

幻聽的症狀及其因應策略

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摘要

幻聽干擾對於有幻聽的經驗的個案來說，是真實、他人無法體會的獨特感受，在生活中不定期出現的聲音，常會讓他們痛苦、不知所措，甚至有時因無法與現實分辨而出現傷人或自傷的行為，這些活在痛苦經驗中的人在精神醫療中常可看見，故了解幻聽及評估幻聽是現在精神科護理人員所需知的，並還須更近一步的了解如何利用認知或其他自助技巧以協助其因應幻聽的干擾，幫助個案能減輕痛苦，獲得更佳的生活品質。

Abstract

Auditory hallucination is a real and unique experience that nobody would be able to comprehend except for the patient himself. Such unpredictable symptoms would often traumatize the patient, making them feeling at a loss. Sometimes, they could even hurt themselves or others since they can not distinguish hallucination from reality. Many of these patients would often go for psychiatric treatments, hence it is essential for nursing staff at psychiatric wards to understand and evaluate auditory hallucination. Moreover, healthcare providers should know how to use cognitive or self-help techniques to help the patient to overcome the disturbance from their hallucinations. This would relieve the patients from their suffering and improve their quality of life.