

Healing Marital Trauma

婚姻創傷的療癒



Caritas Integrated Family Service Centre – Shaukeiwan

Rose Lam



Marital Trauma

- What is Trauma?
- Why it is formed?
- Could it be healed?
.... How? When?

River of life Model (W. Hartman):

- Within the boundary of ego (within the window of tolerance), emotional experiences are assimilated, resulting in flow/flexibility, containment/feeling safe, wholeness, coherence/balance, and self-regulation
- Self-regulators include, body/embodiment, felt sense, emotions, behaviours, relationship, impressions/images, cognitions/thoughts
- When an individual was unable to tolerate the intensity of emotions, they will **become unresolved trauma vortex (unfinished business)**


Basic needs of an individual

1. The need for security
2. The need for being seen and understood (dignity): identity
3. The need to take initiative and achieve something (sense of competence)
4. The need to be honest with one's emotions/experiences
5. The need for connection: attachment

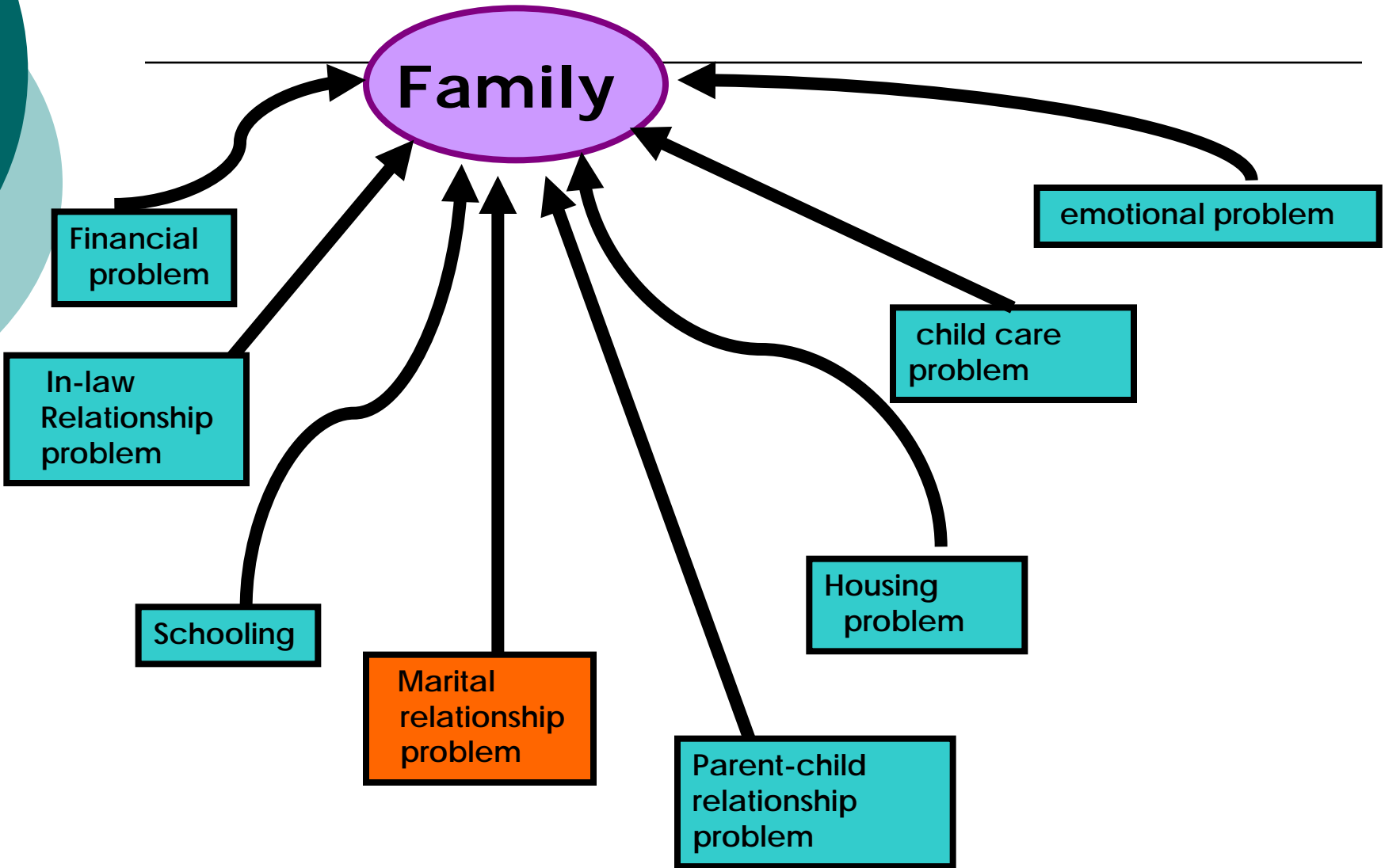
Remark: the fulfillment of need makes us healthy. Unsatisfied need causes us pain and incites us to develop a coping pattern rigid and anxious. This coping pattern excludes certain experiences and forms belief that is not true.

Assimilation of Experiences

- **When a person comes across an event, emotional reactions arise.**
- **A distance between one's being and experiences is needed so that the latter can be thinkable.**
- **When the experiences are too complicated/complex, they have to be differentiated into simple primary emotional experiences.**
- **However, there are unbearable or complicated experiences that the person rejected, through complaining, denying, numbing, projection, etc. These rejected experiences are unfinished business and result in maladaptive coping or symptoms.**

- 
-
- **We cannot solve an emotional “problem”, but to assimilate an emotional experience.**
 - **Toleration of pain and uncomfortable emotions is condition for transformation**
 - **Assimilation incites wisdom and creativity**
 - **Truth of experiences have to be acknowledged. Yet expression depends on context.**
 - **Unresolved business created a wounded inner child who is in need of compassion and acknowledgement**

-
- **Undigested Emotional Experience → Got Stuck → Unfinished Business**
(不會因時間而走 → 形成狀況 → 身體的代價/人際關係的Reactivity)
 - **Trauma → Frozen Fear → Overwhelming**



Marital Counselling



經驗為本輔導法：

○ 建立安全治療關係

建立治療關係、聆聽當事人故事、認識當事人在現實的處境中怎樣呈現自己、調節情緒

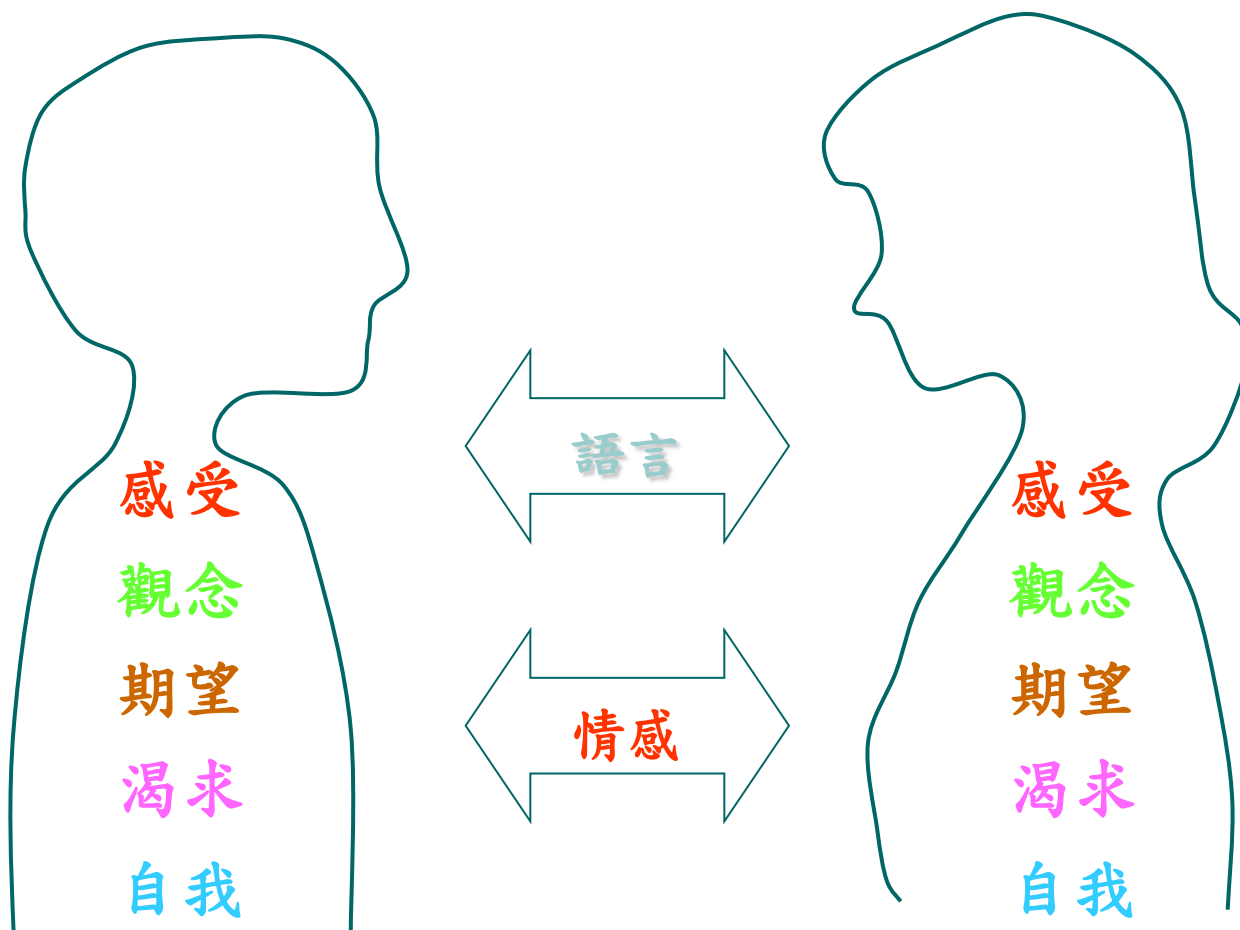
○ 消化經驗

了解當事人的歷史與及他們發展出來的對應模式、什麼是未被消化的經驗？有什麼障礙？是否呈現健康的 **Primary Emotions? Internal critics**

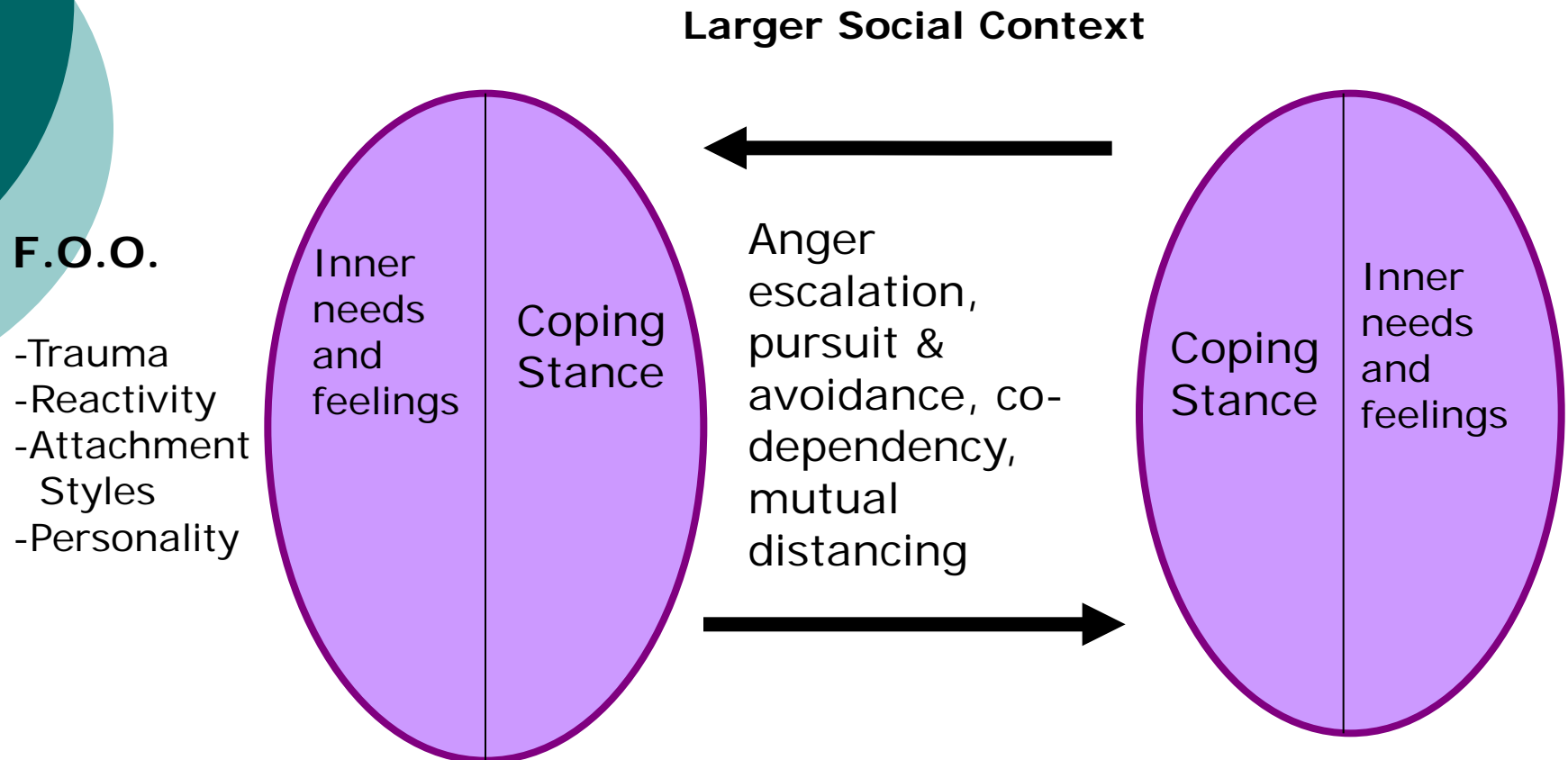
○ 階段整合

新的自我感覺，遭遇給予的意義，與人互動改變，成長.... **Feeling/Meaning**

了解案主的原生家庭、成長背景及引發家庭問題成因等。探討這如何影響他們對婚姻的期望及彼此的溝通。





Conceptual Model of Couple Therapy





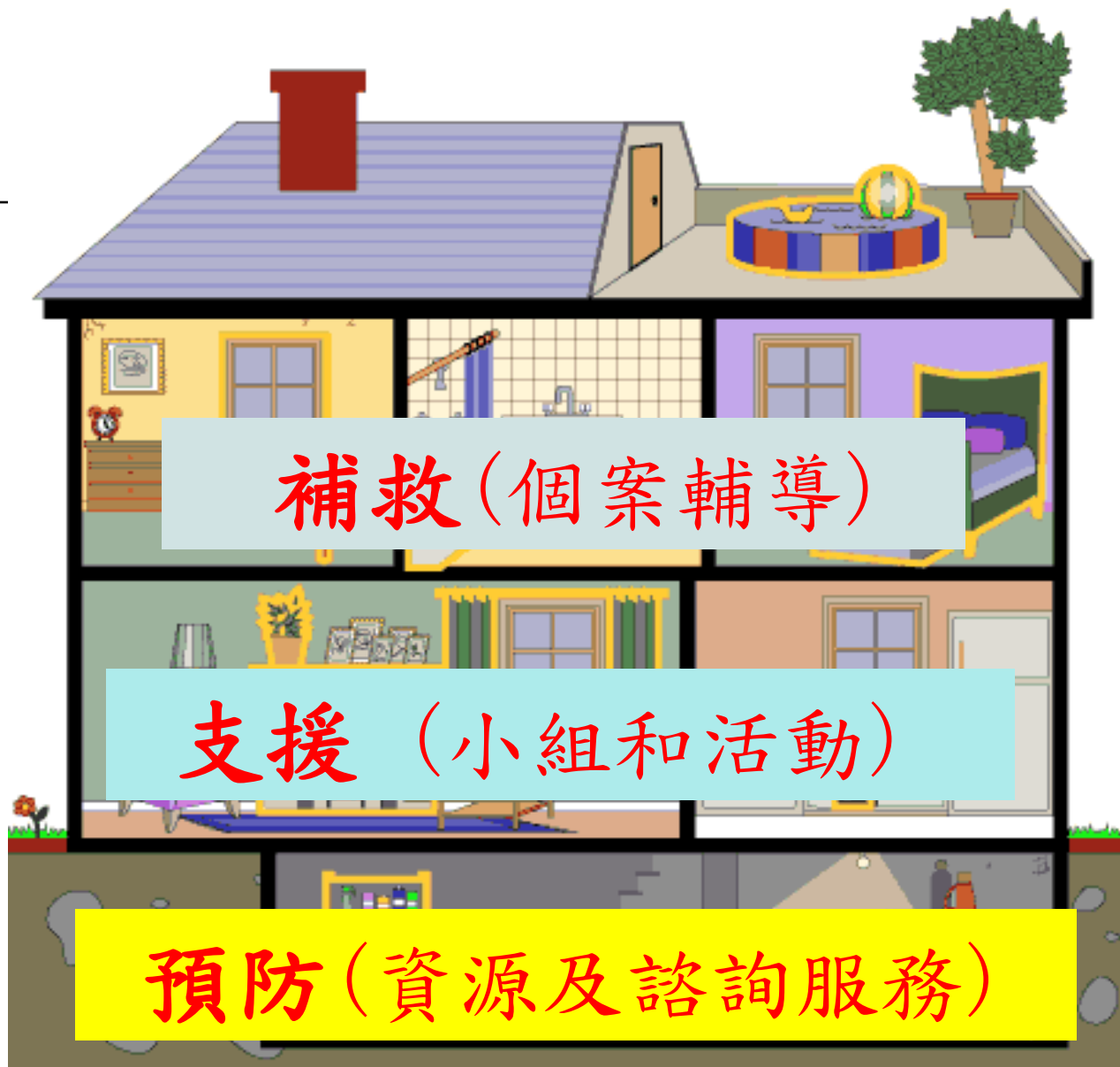
個案分享

- 
-
- 首先理解夫婦對問題的主觀內在經驗，明白他們此時此刻的感受
 - 協助夫婦覺察彼此互動的惡性循環，減低張力 (**Name the Interactional Cycle**)
 - 在互動的循環裏，協助夫婦覺察未獲承認的需要和情緒 (**Self-owning**)



在彼此負面互動的循環裡，夫婦都累積了一些傷痛，而在婚姻中的出軌與不忠更令配偶造成情感的創傷。

協助夫婦呈現真實的內在情緒經驗世界，讓彼此都被對方看得見（回應 Basic Needs），從而促進夫婦良性互動循環，達致婚姻關係的改善。



補救 (個案輔導)

支援 (小組和活動)

預防 (資源及諮詢服務)

婚姻活動系列



© www.123rf.com

婚前活動/輔導

婚姻培育

處理婚外情

再婚家庭適應

參考資料

- 黃麗彰(2015), 幸福的實踐：婚姻輔導解構，突破出版社。
- **Information from two-day Workshop on Unfinished Business by Dr. Wong Lai Cheung in 10/2017**

