



Portland Institute  
For Loss and Transition

**Grief Therapy as Meaning Reconstruction:  
Core Courses Series**

意義重構悲傷治療：核心課程系列

2020年11月28日，2021年1月16-17，23-24，30-31日  
早上9點至下午1點

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備註：此系列符合由波特蘭失喪與變遷學院所頒發的意義重構悲傷治療認證課程，其中所需的3個核心課程學分

## **Synopsis**

### **課程大綱**

As contemporary models of bereavement have become more nuanced and empirically informed, so too have the practices available to grief counselors and therapists. In this 16-session training, we will consider newer models of grieving drawing on attachment, coping and meaning reconstruction, setting the stage for an in-depth training in several counseling techniques. Making extensive use of actual clinical videos as well as *how-to* instruction in the use of a numerous therapeutic tools, we will discuss and practice several methods for helping clients integrate the reality of the loss into the ongoing story of their lives, while also reconstructing their continuing bond to their loved one.

當現今的喪親模式已變得更細膩和具實證支持的同時，供悲傷輔導員和治療師使用的實務技巧亦是如是。在這課程中，我們將探討近期建基於依附關係、因應和意義重構的悲傷模式，從而再深入學習一些相關的技巧。透過不同的真實臨床個案錄影，以及不同療愈工具的詳細指導，我們將討論和實習不同手法，以助案主把失喪的事實整合於他們的人生故事中；同時，也得以重構他們與摯愛的持續性連結。

## **Part 1: Grief and Its Complications**

### **第一部分：悲傷與其複雜性**

As both research and practical experience teach us, for a significant subset of the bereaved, grieving may become a protracted and life-limiting ordeal, one that can undermine the quality of our relationships to others, our ability to find meaning and focus in work, and even our basic physical health. We will therefore review risk factors for complicated, prolonged grief, discuss interview questions by which a counselor or clinician can screen for its presence, and consider its diagnostic features in detail. Participants will learn to assess personal and circumstantial factors that complicate grieving and recognize diagnostic criteria for prolonged grief disorder in actual case material.

正如研究和實務經驗給予我們的教導，有相當數目的喪親者之悲傷會變成限制生活和持久的煎熬，它會削弱我們人際關係的品質、我們尋找意義和集中精神工作的能力、甚至我們基本的生理健康。所以，我們將審視複雜性、延長性悲傷的風險因素；討論輔導員或臨床心理師在面談中可應用的相關訪談，用以判斷這複雜性狀況是否存在；並詳細考量其診斷性的特徵。學員將學習評估讓悲傷複雜化的個人和處境因素，以及透過實際的個案材料，辨認延長性悲傷障礙的診斷條件。

## **Learning Objectives**

### **學習目的**

- Relate two core features of meaning reconstruction that help predict bereavement outcome

指出意義重構的兩個主要元素，以預測喪親後的調適結果

- Recognize risk factors associated with complicated grief reactions  
辨認與複雜性悲傷反應有關的風險因素
- Diagnose features of complicated grief in the context of clinical interviews  
在臨床面談中診斷複雜性悲傷的特徵

### Lesson Schedule

#### 課堂時間表

2020年11月28日

1. What's New in Meaning Reconstruction: Advancing Grief Theory and Practice  
意義重構的新發展：推展悲慟理論與實務

Viewed from a constructivist perspective, a central process in grieving is the attempt to reaffirm or reconstruct a world of meaning that has been challenged by loss. As research with bereaved young people, parents and older adults indicates, both natural and violent death losses can leave mourners struggling to process the event story of the death and to make sense of its implications for their lives, and to access the back story of their relationship with their deceased loved one in a way that reaffirms their sense of secure attachment. In this presentation I summarize our group's recent studies of the psychological and social struggle to make sense of loss, outline several validated measures of meaning-making processes and outcomes, and describe current research to evaluate the impact of novel meaning-oriented interventions to help people find growth through grief.

從建構主義的觀點來看，悲慟的核心過程是試圖重申或重建遭受失喪所挑戰的意義世界。正如有關喪親的年輕人、父母和年長者的研究發現所顯示，自然死亡和暴力性死亡都可能讓喪親者感到糾結，不管是需要整理死亡事件的細節，嘗試理解死亡事件對他們的人生所帶來的含義；又或是重申他們與逝者的關係故事，以另一種方式重建他們的依附安全感。在這課堂中，我們將總結我們研究小組最近所發現的研究結果，審視喪親者在嘗試理解失喪經歷時所面對的心理和社交性掙扎。我們也會就意義建構的過程和結果，概述幾個被驗證的量表，並講解目前的研究發展，以評估新穎的意義導向干預手法，怎樣能幫助喪親者在失喪中經歷成長。

2. Adaptive Grief: From Mourning to Meaning  
調適性悲傷：從哀悼轉化成意義

The death of a significant person in our lives can shatter our assumptive world, the core beliefs that life is in some measure predictable, that we have some level of control over what happens to us, and that our emotional bonds with those who are important to us will endure. In this first session we will explore this proposition from a meaning-oriented perspective, examining the key narrative processes through which we strive to adapt to the impact of loss on our life stories. In this view, grieving adaptively involves not simply managing

painful feelings of shock, sadness and loneliness, but also of attempting to reaffirm or reconstruct a world of meaning challenged by loss. We will view expressions of this adaptive process in brief clinical videos and consider research and practice techniques compatible with this meaning reconstruction perspective.

面對我們生命中重要的人離世，我們的假定世界也會隨之受衝擊。這些假定包括認為生活有相當程度的可預測性；對自己的人生遭遇有一定程度的掌控感；以及我們與生命中重要的人之情感連結的持續性等核心信念。在這課堂中，我們將從意義重構的角度探索這課題，審視主要的敘事過程，用以幫助我們適應喪失對我們人生故事所帶來的影響。從這觀點來看，調適性的悲傷不只包括處理驚嚇、悲傷和孤單等情感困擾，也包括嘗試重新鞏固或建造被喪失挑戰的意義世界。我們將通過簡短的臨床錄影細看這調適過程的呈現，並考慮與意義重構觀點相符的研究和實務技巧。

2021年1月16日

### 3. Assessing Bereavement Complications: Risk Factors for Intense Grief

評估喪親的複雜性狀況：強烈悲傷之風險因素

Although grief is a natural expression of love when someone dies, research has documented that various factors in the circumstances of the death, in the relationship with the deceased, and in mourners themselves can complicate and intensify this suffering. In this module we will consider several of these, suggesting appropriate means of assessment of such risk factors relying on both clinical scales and checklists as well as observations arising in a clinical interview or session of counseling. Brief videos of clients contending with complicating losses help illustrate the expression of these concerns in grief therapy.

儘管悲傷是某人死亡時一種自然的愛之表達，但研究顯示，有關死亡處境、與逝者的關係，以及喪親者本身的種種因素，都可能使這種悲慟變得複雜化和更加激烈。在本課堂中，我們將考慮其中的幾種因素，並根據臨床量表和篩檢工具，以及在臨床面談或諮詢過程中所理出的心得，建議對那些風險因素進行適當的評估方式。

### 4. Prolonged Grief Disorder / Complicated Grief: Diagnostic Features

延長性悲傷障礙/複雜性悲傷：診斷特徵

Until recently, “pathological grief” was a vaguely understood construct, one relying more on clinical intuition rather than on an evidence-based conceptualization of how grieving can become problematic. In this session we will explore Prolonged Grief Disorder (PGD), a reliably identified form of perturbing and preoccupying response to loss that greatly exceeds cultural norms in both its impact and duration. In particular, we will consider the formulation of PGD recently included in the *World Health Organization’s International Classification of Diseases*, 11<sup>th</sup> Edition (ICD-11), as well as

research pointing to its serious consequences in terms of poor mental and physical health outcomes. We will practice applying these criteria to actual case material to help close the gap between theory and practice.

直至近期，「病態性悲傷」一直是一個概念模糊的理念。對於悲傷怎樣變得有問題，其判斷主要依賴臨床直覺，而非建基於憑實證構思的概念。在這課堂中，我們將探討延長性悲傷障礙（PGD），一種因喪失而產生令人困擾和纏繞不清的反應。這反應有可靠的識別特徵，其影響和持續時段大大超越了一般的文化規範。我們將特別考慮最近被列入世界衛生組織的《國際疾病分類》（第11版）（ICD-11）中有關 PGD 的提案，以及有關的研究指出其對身心健康所產生的嚴重惡劣後果。我們繼而將練習應用這些診斷條件於實際案例材料，以助整合理論與實務。

## **Part 2: Processing the Event Story of the Death**

### **第二部分：處理死亡的事件故事**

Beginning with a discussion of newer models of grief and power of presence as a fundamental dimension of the therapeutic “holding environment,” we will learn to use Restorative Retelling and other narrative procedures to help clients integrate the experience into the larger story of their lives. Participants should conclude the session with an expanded toolbox for using a variety of techniques for helping clients make sense of the loss and their response to it.

我們將探討較新的悲傷模式，以及體驗臨在的力量，作為具療愈性的「承載空間」之基要層面，從而再學習如何應用復原性重述，以及其他敘事手法，以助案主把相關的體驗整合於整體的人生故事中。在這部分結束時，學員將擁有更豐富的工具箱，得以應用不同的工具，以助案主整理自己對喪失事件和個人反應的理解。

### *Learning Objectives*

#### *學習目的*

- Recognize the two features of post-loss adaptation highlighted in the Dual Process Model of bereavement and their implications for coping  
根據雙重歷程模式，辨認喪失後調適的兩個特徵，並其對因應的影響
- Distinguish between therapeutic “presence” and “absence” in the process of therapy  
辨別在治療過程中的療愈性「臨在」和「缺席」
- Identify 3 guidelines for Restorative Retelling that promote emotion modulation and integration of the experience of traumatic loss  
辨識有關復原性重述的3項準則，以促進情感調節和創傷性喪失體驗之整合
- Differentiate between forms of directed journaling that foster self-immersion and self-distancing to modulate emotions evoked by the death  
區分不同形式的定向式日記，以增強自我沉溺或自我疏離之操控，藉此調節因死亡而被激發的情感

- Describe narrative techniques for accommodating loss in literal and figurative ways into the changed narrative of the client's life  
描述不同的敘述技巧，如何以字面和比喻的方式，把失喪容納在案主被改編的人生敘事中

## Lesson Schedule

### 課堂時間表

2021年1月17日

#### 1. The Pendulum of Grieving: Dual Process Model

悲傷過程之擺盪：雙重歷程模式

Contrary to common understandings, adapting to loss involves more than just managing grief-related emotions. In this lesson we will introduce the Dual Process Model of Coping with Bereavement, which emphasizes challenges that the mourner faces in not only doing the “grief work” of processing the loss, but also the work of adjusting to a changed life. We will address key features of the model and its implications for therapy, including the role of oscillation and emotion modulation and how these can be facilitated by the counselor in a way that helps clients learn to “dose” and regulate their own grief. Clinical videos convey what these processes look and sound like in clients’ own words.

異於一般的理解，失喪後的調適不僅僅涉及處理與悲傷有關的情緒。在這課堂中，我們將介紹應對喪親之痛的雙重歷程模式，這模式強調喪親者所面對的挑戰，不只需處理失喪的「悲痛工程」，也需適應失喪後不再一樣的生活。我們將講解這模式的主要概念，以及其對治療帶來的含義，包括擺盪和情緒調節的作用，以及輔導員可以如何善用這些概念，以助案主學習「調校劑量」和調節自己的悲傷。相關的臨床錄影將藉案主自己的表達，具體地呈現這些歷程。

#### 2. The Power of Presence: Constructing a Secure Base

臨在的力量：建立一個鞏固的基地

Therapy begins with who we are and extends to what we do. Of all of the key components of grief therapy, non-anxious presence to a client’s suffering, with no intent to make it quickly “go away,” may be the most fundamental. In this lesson we will trace the existential foundations of this stance, and experiment with the distinction between therapeutic “presence” and “absence,” reflecting on how the former helps the bereaved contain or hold painful experience in the security of a trustworthy therapeutic alliance, and begin to explore the needs implicit in it.

治療從我們是誰開始，進而延伸至我們所做的。在悲傷治療的所有關鍵要素中，對案主的困苦抱著不焦慮的臨在陪伴，不蓄意使之迅速「消失」，這可能是最基本的基礎。在這課堂中，我們將追溯這種姿態的存在性根基，並嘗試體驗療愈性「臨在」和「缺席」之間的區別，以及反思前者如何幫助喪親者，在可信

賴的治療性關係中得到安全感，從而得以承載自己痛苦的經歷，並開始探索其中隱含的需要。

2021年1月23日

### 3. Restorative Retelling: Principles and Practice

復原性重述：原則與實務

Especially when we lose someone to traumatic death—suicide, homicide, drug overdose, fatal accident, or natural disaster—we can experience the shattering of the life story we thought we were living, as we struggle to integrate the tragic reality of the loss. In this lesson we will present a systematic narrative procedure for helping the bereaved find greater coherence in the story of the loss, describing specific guidelines for the therapist who facilitates a healing retelling of the event and its emotional implications. Brief video vignettes convey the impact of this technique with actual clients.

當我們因自殺、他殺、藥物濫用、致命意外、或自然災害等創傷性死亡而失去某人時，我們可能覺得自己原有的人生故事完全被瓦解，同時也掙扎嘗試把這悲慘的失喪事實整合起來。在本課堂中，我們將介紹一個系統性的敘述程序，以助喪親者在失喪故事中尋得更內外一致的敘事，我們也為治療師提供仔細的指引，以促進具療效的方式重述事件和其情感含義。簡短的臨床錄影將展示此技巧對真實案主的果效。

### 4. Analogical Listening: Meaning Making in Metaphor

類比式聆聽：在隱喻中創造意義

When the losses of loved ones are deeply personal, the relevant feelings and meanings experienced by the mourner may reside in his or her body, rather than in easily accessed public speech. In this lesson we present *analogical listening*, a metaphorical, body-oriented procedure to help the bereaved find words and images for conveying the “felt sense” of the loss at a somatic level, which often reveals the meaning or function of the symptom, and sets the stage for its transformation. Using clinical videos, we will show this procedure in action, and provide clear guidelines for its use in grief therapy.

當喪親的經歷觸動個人的內心深處時，喪親者所體驗的相關感受和意義可能存留在他/她的體內，並非三言兩語就能一一道出其中的思緒。在這課堂中，我們將介紹類比式聆聽，這是一種隱喻式、身體導向的手法，以助喪親者在身體層面找到相關的言辭和圖像，以表達對這失喪經歷的「具體感覺」。這往往揭露症狀背後的意義或功能，也為隨後的轉化過程設立其舞台。透過臨床錄影，我們將展示這手法的實際操作，並清晰說明在悲傷治療中如何應用這技巧。

2021年1月24日

## 5. Therapeutic Journaling: Making Sense of Loss

療愈性日記：整理對失喪的理解

When we are confronted by profound loss, we often need to sort through and come to understand our own turbulent emotions, give them expression in a safe setting, find what the experience has to tell us and teach us, and find a new way to adapt to a changed world. Therapeutic journals can help mourners address all of these needs, while also greatly facilitating the work of formal therapy between sessions. In this lesson we will consider three different approaches to such journaling, each of which has its own goals, and describe how they can work together to promote a mourner's self-compassion, emotion regulation, meaning-making and therapeutic disclosure to the counselor.

當我們面對重大的失喪時，我們通常需要整理並了解自己動盪不安的情感，在安全的環境中表達這些情感，思索這經歷到底要告訴和教導我們什麼，並尋找方法以適應這不再一樣的世界。療愈性日記可以幫助喪親者應對這一切需要，同時也大大促進在治療會面期間的治療果效。在這課堂中，我們將考量三種不同的日記手法，每種方法各有自己的目標，並講解它們可以如何互相配搭，以促進喪親者的自我體恤、情緒調節、意義建構，以及對輔導員的療愈性披露。

### **Part 3: Accessing the Back Story of the Relationship**

#### **第三部分：探索關係的背景故事**

Drawing on attachment-informed and two-track models of bereavement, we will begin by considering grieving as a process of reconstructing rather than relinquishing our bonds with those who have died, and the circumstances that can interfere with this natural process. Participants will leave with several creative narrative and performative methods for re-introducing the deceased into the social and psychological world of the bereaved, fostering a sustaining sense of connection and alliance with the loved one in embracing a changed future, and helping clients appreciate the role of the loved one in their construction of their own identities.

建基於有關喪親的依附理論和雙軌模式，我們將視悲傷為一個過程，從中重構我們與逝者之間的連結，而非放棄這段關係；以及考量其中會干擾這自然過程的狀況。學員將學習一些具創意性的敘事和表達手法，以重新把逝者帶進喪親者的社交和心理世界裡；並助長與摯愛的持續性連結和聯盟，以應對不再一樣的未來；以及幫助案主反思摯愛在個人身份建構中所扮演的角色。

#### ***Learning Objectives***

##### ***學習目的***

- Distinguish between healthy and unhealthy features of continuing bonds with the deceased

對於與逝者的持續性連結，區別其良好與不良的特徵



- Practice two techniques for consolidating a constructive bond with the deceased as the client transitions toward a changed future  
應用兩個技巧，以鞏固與逝者有建設性的連結，並助案主應對不再一樣的未來
- Facilitate symbolic written exchanges between the client and the deceased to reaffirm love and resolve residual conflicts and disappointments  
疏導案主與逝者之間的象徵性文字交流，以重申對彼此的愛，並化解遺留下來的衝突和失望

### *Lesson Schedule*

#### *課堂時間表*

2021年1月24日

#### 1. Continuing Bonds: Tracking through Bereavement

持續性連結：在喪親中尋索烙印

For most of the 20<sup>th</sup> Century, the dominant model of grieving in the West argued that the goal of mourning was to “let go” of the deceased and “move on” with life, even if this approach contrasted with the norms of grieving in many Eastern cultures and most actual mourners worldwide. In this lesson we present the now widely accepted idea of “continuing bonds” with the deceased as a normal outcome of adaptive grieving and illustrate its importance in clinical videos. We will then demonstrate that adopting the binocular focus of the Two-Track Model of Bereavement aids case conceptualization, drawing the counselor’s attention to both client problems and resources that are commonly neglected and invisible.

在 20 世紀中，西方的主流悲傷模式都認為，哀悼的目的是為了要「釋放」逝者，並「繼續往前」生活，即使這種方式與許多東方文化的悲慟規範，以及世界各地的喪親者的經歷有所落差。在這課堂中，我們將介紹與逝者的持續性連結。這概念現已被廣泛接納為調適性悲傷的一種正常結果，並透過臨床錄影說明其重要性。繼而，我們將證明採用雙軌模式的雙重焦點將有助於案件分析，引導輔導員的焦點集中在案主面對的問題，以及一般上被忽視和不顯見的資源。

2021年1月30日

#### 2. Saying “Hello Again”: Introducing Our Loved Ones

再次說「你好」：介紹我們的摯愛

An attachment-informed approach to grief therapy recognizes the primacy of the bond with the deceased, and the importance of giving it at least equal priority to grief symptomatology. In this lesson we consider a natural extension of this principle to the context of bereavement support and grief counseling, and offer clear guidelines for introducing the deceased to the therapist or other group members as a kind of appreciative inquiry that recruits the relationship with the dead as a resource for the living. An example of this approach is provided in an actual session of grief therapy.

以依附理論為導向的悲傷治療意識到與逝者的連結之首要性，並給予這連結與悲傷症狀至少同等重視之重要性。在這課堂中，我們將延伸這原則於喪親支援和悲傷輔導的範疇，並提供明確的指引，以助案主將逝者介紹給治療師或其他小組成員，作為一種欣賞感恩的探問，以致與逝者的關係能成為喪親者在生活中的一種資源。一段悲傷治療的臨床錄影將呈現這手法的實際示例。

### 3. Caring and Daring: Secure Base Mapping

愛護與挑戰：譜出個人的安全基地

All of us need the safe haven provided by reliable and supportive relationships to cope with life's many challenges, and this is particularly true when we experience the loss of special people in any form—though death or dissolution of intimate relationships. In this lesson we consider one tool for helping clients recognize important “secure bases” that helped them feel protected and supported in difficult times in the past, and that extend through the present into the future. Such “secure base mapping” can help clients recognize sources of strength and caring they had forgotten, as well as the need to develop more such secure bases when these have been thinned by time.

我們各人都需要可靠和支持性的關係作為我們的安全港，以應對生活中的種種挑戰。不管是什麼形式（如死亡或親密關係之破裂），當我們痛失生命中特別重要的人時，安全港的需要就變得更甚。在這課堂中，我們將嘗試一種工具，以助案主識別重要的「安全基地」，在過去一些困難時刻中曾讓他們感到受保護和被支持，並延伸至現在以及未來。這樣的「安全基地藍圖」可幫助案主重新辨認自己已遺忘的力量和關懷之泉源，以及意識到當這些安全基地隨著時間而逐漸變弱時，他們需要開發更多類似的安全基地。

2021年1月31日

### 4. Bonding vs. Binding: Screening for Relational Complications

連結或枷鎖：審視關係中的複雜狀況

At times, the impediments to adaptive grieving arise from the nature of the relationship with the deceased themselves, as well as from the characteristic struggles mourners encounter in close relationships. This lesson reviews the relevance of attachment styles to grieving styles and considers how these interact with the character of the relationship with the loved one in life to predict more intense and complicated patterns of bereavement. Likewise, the circumstances of the death, especially when it is sudden and survivors are unable to tend to their loved ones at the end of life, can leave mourners with a reservoir of “unfinished business,” unresolved relational issues that require attention in grief therapy. We will present practical scales and interview methods for identifying these issues and consider the implications of their findings for treatment selection.

有時，阻礙悲傷得以調適的障礙來自於與逝者的關係性質，以及喪親者在親密關係中一般經歷的掙扎。這課堂將回顧依附風格與悲傷風格的相關性，並探討

它們如何與摯愛生前的關係特徵產生互動，從而預測更強烈和復雜的喪親狀況。同樣，某些死亡處境，尤其是突發性死亡，或當遺族無法在摯愛的生命盡頭照顧他們，這種種處境都可能給喪親者留下許多「未竟事宜」，尚未解決的關係問題，有待在悲傷治療中予以關注。我們將提供實用的量表和麵談方式，以識別這些問題，並考量這些發現對治療方向的影響。

## 5. Reopening the Dialogue: Correspondence with the Deceased

重開對話之門：與逝者的對應交流

When a death of an important person leaves important things unsaid, sources of hurt or anger unresolved, or attachment needs unmet, then various forms of “reopening the conversation” with the deceased can be called for in grief therapy. This lesson focuses especially on one such tool, an “exchange” of correspondence between the client and the deceased to help reaffirm an attachment bond torn or sundered by death or to address unfinished business in a symbolic, but emotionally real way. Concrete “conversation starters” will be suggested that can be useful where a client does not know where or how to begin.

當一位重要人物的死亡留下重要的未了話、未解決的傷害或怒氣、或未被滿足的依附需要時，悲傷治療就需要以各種形式讓喪親者與逝者「重新對話」。這課堂特別聚焦於一種相關工具，即案主與逝者之間的對應交流，以幫助重申因死亡而被撕裂或破壞的依附連結，或以象徵性但情感上真實的方式處理未完成的事務。若案主不知道該從何處或何時開始，使用具體的「開場白」將會有所幫助。