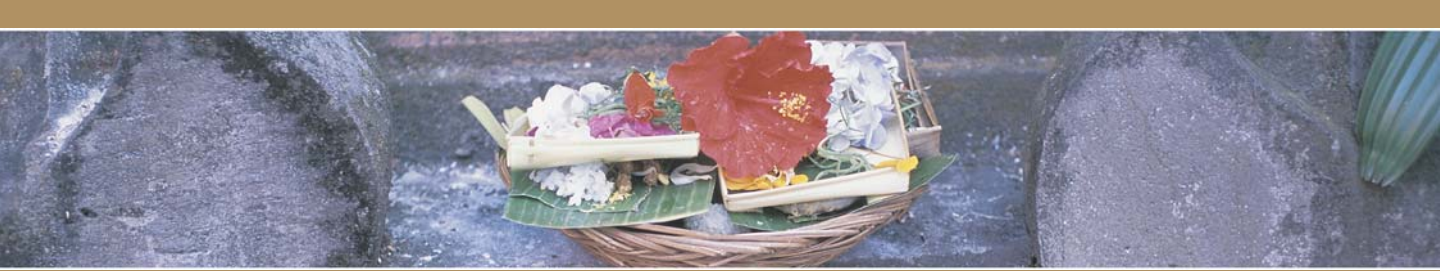
Other Selected Resources

- Adult Children of Alcoholics, www.adultchildren.org, 310-534-1815
- Co-Dependents Anonymous (CoDA), www.codependents.org, 602-277-7991
- Emotions Anonymous International, www.emotionsanonymous.org, 651-647-9712
- National Clearinghouse on Child Abuse and Neglect Information, www.calib.com/nccanch, 800-394-3366



- 全國心理健康協會，
www.nmha.org, 800-969-6642
- 全國心理健康消費者自助信息交流中心，
www.mhselfhelp.org,
800-553-4539
- 父母匿名，
www.parentsanonymous-natl.org
909-621-6184
- 創傷失調症者聯盟，
www.ptsdalliance.org ,
877-507-PTSD
- Sidran 研究所，
www.sidran.org/resourcesurv.html, 410-825-8888
- 亂倫匿名生還者，
www.siaawso.org, 410-893-3322

- National Mental Health Association,
www.nmha.org, 800-969-6642
- National Mental Health Consumers' Self-Help Clearinghouse,
www.mhselfhelp.org, 800-553-4539
- Parents Anonymous,
www.parentsanonymous-natl.org,
909-621-6184
- Posttraumatic Stress Disorder Alliance, www.ptsdalliance.org,
877-507-PTSD
- Sidran Institute,
www.sidran.org/resourcesurv.html,
410-825-8888
- Survivors of Incest Anonymous, Inc.,
www.siaawso.org, 410-893-3322



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鳴謝

本冊子隨 Substance Abuse Treatment for Persons With Child Abuse and Neglect Issues 一同出版發行。Substance Abuse Treatment for Persons With Child Abuse and Neglect Issues 是 CSAT 的 Treatment Improvement Protocols (TIP) 系列的第36冊。本冊子由 Johnson, Bassin & Shaw 公司製作。Johnson, Bassin & Shaw 公司與 U. S. Department of Health and Human Services (DHHS) 下屬的, Substance Administration and Mental Health Service Administration (SAMHSA), Center for the Substance Abuse Treatment (CSAT), 簽訂承包合同, 合同號為270-04-7049。Christina Currier 擔任政府方面的項目官員。

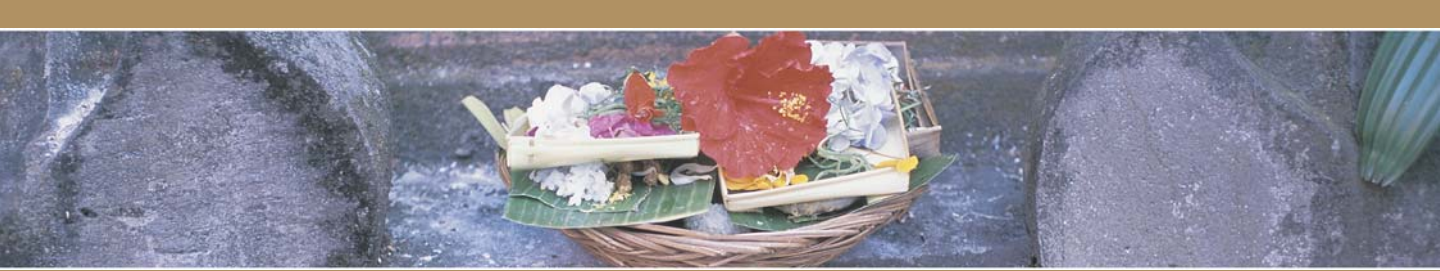
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聲明

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