

由敬拜開始 —



# 從創傷心理學看 詩歌的療癒效應



陳旭麟 臨床心理學家

# 心理創傷？



「大」與「小」創傷的概念  
Big T and little t Trauma

單一事件創傷和複雜性創傷  
Single incident trauma  
and complex trauma

經歷創傷的神經系統  
Traumatized nervous  
system

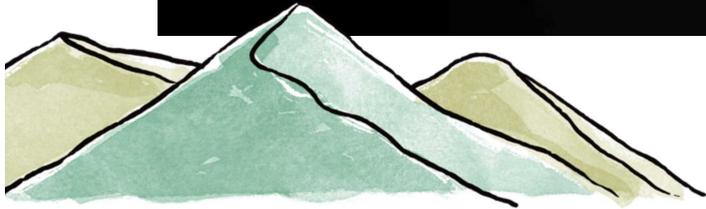
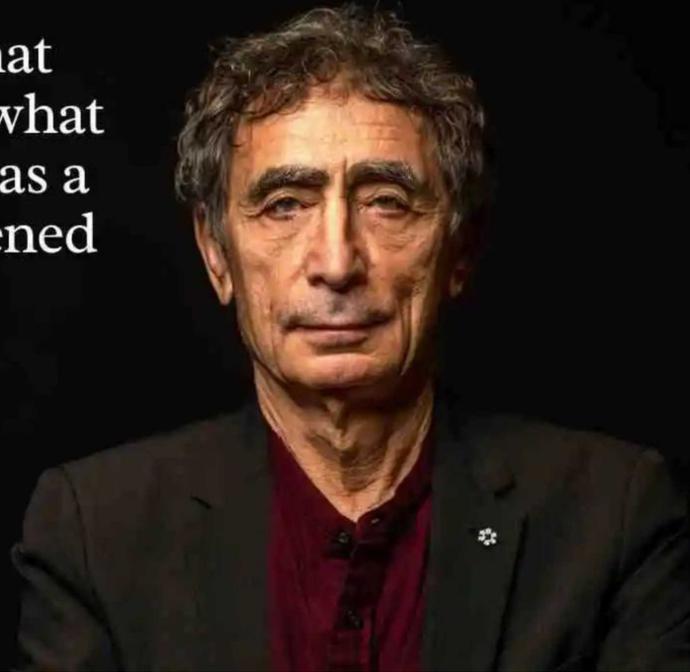
耶和華啊，求你可憐我，因為我軟弱。耶和華啊，求你醫治我，因為我的骨頭髮戰。  
我心也大大地驚惶。耶和華啊，你要到幾時才救我呢？  
詩篇 6:2-3





“Trauma is not what happens to you, it’s what happens inside you as a result of what happened to you.”

— Gabor Mate



“

創傷不是發生在你身上的壞事，而是因為你的遭遇，你內心所產生的事。

- 嘉柏·麥特(Gabor Maté)

《創傷的智慧》紀錄片  
THE WISDOM OF TRAUMA



# 心理創傷？



神經系統

創傷經歷

大腦網絡

耶和華啊，求你可憐我，因為我軟弱。耶和華啊，求你醫治我，因為我的骨頭髮戰。  
我心也大大地驚惶。耶和華啊，你要到幾時才救我呢？

詩篇 6:2-3

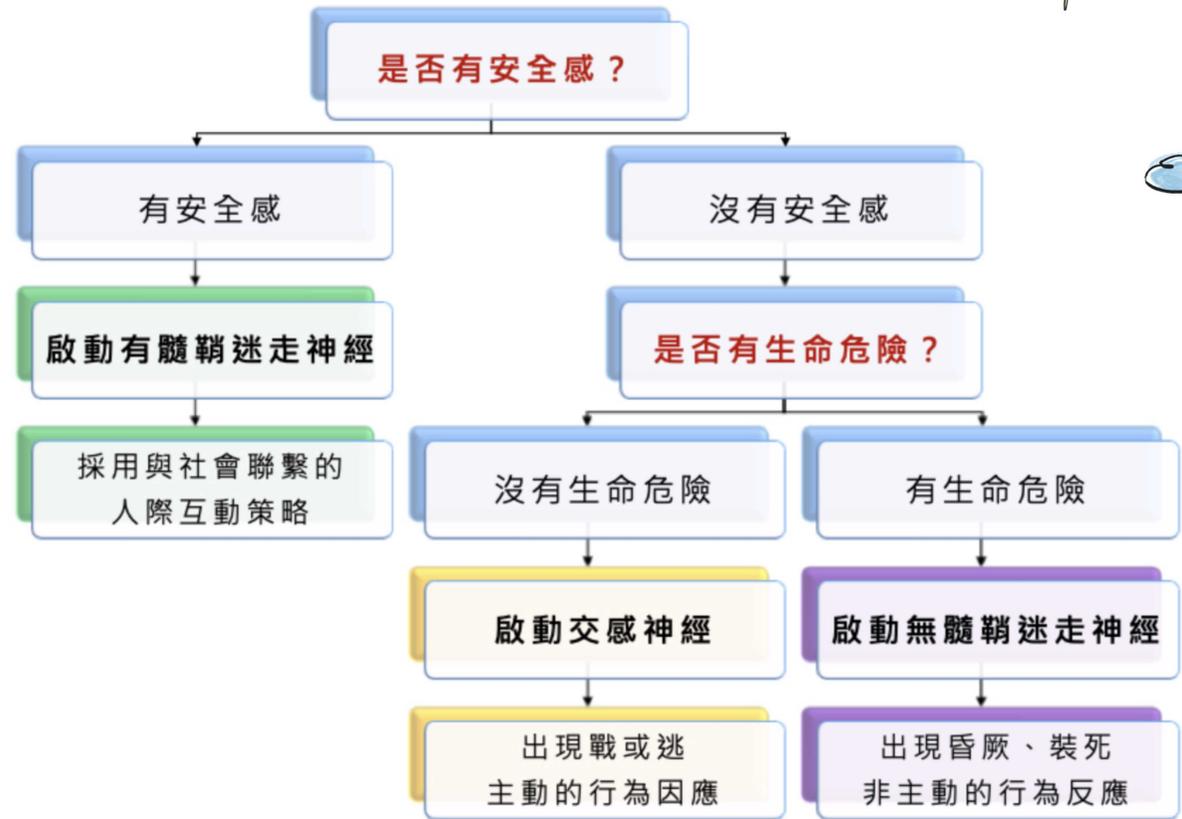




**Dr. Stephen Porges**

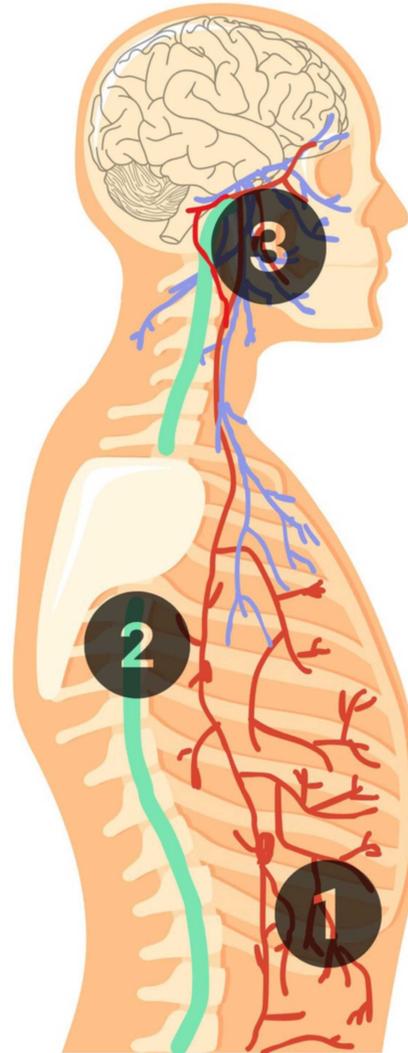


## 多層迷走神經理論





**Dr. Stephen Porges**



**3) Social engagement**

ventral nervus vagus | newest branch  
Attunement and safe connection to others



**2) Fight - Flight**

sympathetic nervous system  
Activation: fight-flight response



**1) Freeze**

dorsal nervus vagus | oldest branch  
Immobilization and dissociation/detachment



# 心理創傷？



神經系統

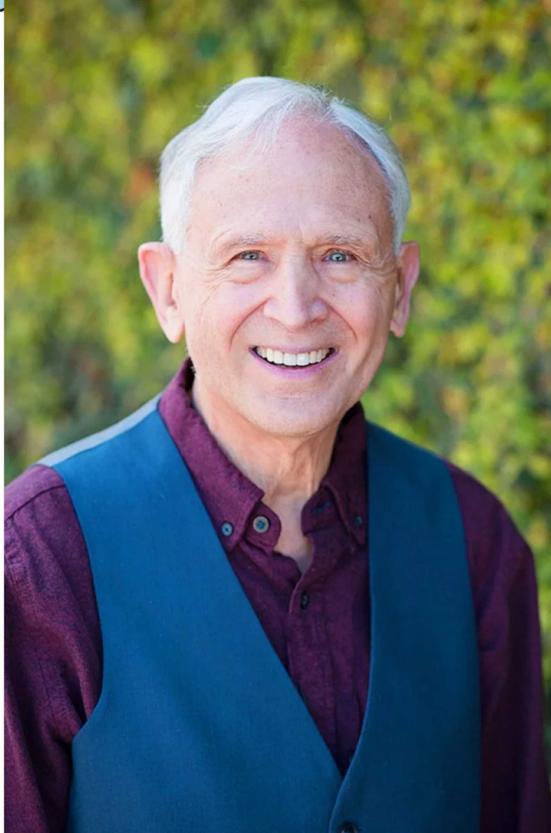
創傷經歷

大腦網絡

耶和華啊，求你可憐我，因為我軟弱。耶和華啊，求你醫治我，因為我的骨頭髮戰。  
我心也大大地驚惶。耶和華啊，你要到幾時才救我呢？

詩篇 6:2-3





**Dr. Peter Levine**



RECONNECTING WITH OUR INTERNAL EXPERIENCE: 5 WAYS THE BODY COMMUNICATES IT'S WISDOM TO US



## S. SENSATION

VISCERAL SIGNALS FROM YOUR BODY

## M. MEANING

WHAT YOU THINK  
OR BELIEVE



## I. IMAGE

YOUR EXPERIENCE  
OF THE FIVE  
SENSES



## A. AFFECT

HOW YOU FEEL

## B. BEHAVIOR

WHAT YOU DO

@CLEVERBABESCO

image from: <https://www.cleverbabes.co/shoptheboutique/p/sibam-visual-resources>

# 心理創傷？



神經系統

創傷經歷

大腦網絡

耶和華啊，求你可憐我，因為我軟弱。耶和華啊，求你醫治我，因為我的骨頭髮戰。  
我心也大大地驚惶。耶和華啊，你要到幾時才救我呢？

詩篇 6:2-3





**獎賞系統**

**Reward System**

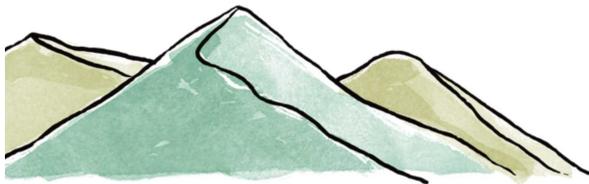
**記憶系統**

**Memory system**



**威脅系統**

**Threat System**



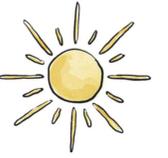
# 療癒創傷？



耶和華我的神啊，我曾呼求你，你醫治了我。  
詩篇 30:2



**Dr. Judith L. Herman**



#1 NEW YORK TIMES BESTSELLER

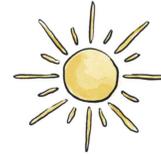
# THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY  
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

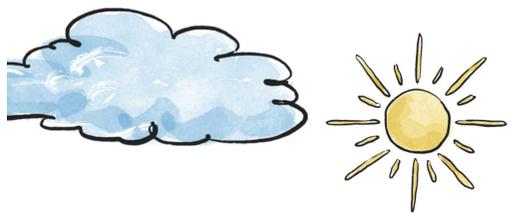
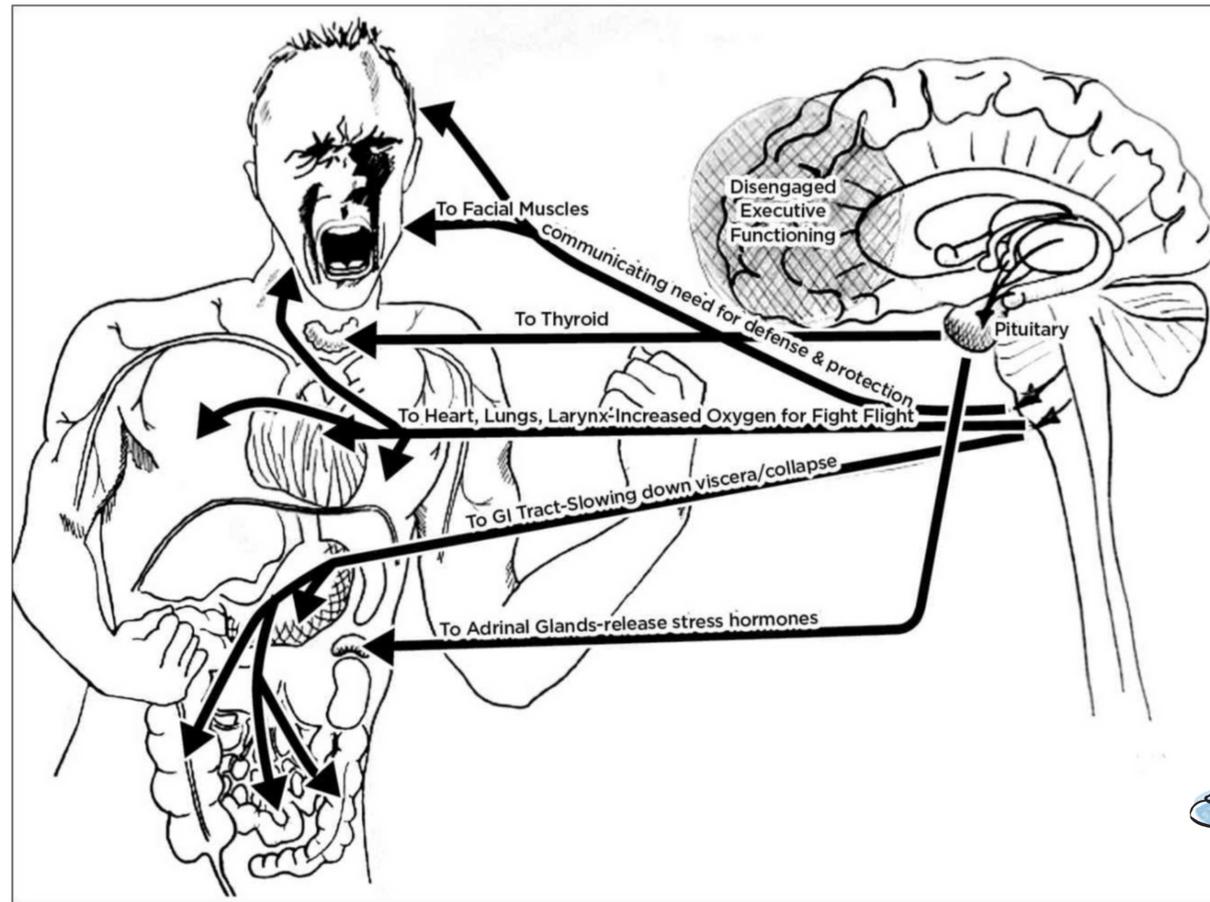
"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY  
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION  
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.



# 療癒創傷？



# 整個 生命 恢復 安全

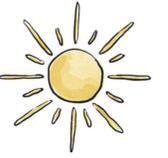


Trauma affects the entire human organism—body, mind, and brain. In PTSD the body continues to defend against a threat that belongs to the past. Healing from PTSD means being able to terminate this continued stress mobilization and restoring the entire organism to safety.

Van der Kolk, B. (2014). The body keeps the score by Bessel van der Kolk. MD New York: Penguin Books.



**Dr. Judith L. Herman**





# 療癒創傷？



**Eye Movement  
Desensitization and  
Reprocessing, EMDR  
眼動減敏重整療法**

**Somatic Experiencing,  
SE 身體經驗創傷療法**

**Brainspotting, BSP  
腦點療法**



# 療癒創傷？



**Flash technique**  
快閃技巧

**Ego State Therapy**  
自我狀態治療

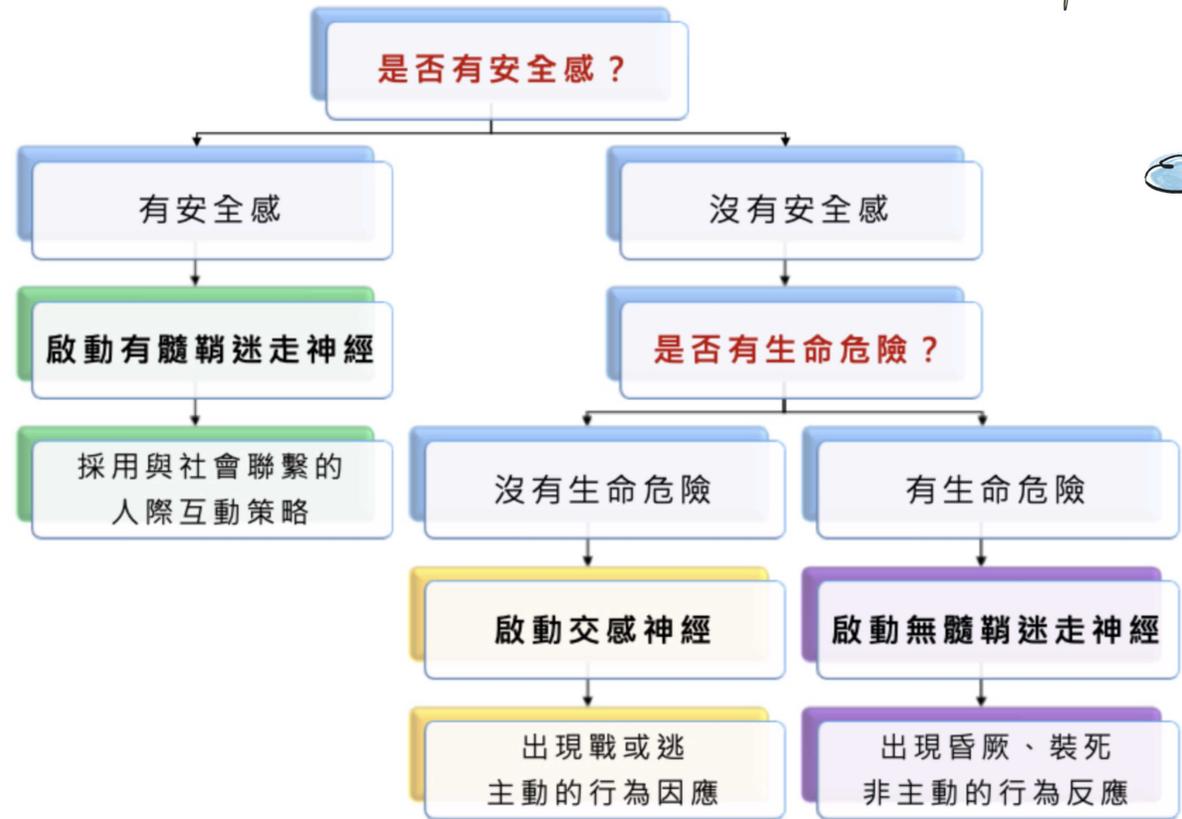
**Narrative Therapy**  
敘事治療



**Dr. Stephen Porges**

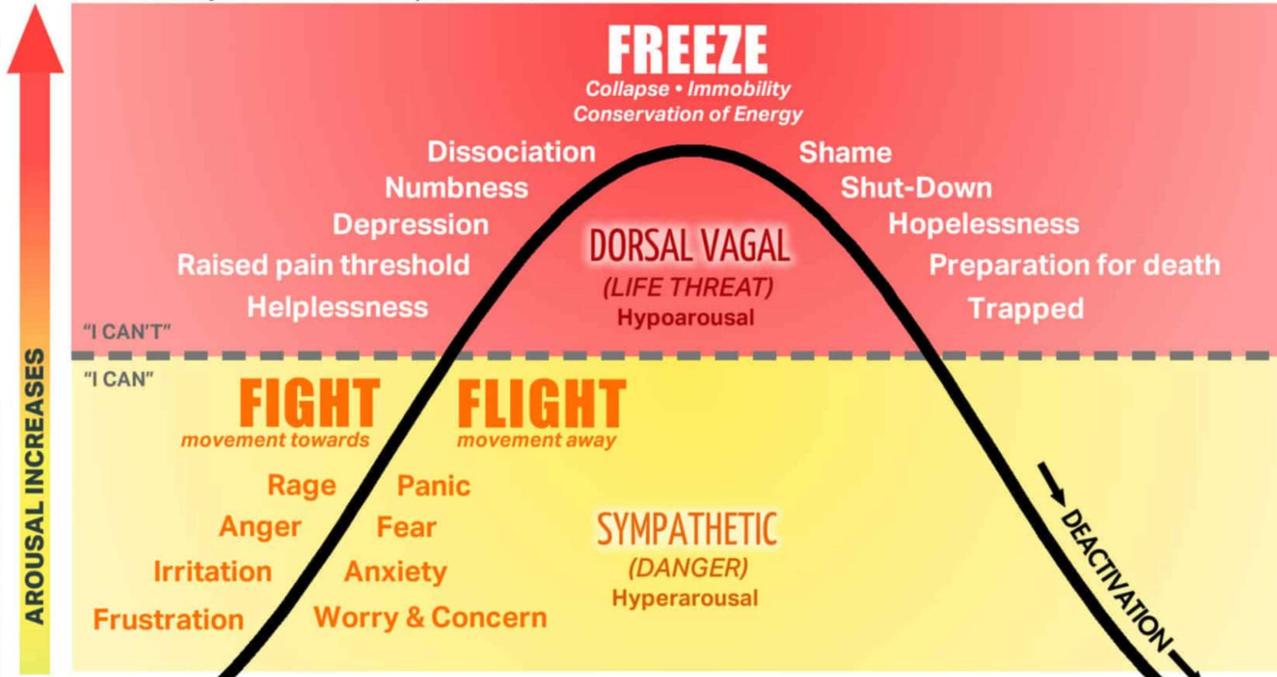


## 多層迷走神經理論



# POLYVAGAL CHART

The nervous system with a neuroception of threat:



## PARASYMPATHETIC NERVOUS SYSTEM DORSAL VAGAL COMPLEX

### Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)  
Endorphins that help numb and raise the pain threshold  
Conservation of metabolic resources

### Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone  
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior  
Attunement to Human Voice • Sexual Responses • Immune Response

## SYMPATHETIC NERVOUS SYSTEM

### Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline  
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size  
Dilation of Bronchi • Defensive Responses

### Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation  
Relational Ability • Immune Response

The nervous system with a neuroception of safety:



## PARASYMPATHETIC NERVOUS SYSTEM VENTRAL VAGAL COMPLEX

### Increases

Digestion • Intestinal Motility • Resistance to Infection  
Immune Response • Rest and Recuperation • Health & Vitality  
Circulation to non-vital organs (skin, extremities)  
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect  
Movement in eyes and head turning • Prosody in voice • Breath

### Decreases

Defensive Responses

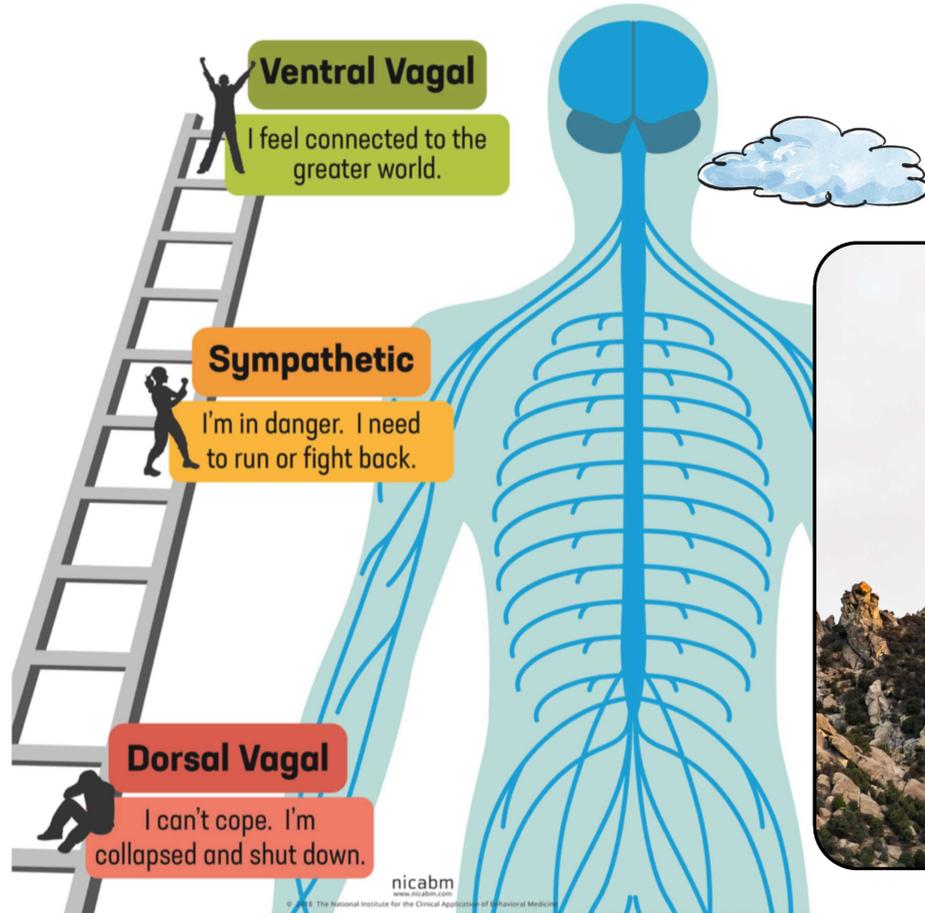
# Polyvagal Theory: The Autonomic Ladder

## Understanding the Nervous System

Adapted from Deb Dana, LCSW



# 療癒創傷？



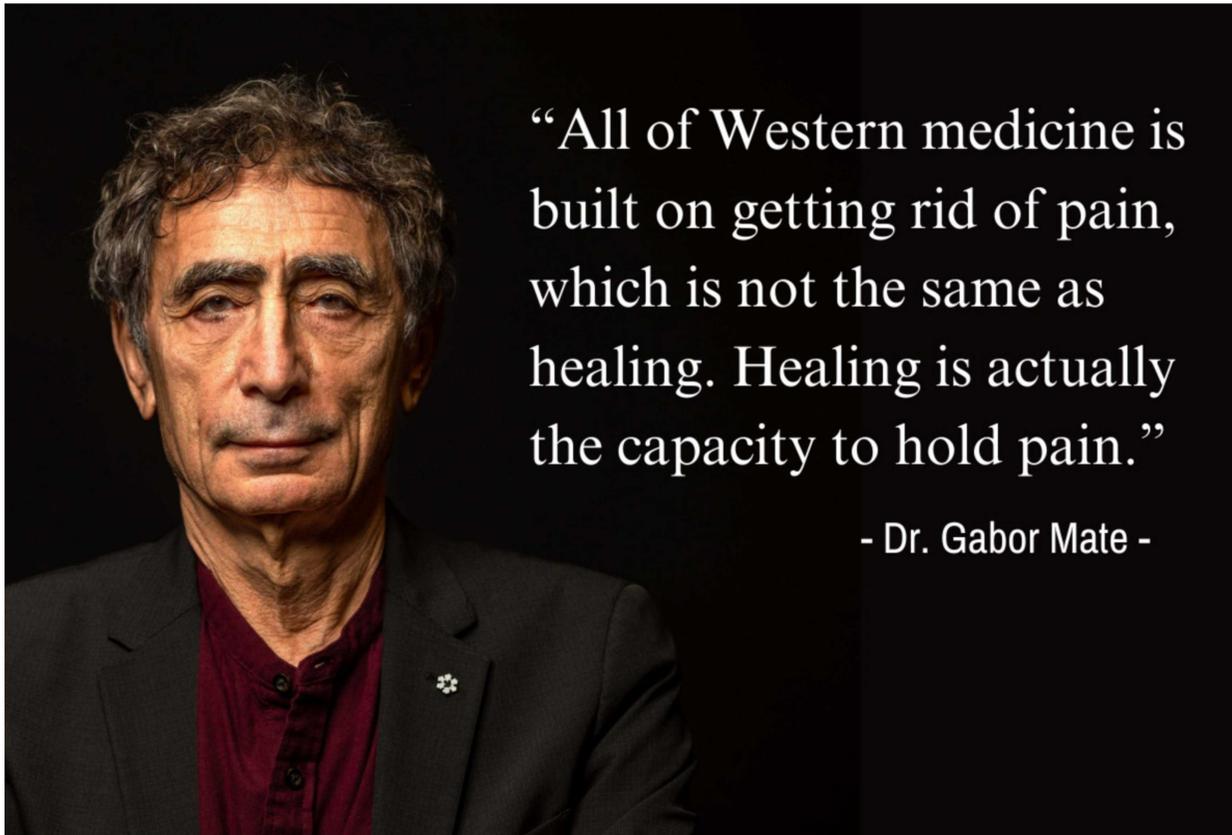


# 生命資源



我的肉體和我的心腸衰殘；但神是我心裡的力量，又是我的福分，直到永遠。

詩篇 73:26



“All of Western medicine is built on getting rid of pain, which is not the same as healing. Healing is actually the capacity to hold pain.”

- Dr. Gabor Mate -



“

**療癒創傷是  
關乎承載痛苦  
的能力。**

- 嘉柏·麥特(Gabor Maté)





# WAKING THE TIGER

HEALING TRAUMA

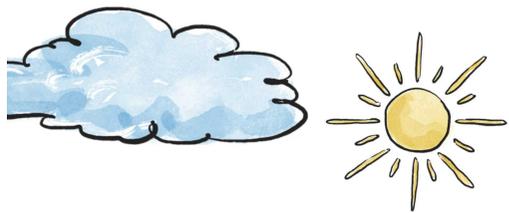


PETER A. LEVINE  
WITH  
ANN FREDERICK

## 療癒創傷？

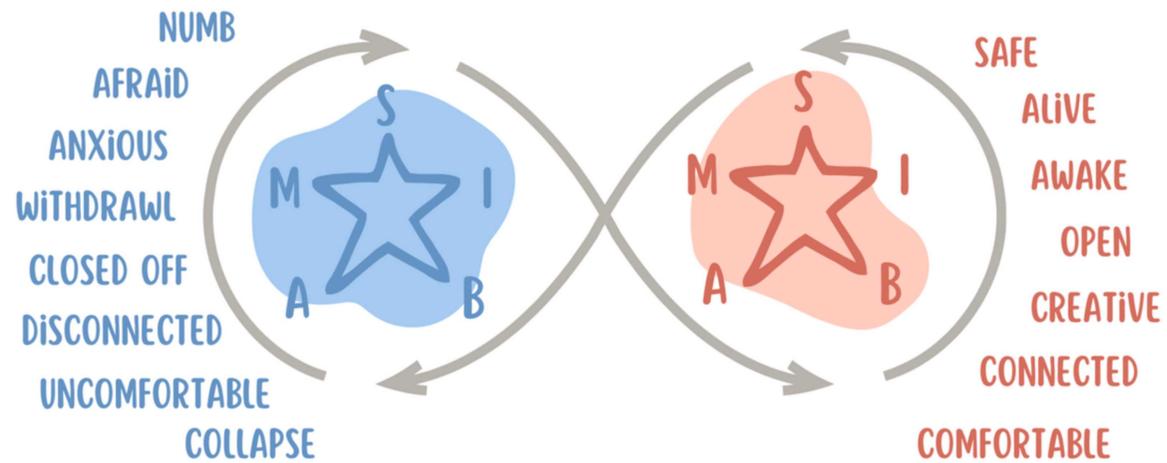


# 整個 生命 恢復 安全



## USING SIBAM TO PROMOTE PENDULATION

### TRAUMA VORTEX      COUNTER VORTEX



UPWARD MOVEMENT= ACTIVATION= SYMPATHETIC AROUSAL  
DOWNWARD MOVEMENT= DEACTIVATION= PARASYMPATHETIC AROUSAL

@CLEVERBABESCO

Van der Kolk, B. (2014). The body keeps the score by Bessel van der Kolk. MD New York: Penguin Books.



# 生命資源



我的肉體和我的心腸衰殘；但神是我心裡的力量，又是我的福分，直到永遠。

詩篇 73:26



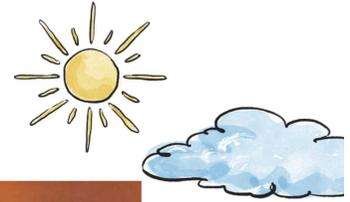
# 詩歌敬拜



耶和華啊，求祢醫治我，我便痊癒，拯救我，我便得救，因祢是我所讚美的。

耶利米書 17:14





# WHAT IS WORSHIP ?

Living In Response To God



<https://ourdailybread.org/what-is-worship/>

**藏我在 翅膀蔭下**



**遮蓋我 在祢大能手中**



**當大海翻騰波濤洶湧**

**我與祢展翅暴風上空**

**父祢仍作王在洪水中**

**我要安靜 知祢是神**



**神祢極偉大**



**萬有都歸祢**



**主宰一切**

**祢是王 尊貴主 我景仰**

**屈膝祢前**

**讓我頌讚祢**



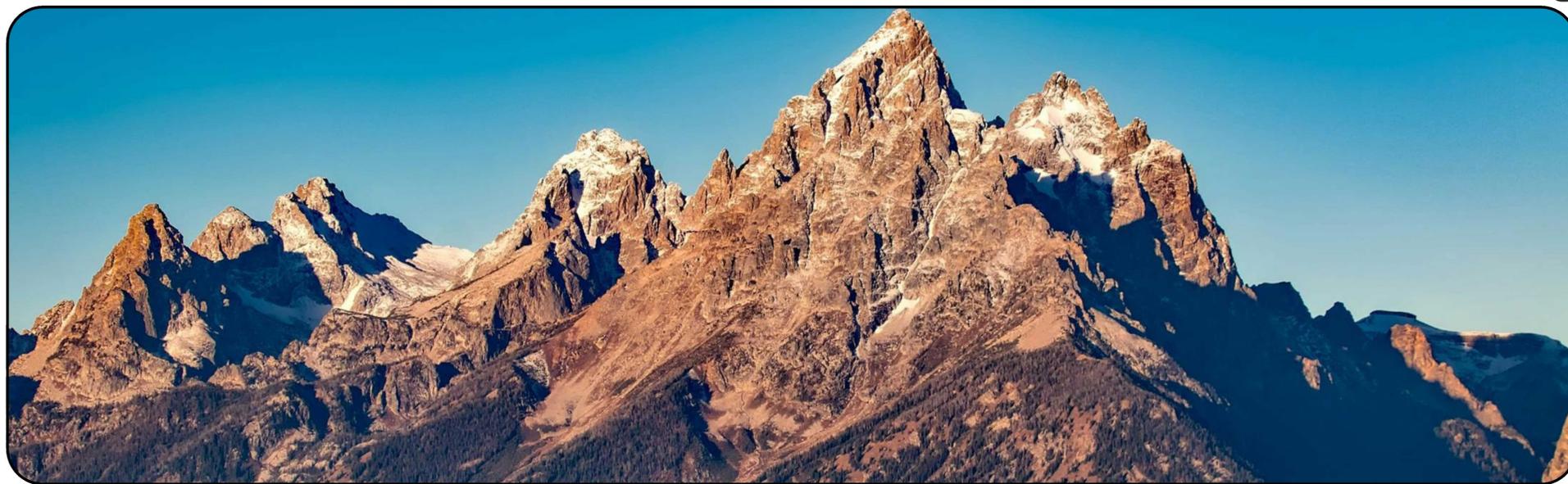
歌詞



# 詩歌敬拜

頌唱

歌曲





於真理中的

# 社群節奏與同步

*Communal Rhythms and Synchrony*

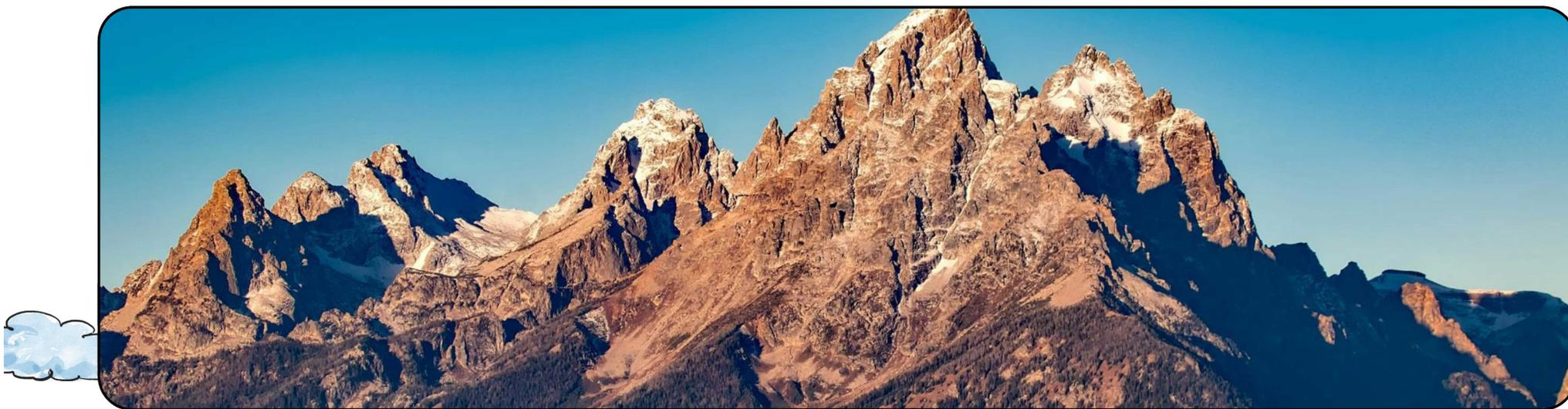




***“One of the most powerful sets of associations created in utero is the association between patterned repetitive rhythmic activity from maternal heart rate and all the neural patterns of activity associated with not being hungry, not been thirsty, and **feeling 'safe'**. In other words, patterned, repetitive and rhythmic somatosensory activity becomes an evocative cue that elicits a sensation of safety. Rhythm is regulating.***

***All cultures have some form of patterned, repetitive rhythmic activity as part of their healing and mourning rituals — **dancing, drumming**, and davening (swaying slightly while reciting liturgical prayers) .”***

**-Dr. Bruce D. Perry**





詩篇一百五十篇

簫的聲音讚美祂！

用絲弦的樂器和

擊鼓跳舞讚美祂！

鼓瑟彈琴讚美祂！

要用角聲讚美祂，





經歷



# 上主的臨在

*Experiencing the Presence of God*





*Thank you very much*



[https://www.instagram.com/ac.\\_journey](https://www.instagram.com/ac._journey)



[www.https://www.restorationpointhk.com/](https://www.restorationpointhk.com/)