



- 人事處處長張念中介紹心靈成長團體講師陳麗光老師
Head of personnel division Chang Nian-chung introduces spiritual growth group lecturer, instructor Chen Li-kuang



- 學員跟著老師做伸展動作放鬆身體
Participants follow the lecturer to carry out stretches to relax the body

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Article, photos | Wang Zhe-ping

給自己一個心靈成長的機會

Give yourself a chance for spiritual growth



- 學員自願接受老師當場催眠
Participants voluntarily accept the lecturer's hypnosis

近年來社會問題層出不窮，舉凡家庭關係、男女感情、工作壓力、經濟狀況及人際互動等等，外在環境強迫我們面對現實狀況，內心壓力也不自覺地層層累積！有鑑於此，坊間成長團體課程如雨後春筍般的逐漸興起，不論心理成長團體、自我探索團體、人際關係技巧訓練團體、支持性團體等等，都是藉由團體互動方式協助每位參與的成員找尋人生出口。團體活動可以被使用在治療、教學或是治療和教學混合的目的上，有些團體單純是

Of late social problems are on the rise, ranging from family relation, couple relationship, work pressure, economic stress, interpersonal interaction and so forth, and as the external environment is forcing us to confront the reality, the pressure within can also be built up gradually. In light of which, growth group courses have begun to mushroomed, a host of organizations, such as psychological growth group, self exploration group, interpersonal relationship skill training group, support group and so forth have been spawned to assist every participant locate a way out in their lives through group interaction. Group activities can also be used in therapy, teaching or combination teaching purposes, with some group therapies simply there to teach people how to foundationally alter their thinking, emotion and behavior, and some are principally to educate or teach members the skill to deal with special problems. Local pri-

幫助人們在思想、情感和行為上做根本的改變，有些則是以教育為原則，教導成員特殊問題的處理技巧。國內民營企業、行政機關甚至是國軍單位也紛紛辦理多種成長團體相關的課程，希望透過小團體活動方式促使單位成員心靈成長，進而提升工作效能。

海巡署為促進同仁身心靈整體成長，建立人性關懷、互動良好的組織文化，提升行政效能，也於本（94）年由人事處心理諮商科陸續開辦下列4個主題：「化危機為轉機-催眠體驗營」、「別跟情緒過不去-情緒與壓力調適營」、「我的未來不是夢-生涯規劃營」、「其實我懂你的心-人際溝通促進營」的員工心理健康成長團體營，每梯次採15人小團體辦理，目前已開辦了前3個主題課程，實施6個梯次，共計84位學員參與，對成員的心靈成長助益甚多，第四季的成长團體活動課程亦將於11月上旬規劃辦理。

雖然成長團體對於參與成員在心靈上有明顯的幫助，但仍有些同仁拒絕了參加成長團體的機會，這是非常可惜的，經過詢問得知，不願意參與這些活動的理由如下：

一、自己不需要

這些人對自己身心狀態以及面臨的問題都能自己找到方法尋求解決，且認為課程是提供需要被幫助的人員所設計的，因此覺得不需要參加。

二、擔心隱私被窺視

許多人認為在團體中需談論有關自己內心世界的問題，覺得有被窺視的感覺，因此感到不放心，而拒絕參與。

三、浪費時間

有些人覺得大家圍坐在一起，聽帶領者及成員分享自己已知的經驗，覺得很浪費時間，寧可將時間拿去做自己喜歡做的事情，而不想參與。

四、缺少同伴

大多人在參加時需要有朋友共同參與，避免因陌生產生尷尬，因此在沒有友人陪伴下，放棄參與的機會。

五、工作繁忙

vate businesses, administrative agencies or even military units have often turn to staging a number of group related courses aiming to excel members' spiritual growth through small group activities that would in turn enhance their working efficiency.

The Coast Guard Administration in a search of excelling the associates' overall spirituality growth, instilling a humanistic care, interactive organizational culture, improving the administrative efficiency, has had the Human Resources Counseling Division staged four focal themes of "Turning crisis into niche opportunity - a hypnosis camp", "Don't get entangled with your emotions - find emotional and stress relief", "My future isn't a dream - career management", "I do know how you think - an interpersonal communication camp", in a series of employee psychological health and growth group camps, with each session scheduled for a fifteen-member small group. Currently, three focus group programs have been implemented, and a total of six sessions are held, which are attended by 84 participants that not only provide the members with significant psychological help, and Q4 growth group activity program will soon be implemented in early November.

Despite how the growth groups provide the participants with significant spiritual help, unfortunately a number of associates have decline to partake the opportunity of the growth groups, and through inquiry, some of the reasons for the individuals to shun from partaking the activities are as follows,

1. I don't need it

As some tend to think that they are capable of finding solution for the problems they face, and reckon that the program has been designed for those that really need help, therefore they tend to regard that there is no need to participate.

2. Worrying that one's privacy may be exposed

As many regard telling one's inner secrets in a group setting might bring on a naked exposure, they tend to feel uneasy, thus decline to participate.

3. Wasting time

Some feel that it is a waste of time listening to the leader and hearing the members sharing their experiences, and would rather spend time doing something they like to refuse to participate.

4. Lacking company

A majority of them need companions when joining such activities in order to avoid feeling embarrassed, without the company of friends, they would choose to forfeit the opportunity.

5. Hectic workload

Some think that they are already beat with the heavy workload and participating the function will only further delay their work so they choose to forgo the opportunity.

The growth group program of different focus themes does provide some firsthand experience and fruitful results at the end of each session, which are excerpted here to share with all,



- 學員專注聆聽老師上課情形
A snapshot of participants concentrate listening to the lecturer

有些人覺得自己工作已經很忙了，如果參加將使工作有所延誤，因此選擇放棄。筆者因承辦本署心理健康成長團體活動，有幸分別參加不同主題的成長團體課程，在每一個課程結束後，也有些體會及收穫，在此提供給大家一同分享：

一、吸取他人的成長經驗

從團員經驗分享中，可以讓我們更快獲得做人處事的方法，例如，與另一半及小孩如何互動、遇到困難的處理方式等等，這些經驗可避免自己撞得頭破血流後才辛苦獲得。

二、重新探索自己的機會

在團體裡藉由帶領者的引導，可幫助自己重新審視自我，舉凡想法、觀念及做人、做事的方法或與周遭親人及朋友的關係，都能藉由參與成長團體的方式獲得啟發進而尋求到一個使自我身心平衡的方法。

三、壓力適時找到出口

平時在生活周遭及工作上或多或少都會遇到一些壓力，而這份壓力敘積壓在我們內



- 人事處副處長陳培莉向學員介紹講師嚴雲虹

Human resources division deputy director Chen Pei-li introduces participants the lecturer Yen Chi-hong

1. Absorbing the growth experience of others

Through group experience sharing, it allows us to derive ways of doing things; for example, how to interact with one's better half and children, means for dealing with difficulties and so forth, where all such experiences do help one avoid fighting hard with one's might before deriving the experience.

2. A chance to explore oneself all over

In group setting, the leader's guidance can help us reexamine oneself, ranging from one's thoughts, concepts and dealings, means of doing things or whose relationship with friends and relatives, all of which can be inspired by way of participating the growth group, which in turn helps to derive a method for balance one's soul and mind.

3. Locating a time outlet for pressure relief

We more or less tend to encounter certain stress at work or in general living, the pressure built up within us not taken care of tends to lead to greater emotional outburst that could be inadvertently unfixable. Therefore, in the process of member experience sharing in a small group setting allows an adequate adjustment to one's stress accumulated, and the leader and member support also smoothes one's emotion.



心，久而久之未能處理，容易引起更大情緒反應而無法收拾，因此在小團體中自我經驗分享的同時，也讓自己累積的壓力做了適度的抒發，加上帶領者及參與成員給予支持，心情也得以慰藉。

四、對生涯規劃有更明確的認知

我們都知道漫漫人生路上必須對自己有所規劃，但真正去落實的人確實很少，因此藉由帶領者的引導及成員對生涯規劃的經驗分享，可以重新思考自己人生中每個階段的規劃，調整自己腳步重新出發！

五、人際關係及溝通方式的改善

人無法離群索居亦不能孤軍作戰，在生活及工作中常常需要朋友或同事的協助，因此，良好的溝通更顯重要。透過小團體活動方式能夠瞭解自己的溝通型態，認識維持良好人際關係應具備之個人特質，並能把人際溝通技巧應用於日常生活中，有效促進人際關係發展。成長團體的課程確實可以幫助成員獲得心靈成長，不但可以安全放心的在團體中抒發自己的心情感受，也可以在現實生活中練習新的技巧。再者，成員們藉由觀察其他人的類似經驗，得以學習如何處理自己的問題，這樣的回饋與領悟更是寶貴。在本（94）年辦理的成長團體活動中，有些成員年齡較長，有些則較輕，不管在哪個年齡層，都同樣的能在參與後更深一層了解自己。因此筆者認為只要在心裡或腦海中對於所參與的課程有所領會及思考，並利用於生活中自己所碰觸的人、事、物，我相信都是一種進步，而當您放下心中設防參加任一成長團體課程，我相信對您未來的人生一定會有幫助，在此，鼓勵尚未參加過成長團體活動的同仁一同參與，讓我們給自己一個心靈成長的機會吧！

（本文作者任職於海巡署人事處）



● 會計長鄧國藤報到情形
A snapshot of director
general Deng Kuo-ting
signing in

4. Becoming more aware of career planning

We are aware that one needs to develop one's future, yet few do truly enforce it. Thus the leader's guidance and the member's career planning experience sharing could help an individual re-think every step of one's future development and readjust one's pace for a fresh start.

5. Improving interpersonal relationship and communication

As no one can live along or fight single-handedly, we often need the assistance of friends or colleagues in general living or at work, which further highlight the importance of fine communication. Through small group interaction, it helps one understand one's own communication mode, be aware of the personal requisite characteristics of commanding an interpersonal relationship, and be able to apply interpersonal communication skills in daily living, in order to effectively excel one's interpersonal relationship.

Group growth programs can indeed help the members achieve spiritual growth, as members are not only getting to relieve their emotion safely in a group setting but could also acquire new skills in real living. Furthermore, members could also learn how to handle their own problems by witnessing similar experience of others. In the group activities staged for 2005, with some of the members being older and some younger, whichever age group that one falls under, most of the members do come away knowing themselves better. With that, the author reckons that as long as one is conscientious and reflective of the course partaken in their mind or memory, I do believe that it would constitute as a form of progress for all the people, things and objects that one is exposed to. When you drop your safeguard to partake any one of the growth group programs, I am certain that you will benefit from it in your future life. A word to share with you, of associates that not yet have the chance to participate in the growth group program, why not give ourselves a chance for experiencing spiritual growth.

(The author is currently with Coast Guard Administration Department of Personnel)