

摘要

本研究旨在探討以親子藝術治療介入目睹兒童與受暴母親之互動歷程，招募國小中低年級目睹兒童與其受暴母親之親子組三組，採以親子藝術治療工作模式，進行 10 週、每週 1 次、每次 90 分鐘的親子藝術治療。運用整體歷程分析（comprehensive process analysis, CPA）作為分析架構，結合樣本式分析法與馬謝克互動法（Marschak Interaction Method, MIM）的親子互動四面向，聚焦於治療師在藝術治療歷程中，其介入策略以及其中親子互動之歷程轉變。研究結果指出，結構性的介入包含親子創作之結構調整、親子互動界限之調整，參與性包含洞察、平衡親子間創作時參與質量，而撫育性則是親子創作歷程、親子創作圖像讓孩子能夠感受到被照顧的感受。至於挑戰性的介入為發展親子創作裡的挑戰任務、賦能親子對創作與互動的觀點。最後，依據研究結果對於目睹兒童與受暴母親親子提出藝術治療實務工作之建議。

關鍵詞：親子藝術治療、目睹兒童、受暴母親、親子互動、歷程研究

Abstract

Past research had found that assisting violent mothers to understand and respond to their children's inner needs can improve the quality of parent-child relationships and the resilience of mothers and children (Graham-Bermann et al., 2009). This study examined the parent-child interaction in parent-child art therapy (PCAT) sessions for children who witnessed domestic violence and their battered mothers. Social workers in the nonprofit organization (NPO) recruited for us three school-age children who witnessed domestic violence, and their battered mothers. For ten weeks, each pair attended weekly ninety-minute PCAT sessions. The research framework was built on comprehensive process analysis (CPA), which focuses on analyzing the therapist's interventions, to understand the changes in parent-child interactions. In accordance with the Marschak Interaction Method (MIM), the interventions for parent-child interaction in PCAT fell into four categories. First, the interventions of Structure were included in parent-child art products and the boundary of parent-child interaction. Second, Engagement consisted of the insight and the balance between parent-child's engagement. Third, Nurture included both parent-child art processes and the art produced. Fourth, Challenge meant developing challenging tasks in parent-child art process and empowering children who witnessed domestic violence and their battered mothers in parent-child art process and interaction. Based on the research results above, the author conducted discussions and limits, and gave pertinent suggestions for future research and practice.

Keywords: parent-child art psychotherapy, children who witnessed domestic violence, battered mothers, parent-child interaction, process research