

晚期終止妊娠婦女的 療傷計畫——讓思念開花

前些日子，一位我們很喜歡的部落客失去了她的寶寶，因為胎兒有些缺陷，不得已選擇終止妊娠，一開始只是想要分擔這樣子的悲傷，做設計的我們，能夠為這類終止妊娠婦女做些什麼呢？但在更深入的資料蒐集後，發現這是一個大坑，而我們太渺小，我們還是學生，沒有當過父母，關於失去孩子的痛，我們並沒有安慰的能力，不過我們希望我們的設計，能在那些父母心碎的時刻陪伴著他們，同時也讓社會大眾知道面對這類悲傷失落的重要性，這樣的事可能隨時發生在你我身邊，許多人會直覺性的將悲傷覆蓋，因為社會上並沒有有一套對於流產寶寶的哀悼儀式，一般人會覺得不去想、不去觸碰悲傷就會消失了，但卻沒有意識到在這之下慢慢擴散的傷口，尤其對於母親來說，這個傷口甚至可能跟著一輩子，因此除了讓婦女們在第一時間能有個抒發悲傷的管道，也能夠藉由這樣的作品使更多人了解這個議題的必要性，這就是我們想做這個專題的原因。

我們首先要了解什麼是「晚期終止妊娠婦女」¹，以及她們在面臨終止妊娠後會遇到的心理變化或狀況，因此我們閱讀了許多相關的醫學期刊論文，確定了這是一個在醫學和心理學上也正逐漸被重視的議題，近幾年也有許多的相關論文在討論終止妊娠婦女產後的身心靈照護措施，國外也有相應的關懷服務等等，同時也訪問了婦產科醫生和心理諮商師的意見。在搜集了如此大量的資訊後，我們理解到以我們的立場和能力其實能做的事不多，因此收斂設計範圍和找出屬於我們的切入點便是最重要的事，經過一次又一次的討論和修改後，我們選擇「思念」與「療傷」做為我們的設計核心。

HEALING PLAN OF LTOP WOMEN— I MISS YOU A LOT TODAY. (LTOP : LATE TERMINATION OF PREGNANCY)

讓思念開花

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Not long ago, a blogger we like a lot lost her baby because there were some birth defects, and she had no choice but to terminate her pregnancy. In the beginning, we just wanted to share her sorrow. As designers, we wondered what we could do for those who chose to terminate a pregnancy? After collecting more data, we realized that this is a significant issue, but we cannot solve it independently because we are still students and have never experienced being parents. We did not have the ability to console those who have lost children. However, we hope that our design will accompany those broken-hearted parents and raise awareness of the importance of such sorrow and disappointment to the public. The loss of an expected child may happen to anyone, but many people would choose to cover their sorrow because there is no social ritual for lost unborn babies. Many people believe that if they do not think nor talk about it, their sorrow will disappear, but they do not realize that covering the wound causes it to expand. This wound may follow some people, particularly mothers, for a lifetime. Therefore, we want to conduct this project to provide a channel for women who have lost children to express their sadness. Additionally, this project will raise awareness of this issue.

To begin the project, we need to understand what late termination of *pregnancy*¹ is and the mental changes women encounter after terminating a pregnancy. After reading relevant papers in medical journals on the late termination of pregnancy, we learned that it is an issue that is gradually gaining attention within both medicine and psychology. In recent years, scholars in Taiwan have published many papers discussing measures for taking care of the bodies and minds of women who terminate a pregnancy in a later stage. A caring service provided in other countries interviewed obstetricians, gynecologists, and psychological counselors for their opinions on the matter. After collecting a large amount of data, we understood that there is very little we can do given our stance and abilities. Therefore, we narrowed the scope of our design and realized that the most important thing for us is to find an entry point that we can address. After countless discussions and revisions, we chose “missing” and “healing” as the core values of our design.

I miss you a lot today.

¹ 晚期終止妊娠婦女，是指懷孕六個月以上，因為一些特殊原因，例如胎兒染色體異常、有嚴重缺陷、心跳停止或繼續懷孕會危害到母體，而必須以人工流產（引產）的方式終止妊娠。

¹Late termination of pregnancy refers to women who have been pregnant for more than six months. Due to some special reasons, such as fetal chromosomal abnormalities, serious defects, cardiac arrest or continued pregnancy, late termination of pregnancy will harm the mother, and the pregnancy must be terminated by artificial abortion (induced labor).

「望所有悲傷，轉化為思念的花」

《讓思念開花》是一套為終止妊娠婦女設計的療傷輔具，透過書寫與種植引導使用者安放悲傷與思念，成為情緒的一個出口。我們選擇植栽為設計的中心，植栽在這裡有兩個意義，一個是作為使用者情緒的轉換點，讓使用者可以將思念投射到植物上，或是作為傳達訊息的媒介，將來不及的愛或思念傳遞給逝去的孩子，二是陪伴者，悲傷一定會持續一段時間，每個人的長短都不一樣，但我們的植栽會一個接一個的陪伴使用者度過這些思念孩子的時刻。

思念植栽盒中會有一本種植指南、五個盆栽、十種花的種子，首先會藉由「思念種植指南」，來引導使用者開始這段療傷之旅，在種植指南書裡，有關於終止妊娠的資訊圖表、植栽介紹和心情日記，使用者照著裡面的步驟一步一步進行即可。五個花盆擁有五個不同的正向含義，十種不同的花也有各自代表的意義或訊息，使用者可以選擇最符合她們心情的花，或是想對逝去的孩子傳遞的話語來種植，最後等待花開的那天，就彷彿是離去的寶寶給媽媽的回應。





"May all my sorrow turn into flowers that symbolize how much I miss you."

I MISS YOU A LOT TODAY. is a healing assistive device for women who have experienced a late termination of pregnancy. The ritual employs writing and planting to guide the users to process their sorrow and feelings of loss as an exit for their emotions. We chose plants for the central idea of our design because of two meanings. First, the plant is used as a transition point for the users' emotions and allows them to project their feelings of loss on plants or use the plants as a medium to deliver a message that cannot be passed to the lost children they love or miss. Second, the plant can be a companion because their sorrow will linger for a continuation of time; the time spent mourning may vary for everyone, but our plants will accompany the users as they go through this period of time when they miss their children.

The plants come as part of a box that contains instructions, five potted plants, and seeds for ten kinds of flowers. The instructions will guide the users to start their healing journey. They consist of an infographic about the late termination of pregnancy, an introduction to the plants, and a diary in which they can record their feelings. The instructions guide the users clearly, step-by-step. The five potted plants have five different positive meanings, and the ten different kinds of flowers have their own meanings and messages. Users can choose the flower that best represents their feelings or the messages they would like to deliver to their lost children. When the flower blossoms, it represents a response from the lost baby to the mother.

