

主要為推廣一個尚未在台灣廣泛流傳的知識：創傷知情。創傷知情是出自於同理心，也是一種解讀事情的眼光。在理解創傷如何影響人後，用基礎知識來重新看待孩子的行為，並使用正確的方式回應孩子。希望能藉此讓照顧者避免以傳統的打罵方式處罰孩子，不只沒有解決問題的核心，也對孩子造成更大的傷害。因目前社會對心理健康的重視度不高，大部分的民眾都未曾聽過「創傷知情」，我們的專題致力於將創傷知情照護 4 要素推廣至全台，以創造更適合兒童成長的環境，及對受創者友善的社會。

故事大綱改編自《美女與野獸》，主角的名字設定為吉克，取自英文「Geek」，有行為詭異之意，是創傷受害者；貝兒是身邊的陪伴者。受創的吉克情緒易怒內心破碎，需要貝兒的支持與幫助。貝兒善良和熱心，具有創傷知情的知識，幫助吉克正視童年創傷，也改變了吉克的生命。玫瑰花象徵吉克的心理狀態，隨著陰影的出現而逐漸凋零，從創傷中恢復後得以綻放。

將「創傷知情照護 4 步驟」的論述簡化、口語化改成「創傷同理 4 步驟」以便大眾了解。藉由生動有趣的影片呈現，是最合適現代人吸收知識的方式。設計對象為孩子的照顧者及父母。影片當中宣導創傷對孩童所造成的傷害和影響，了解創傷知情 4 步驟後，讓照顧者能夠以正確的方式來陪伴受創者，給予支持及鼓勵，受創者將有更大的機會能從創傷中復原。

This project aims to promote “trauma-informed”, a concept which is not widely known in Taiwan. Trauma-informed care is based on empathy and ways of interpreting things. After understanding how trauma impacts people, we are able to rethink children’s behaviors through the lens of trauma-informed care and respond to children in the appropriate way. We hope that this new understanding will stop some care takers who still use the traditional way of disciplining children, such as hitting and scolding them, to punish children. The hitting and scolding not only fails to solve the central problem but also causes trauma in children. The current Taiwanese society does not see mental health as important, so most people have never heard of trauma-informed care. Our project is dedicated to promoting the four elements of trauma-informed care to create a better environment for growing children and a more friendly society for those who have trauma.

The story in this project is adapted from BEAUTY AND THE BEAST. The main character’s name is *Geek* which connotes the meaning of “behaving weirdly”. *Geek* is a victim of trauma, and *Belle* is his companion. *Geek* is traumatized and emotionally irritable with a broken heart. He needs *Belle*’s support and help. *Belle* is kind and passionate and has trauma-informed knowledge, which helps *Geek* face his childhood trauma and changes his life. The Rose symbolizes *Geek*’s mental status, which withers when the shadow of his childhood memories gradually appears but is able to blossom after recovering from the trauma.

We simplified the theory of the four steps of trauma-informed care and came up with a slogan of Empathy, Trauma, Four Steps to help the public understand trauma-informed care. We made a video that is vivid and interesting which is the best way for people to absorb new knowledge nowadays. This project is aimed at children’s caretakers and parents. The video shows how trauma harms and impacts children in addition to the four steps of trauma-informed care. After learning these four steps, caretakers will use the appropriate ways to accompany trauma victims and give support and encouragement to allow these trauma victims to have more chances to recover from the trauma.

\*創傷知情與創傷治療不同。創傷治療是針對創傷的診療，處理創傷造成的影響、癥瘕創傷後壓力症的症狀。創傷知情則需要由專業的醫療、心理諮詢機構進行。原版的創傷知情照護 4 步驟為：理解、辨認、回應、預防。

*\*Trauma-informed care and trauma therapy are different because the latter is the diagnosis and treatment of trauma that deals with the impact caused by trauma and can be a cure for post-traumatic stress disorder. On the other hand, trauma-informed care needs to be conducted by a professional medical and psychological consulting agency. The original four steps of trauma-informed care are realization, recognize, respond, resist re-traumatization.*

影片大綱

主角吉克是位受創者，小時候因父親家暴及酗酒，而造成他的陰影，使他日後與他人相處時，帶有警戒心及容易產生摩擦。吉克心中的陰影，像一隻野獸，時常出來無情的攻擊他的身心，嚴重影響生活品質及社交狀況。象徵吉克心理狀態的玫瑰花，隨著野獸的出現而逐漸凋零，即將邁向不可挽回的地步。吉克藉由貝兒的支持與陪伴，終於成功的戰勝心中的野獸，奪回心靈的主導權，生活邁向新的章節。

創傷同理 4 步驟

關心：當受創者出現異常狀況時，先關心並安撫對方的行為及情緒。

觀察：觀察對方的情緒是否由創傷記憶引起。

同理：理解創傷帶給人的影響，給予支持跟鼓勵。

陪伴：幫助受創者恢復，並避免再次受創。

The summary of the video

The main character, *Geek*, is a trauma victim because his father was an alcoholic and violent towards him, which has caused *Geek* to be vigilant and subsequently finds it difficult to get along with others. The shadow inside *Geek* is like a beast which often ruthlessly attacks his body and mind. This seriously impacts *Geek*’s quality of life and his social life. The Rose symbolizes *Geek*’s mental status, which withers when the beast appears and almost reaches the point where it is irreparable. However, with *Belle*’s support and accompany, *Geek* finally defeats the beast in his heart and gets back the dominance of his mind and towards a new chapter in life.

The four steps of trauma-informed care

*Care, observe, empathy, and accompany.* The first step is to care and calm down their behaviors and emotions when a trauma victim shows abnormal reactions. The second step is to observe whether their emotions are caused by their traumatic memories. The third step is to empathize with the impact that trauma has on them and give support and encouragement. The last step is to help trauma victims recover and avoid being hurt again.

內心的野獸

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The Beast Inside You

Chen Shiu-an-Yin Chio Man-I Kok Chue-June

每個人心裡  
都可能住著一隻野獸。

EVERYONE HAS A BEAST  
INSIDE THEM.









