

# 基督徒之認知行為治療——一位憂鬱症患者之敘事研究

## 中文摘要

本研究的目的，乃期望找出曾施行於研究參與者身上，基督徒之認知行為治療（Christian Cognitive Behavior Therapy）靈性介入措施與康復之間的正向因素，以求應用在其他精神官能症患者身上。本研究以一位罹患九年憂鬱症的三十多歲男性基督信仰者為對象，運用 CCBT 靈性介入措施諮商策略，每兩週一次，為期六個月左右。

研究參與者在接受第一次 CCBT 靈性介入措施諮商後，即經歷了研究者所稱的「甦醒經驗」，自覺所有精神官能症狀完全消失。但是他生活中引發壓力的思想習慣、情緒反應習慣都需要改變，因此有了後續的「解除壓力源」的諮商，針對他靈與魂的需要，援引聖經經文，供其作為因應的方法，六個月後，研究參與者擺脫過去九年所依賴的百憂解、抗焦慮劑等精神科藥物，至今已超過兩年。

研究者以兩次非結構深度訪談，並一次以電話訪談的方式，蒐集研究參與者的生命故事文本資料，以紮根理論的精神，分析文本，從開放編碼分析找出類別；從類別分析找出主軸，呈現：1. 研究參與者罹患憂鬱症的生命故事；2. 接觸 CCBT 靈性介入措施諮商前的因應方法；3. 決定接受 CCBT 諮商的動機；4. 接受 CCBT 靈性介入措施諮商過程中，影響其恢復健全的正向因素；5. CCBT 靈性介入措施諮商的效果。

本研究歸納出因應憂鬱症狀、強迫症狀、失眠症狀、腸胃炎等四項精神官能症的 CCBT 靈性介入措施，並提出具體主張與建議，可提供教會界靈性助人者參考。

關鍵詞：基督徒認知行為治療、靈性介入措施、聖經、認罪、聖靈、勸化諮商

## A Narrative Study Of Christian Cognitive Behavior Therapy With A Male Christian Suffering From Depression

### Abstract

The purpose of this research is to find out the positive factors that the research participant has received in CCBT Spiritual Interventions counseling process in order to apply to other neurosis cases. The research participant is a male Christian over 30. He was diagnosed with depression 9 years ago. He met with the counselor once in two weeks for approximately six months.

After the research participant received the first CCBT SI counseling session, he experienced “revival experience”, which made him felt all neurosis symptoms were gone. But all “triggers” of pressure were still there, hidden in his thinking pattern and emotional pattern. For the best result of counseling, he needed to deal with the root cause of his neurosis. Researcher scheduled another counseling sessions to help research participant remove the “Non-Biblical thinking pattern” and “Non-Biblical emotional pattern”. During the 12 counseling sessions, researcher offered Scriptures as spiritual medicine to his spiritual need, the efficacy obviously was better than the medicine prescribed by psychiatrists. After these 12 counseling sessions, research participant recovered from Neurosis with no need of medical treatment.

Researcher collected the transcripts from two non-structured, in-depth interviews with research participant and one interview by telephone. Researcher followed the principles of Ground Theory in analyzing the transcripts to create open coding, which in turn created categories and axial coding, and obtained the results as follows: 1. the life story of the research participant; 2. coping methods before receiving CCBT Spiritual

Interventions Counseling; 3. motives to receive CCBT; 4. positive factors to cope with neurosis in CCBT Spiritual Interventions Counseling; 5. efficacy of CCBT Spiritual Interventions.

Positive and effective spiritual interventions to cope with Depression, Obsessive Compulsive Disorders, Insomnia, gastroenteritis were found. Based on these results, discussions and recommendations were proposed for further research and implications.

**Key Words:** Christian Cognitive Behavior Therapy, Spiritual Interventions, Scriptures, Confession, Holy Spirit, Exhortative Counseling

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