

新編身心狀況評量工具的使用—— 就從東沙指揮部開始

Newly Edited Evaluation for Mental and Physical Status by the Coast Guard Administration--
A Great Beginning in Dongsha Command

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海岸巡防署人事處為配合於5月份起全面使用新編的「海巡人員身心狀況評量表」，特別選定南部地區巡防局東沙指揮部為巡迴宣導教育的第一站，期能以這份新的評量表瞭解海巡弟兄心理健康程度，並以之做為個人輔導的依據，早期發現自我傷害的徵兆，先期投入輔導能量以為防範未然。本次宣教自97年4月22日至24日，由署部人事處心理諮商科科長吳宇樺率業務承辦人與南巡局人事室科員及特聘請法務部明陽中學專業講師劉淑華等5員親臨東沙，實施心理諮商巡迴講演。本部有幸被選為全署年度巡迴宣教的第一站，更是海巡署所屬機關（單位）第一個全面實施「海巡人員身心狀況評量表」及「士兵行為檢核表」的單位，本部深感責任重大，示範意義不言而喻。

本次活動共計兩個部分，一是由南巡局人事室科員盧梅芳針對本部單位主官(管)及幹部，實施「士兵行為檢核表」教育訓練，解釋各項題目的義意與適當的評量解讀方式，以協助單位順利推行；另一部分心理諮商宣講，則由劉淑華老師以團體互動方式進行，協助島上弟兄學習如何進行情緒管理及壓力紓解，讓弟兄們認識自身情緒及正確的表達出情緒，使能調適與紓解，進而增進單位內人員的良性互動。

So as to comply with the newly edited evaluation system for mental and physical status of Coast Guard officers began in May, the Department of Personnel designated Dongsha Command as the first stop of promotion and education, which were meant to better understand mental and physical health of Coast Guard officers, and be the basis for personal counseling to avoid self hurt by early discovery and contribution of sufficient assistance. Promotion of this time started from April 22-24, 2008. Led by Wu Yu-ying, head of Psychological Consultation Section, undertakers, officers in Department of Personnel, Southern Coastal Patrol Office, Coastal Patrol Directorate General, as well as five professionals including Liu Shu-hua, a lecturer of Ming-Yang Junior High School, arrived in Dongsha in person to carry out a lecture on mental counseling. Dongsha Command took the honor to be designated as the first stop to start annual promotion and education tour. More specially, Dongsha Command was even the first unit which fully implemented "evaluation for mental and physical status by the Coast Guard Administration" and "checklist of soldiers' behaviors". As recognizing the great responsibility and burden on us, we felt the significant meaning to be the benchmark for all.

There were two different parts in this activity.

身心狀況評量表教育訓練

海巡人員平時執行的勤務與國防部三軍有著明顯的差異，因此生活作息與勤務所面臨到的壓力挑戰也不同，海巡署特委由輔仁大學製作「海巡人員身心狀況評量表」，係為海巡弟兄量身打造的專屬評量工具，必能提供比「國軍人員身心狀況評量表」更有效的心輔能量，期能提供心輔工作人員一套客觀而科學化的輔助資料，幫助心輔工作的順利推行，減少部隊自我傷害事件發生。「海巡人員身心狀況評量表計分系統」，會自動產生相關數據及輔導類型，它的測試結果分為高度關懷、中度關懷、尚需關懷及自覺良好等四個類別，心輔工作人員可藉此進行分類判定，篩選出情況不佳之個案，並妥採適當輔導作為，早期發現早期防治，而這份測試還提供了多項壓力來源分析，讓心輔工作人員能更精確瞭解受測者所面臨的壓力來源是什麼，以提供適當而有效的協助，藉此評鑑結果做為推動心輔工作的重要參考資料。

One was undertaken by May-Fang Lu, the officer of Department of Personnel, Southern Coastal Patrol Office, Coastal Patrol Directorate General, and aimed at leaders and cadres of each units to carry out "checklist of soldiers' behaviors". Lu must assist each unit to proceed with the checking work by explaining meaning of each questions and adequate interpreting method to evaluation results. Shu-Hua Liu took charge of the other part, and proceeded with a team activity. Liu led the lecture on mental counseling to assist soldiers on the island to properly manage emotion and release pressure. Soldiers may get to better know themselves and express feelings for adjustment and release of pressure, so as to improve interrelations between one another.

Training of Edited Evaluation for Mental and Physical Status

There are obvious differences between the duties of officers in the Coast Guard Administration and those in military. These differences result in distinct daily life style and challenges. The Coast Guard Administration assigned Fu Jan Catholic University to create the "evaluation for mental and physical Status of officers of Coast Guard Administration", which has been particularly for officers of Coast Guard Administration, and expected to offer a relatively effective mental counseling in comparison with the "evaluation for mental and physical status of military personnel". Also, as a counseling system which is clinical and scientific, mental counseling work will definitely be more successful in preventing self hurt from occurring. "Evaluation for mental and physical status of officers of Coast Guard Administration" is designed to produce relevant statistics and counseling type automatically. Evaluation results can be classified to 4 types, being in urgent need of care, in need



明陽中學劉淑華老師（圖中）以輕鬆活潑的方式授課，使課堂氣氛熱絡，弟兄們熱情回應。

Shu-Hua Li (central), a teacher of Ming-Yang Junior High School, carries out a lecture with an easy and lively atmosphere to stimulate feedback from the participants.

心理諮商宣導教育

心輔巡迴教育為讓補休或執勤的弟兄都能參與到，課程規劃特安排上、下午計兩場次，老師課程開頭便引言指出，台灣是全世界最不快樂的國家之一，理由是國人過於壓抑，對內在情緒放任又不懂得排解造成壓力不斷累積，而這種習性也連帶反應到我們的兩性、人際互動與家庭生活上。

授課內容以經驗交流、討論問答方式進行，使被詢問者開始察知自己的行為動機與內在的情緒基礎，課程進行的十分輕鬆活潑，每一個參與的弟兄都在沒有壓迫感的環境中卸下心防來分享最真實的自我經驗，有些弟兄原本是比較羞於表達的，但他們從別人分享的經驗中聽到自己熟悉的故事，隨著

心輔官羅斯平（圖中）協助弟兄進行海巡人員身心量表填寫情形。

Lo Si-ping(central), a psychological counseling officer, assists participants to complete the evaluation on mental and physical status for the Coast Guard Administration.



of care, fine with insufficient care, not in need of care. Based upon the said types, mental counselors are able to render adequate assistance and proceed with early curing by judging and recognizing as to those who need mental counseling. To precisely learn what forms pressure for the tested, this evaluation also reflects source of pressure so as to provide proper and efficient mental help and act as an important model when promoting mental counseling work.

Promotion and Education on Mental Counseling

A tour makes the education on mental counseling available for officers who are absent because of holidays or duties. At the beginning of the training, the lecturer pointed out Taiwan was one of the unhappiest countries all over the world because Taiwanese tended to depress themselves and accumulate pressure by not releasing pressure. The tendency reflected on interrelation between two sexes, families and subsequently affected our family life.

The lecture aimed at exchange of actual experiences, as well as discussion and Q&A. The atmosphere was so lively and easy that all participants released burden and were willing to share experiences of their own. At the very beginning, some of the participants were too shy to express themselves. However, as stimulated by hearing familiar stories from others, they started opening mind and thus advanced the level of psychological health. Ms. Liu wrote a letter to those in Donsha following the lecture, the details were as follows:
Dear all participants:

越來越熱絡的氣氛，也願意分享開放自己，幫助弟兄們提升心理衛生層級。劉老師並於課後親筆撰寫一份予東沙人的信：（摘錄如后）

各位親愛的學員：

我要非常的謝謝大家在課程中的參與和投入，在這裡雖然只有很短的三天，但這裡清麗的天空，甜美新鮮的空氣，以及你們溫暖熱忱的接待，我一輩子都會記得...

有很多人問我，學這麼多年的心理學，及在教育這條路上走了十多年了，我最大的心得是什麼？我都會回答我最大的收穫和心得是「不斷的認識自己」以及「學會感謝」。像在昨天，我就發現到，我對騎腳踏車過沙地是有很大的恐懼感（因為我滿腦袋都在想小時候騎車，摔到路邊水溝的景象），我在我的恐懼害怕中有一個很大的啟發，原來在那個時候我並沒有「活在當下」，因為過去的經驗，讓我覺得騎車是可怕的，也因為對未來的無知，讓我覺得我失去了掌控的能力，而當我調整我負面的心情，我想反正大不了我就下車用牽的、反正了了不起我就...而我最後決定大聲的說出我的恐懼，我大叫：我很害怕...，我最後得到的是心輔官善意的協助，他要我放輕鬆，如果害怕就下車，而且鼓勵我，他說：有好多學生原本也不會騎車，但最後都會了，所以我發現原來是一份恐懼的心，使我失去學習和欣賞的能力...

而我想和大家分享的是恐懼害怕其實是一種心理狀態，是一種念頭，是一種對過去存有的負面記憶與對未知的臆測，而恐懼害怕最大的敵人就是「勇氣」。（只需具備凡事試試看，反正人生不是「得到」就是「學到」，這就是一份可貴的勇氣了）我真的很喜歡這個地方，可惜它目前沒有對外開放，我也不知道下次還有沒有機會再來東沙，而你們同樣的，不論你喜不喜歡，願不願意，都必須在服役的這段時間待在這裡，既然這是人生必要的一個過程，那何不讓自己在這陣子全然的投入。

上帝雖然創造人類但從來沒有給人們一本「人的操作手冊」，所以我們常常沒有辦法好好的發揮我們的優點及潛能，所以我們更要不斷的了解及認識自己，我也期許大家可以不斷欣賞及發現自己（

I appreciate your participation and devotion in this lecture. Although the lecture lasted for only three days, the beautiful memories about the clean sky, sweet and fresh air, warm welcome from you all, is definitely unforgettable in my whole life.

Many have asked about my feeling since I have experiences of learning psychology and devoting to education for at least ten years. The answer is always “continuous discovering myself” and “learning to appreciate”. Take yesterday for example, due to the awful experience of falling to the gully from the bicycle, I found myself afraid of riding a bike across the sand. The fear inspired me that I did not seize the day because of the frightening memories in the past and blindness to the future. Immediately I tried to adjust the negative feeling. I thought it was not a big deal if I walk with the bike, if I..... Eventually, I decided to loudly speak out my fear by screaming: “I am very afraid!” Assistance from the psychological counseling officer was obtained. He said: “Relax! Just get down if you are frightened.” He also encouraged: “A number of students were unable to ride a bike originally, but now they all overcame it.” This made me think, the fear stopped me to learn and appreciate. In a nutshell, a fear is actually a type of psychological status, a thought, a negative memory to the past and ignorant assumption to the future. The biggest enemy to fear is braveness. All you need is to take a try. Then you will either acquire achievement or learn something. This is so-called “braveness”.

I really love this place. However, I am uncertain whether there's still an opportunity to re-visit since it is not opened to the public yet. Similarly, no matter you like it or not, you must stay for the rest of your term here. Since no one can resist the procedures, I suggest you to fully devote yourselves in this period.

當然，也別忘了欣賞自己外，還要欣賞別人）。最後，我還是要再一次的感謝你們每一個人，因為你們的存在，我的生命更加的豐富，祝福你們，我敬愛的朋友。劉淑華 4/23於東沙

後記

本次巡迴宣導教育，東沙島弟兄們所填寫的海巡人員身心狀況評量表，豐富了資料庫中原本欠缺的外、離島部分，也從弟兄們在填寫過程中的疑問，得到回饋，得到改良評量表的想法，更重要的是經由這份專業化評量的協助，我們可免於人心中的主觀，從客觀的角度去發掘弟兄的困難，從而能真正以他們所需要的去進行協助，而心理諮商輔導不僅增進了弟兄們的心理健康水平，也帶來了平時忙碌於勤務少見的輕鬆氣氛，連帶增進了弟兄與心輔人員的信任關係，相信對日後推動心輔工作必定大有助益。🙏

（作者任職於南部地區巡防局東沙指揮部）

We are often unable to elaborate and develop our strengths and potential ability because the Lord invents humans but forgets to give a "user's manual of human being". That explains why we must not stop knowing and discovering ourselves. I also expect you to appreciate and find yourselves endlessly, and of course, do not forget to appreciate others. Finally, let me thank you all over again for enriching my life. Wish you all the best, my dearest friends.

Liu Shu-hua,

April 23, 2008 in Donsha

Afterword

Through this tour, evaluation on mental and physical status for Donsha personnels has enriched documents on areas outside Taiwan Island itself which originally absent in the database. Personal questions to the evaluation also provided sufficient feedback for us to modify the evaluation design. Most importantly, with assistance from this professional evaluation, we are able to discover difficulties the personnel are facing with in a viewpoint of objectivity by removing our subjectivity, and give assistance they actually need. Psychological counseling not only improved mental health of personnel, but also created the easy atmosphere that was not often seen during their duties. Trusts between personnel and psychological counseling personnel were subsequently established, for which we believe it essential to promotion of psychological counseling in the near future.

(The author is currently with the Donsha Command.)



心理諮商科吳宇櫻科長（第二排左一）、明陽中學劉淑華老師（第二排左二），與弟兄於「南海明珠」島碑前合影。

Yu-Ying WU(the first in the left, second row), head of Psychological Consultation Section, Shu-Hua Li(the second in the left, second row), a teacher of Ming-Yang Junior High School, as well as personnel on Donsah, are taking pictures for beautiful memories in front of the tablet with characters "Pearl on South Ocean" on it.