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# 悲傷轉化的力量：

論敘事治療與意義治療

Sorrow into Strength:

On the Significance of Narrative Therapy and  
Logo Therapy

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## Abstract

Facing the loss that comes from death is an inescapable lesson in life. Often it leads to panic and helplessness when that loss involves either relatives or friends, and it then evolves into an obstacle for one's further living. To become a companion to those who grieve means learning the essential skills of waiting and of being a companion, skills that extend beyond knowledge of grief to an attitude of kindness, humbleness, and a respectfulness for the grief of others. This paper explores current research in the concepts of grief, logo therapy and narrative therapy, and examines practical connotations such as recognized grief and respected grief, allowing the experience of grief and helping individuals to rebuild personal meaning, thus aiding them to face grief and grow from their experiences of grief. This paper will argue that using the logo therapy and narrative therapy in situations of grief not only helps individuals to examine the meaning of their loss and grief, but also helps them to reconstruct their thoughts through the process of telling their life story.

**Keywords:** grief, loss, Narrative therapy, Logo therapy

## 摘要

面對死亡失落，是人一生無法避免的事。然而面對喪失親友的驚慌失措，無助卻成了生命中的一個障礙。成為一個陪伴者，要了解在哀傷的歷程中需要許多的等待與陪伴，不僅是需要有認識哀傷的知識，更需要有對哀傷者有溫柔謙卑和尊重的態度。本文目的在對於一般哀傷歷程、意義治療與敘事治療進行文獻初探，以整理出實用性內涵，包括認識哀慟、尊重哀慟、允許哀慟經驗、適應逝者不在的環境與找到個人化意義與重建新意義的架構。研究者發現連結意義治療，與敘事治療兩者治療的理論，在使用上不但能夠很完整來檢視哀傷中失落的意義，還能以口語的敘說重建新的意義。

**關鍵詞：**哀傷、失落、敘事治療、意義治療