

Caring for children with special needs is not a psychological stress for parents to ignore



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Fai is a boy who is very good at drawing. He likes to draw his own comic characters, but all his characters do not have eyes, ears, mouth and nose. All of his characters, male or female, with long or short hair, have thick hair covering their ears and foreheads. These characters are like a mirror, reflecting his inner world. He does not want to communicate with others in depth, but just wants to do what he likes quietly.

When I first invited him to introduce his comic book protagonists, he said that his characters do not have mouths because no matter what they say, no one will listen to them, so they do not speak; they do not have eyes because they do not want to see what is happening in the world; they do not have ears because no one will listen to what he says. Even the sound of the crowd annoys him, so he prefers to be alone. Other than these few words, he did not respond to any other questions I had.

It was heartbreaking to listen to this P5 boy and look at his big eyes. At such a young age, he already had to close his heart and give up the opportunity to build positive relationships with others.

When Fai was in Primary 4, he was determined to have dyslexia. His parents brought him to see me not for any training, but to deal with the tension and low self-image that had accumulated between him and his parents for quite some time. From the first grade, he faced many academic challenges, such as often failing in dictation, not finishing his homework until 11:00 p.m. every night, not listening to his parents' instructions, and not finishing his exam papers. The family and he had a lot of friction and conflict over the grade. He was labeled as lazy, irresponsible and inattentive. Even though his parents later learned that he had dyslexia, it was hard for them to let go of their expectations of him, especially his mother.

撰文：家庭動力輔導心理學家

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阿輝是一個很擅長畫畫的男孩，他很喜歡畫自創的漫畫人物，只是他筆下所有的人物都沒有眼耳口鼻。他所畫的漫畫主角，不論男或女，留長髮或短髮，都有濃密的頭髮遮蓋雙耳和前額。這些人物像一面鏡子，反映著他的內心世界。他不想和別人有深入的溝通，只想安靜地做自己喜歡的事情。

筆者第一次邀請他介紹他的漫畫主角時，他說他的人物沒有嘴巴，因為無論說甚麼也沒有人會聽，所以不說；沒有眼睛，是因為不想看清楚這個世界發生甚麼事；沒有耳朵，因為沒有人會聽他說的話。甚至連人群的聲音也令他感到煩惱，所以他情願自己一個人。除了這幾句話之外，他沒有再回應我其他的問題。

聽着這位小五男生的話，看著他的一雙大眼睛，實在令人感到心酸。年紀才這麼小，就已經要封閉自己的心，放棄了積極與人建立關係的機會。

在阿輝讀小四的時候，他才被斷定有讀寫障礙。他的父母帶他來見筆者，並非要接受甚麼訓練，而是要處理他和父母之間累積了好一段時間的緊張關係和低落的自我形象。從小一開始，他便面對許多學業上的挑戰，例如默書常常不及格、每晚都要 11 時才做完功課、不聽父母的指示和來不及完成考試卷等。為了成績，家人和他產生很多摩擦和衝突，阿輝被標籤為懶惰、沒有責任心和不專心。即使父母後來得知他有讀寫障礙，也很難完全放下對他讀書的期望，尤其是媽媽。



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In fact, Fai is not lazy. When I observed the way he played the game and did the beauty work in the game room, I knew that he is a person who has great demands on himself. In the face of failure, he would try again and again until he was satisfied. For a child who has been frustrated in his studies, even in a non-academic field, it takes extraordinary inner resources to persist in trying without fear of difficulties and learning from his own failures. As a bystander, I can clearly see his strengths, and I am inspired by his inner strength.

However, the parents' feelings about Fai's situation were very complicated. They were so stressed out by their constant worries, sadness, expectations, and disappointments that it was hard for them to see and hear Fai's efforts and heartfelt voices, so it is no wonder that the protagonists of Fai's comics live in a world without eyes, ears, mouth, and nose. However, the guilt and helplessness of Fai's parents also prompted them to ask me for help. As parents, they really need time and space to face their own pain and accept that their children are different from others. Not to mention, they only have one child, Fai.

其實阿輝並不懶惰，筆者在遊戲室內觀察他玩遊戲和做美勞的方式和投入程度，就知道他是一個對自己很有要求的人。面對失敗，他會一而再，再而三地嘗試，直到自己滿意為止。對於一個在學習上飽受挫折的小朋友，即使是在非學業的領域上，依然能夠堅持不怕困難地嘗試，從自己的失敗中學習，也需要非一般的內在資源的。作為旁觀者，筆者能夠清楚地看見他的長處，同時為他內心的堅強感動鼓舞。

然而，父母面對阿輝的處境，感受卻十分複雜。他們長期的擔心、傷心、期望和失望等，使自己充滿壓力，很難看得見和聽得到阿輝的努力和心聲，難怪阿輝筆下的漫畫主角都生活在一個沒有眼耳口鼻的世界裡。不過，阿輝父母的內疚和無助同時也促使他們向筆者求助。作為父母，的確是需要時間和空間面對自己的傷痛，接納孩子和別人不一樣的地方。更何況，他們只有阿輝一個孩子。



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In the process of working with Fai, I also made several appointments with his parents to help them understand more about the challenges and inner world that Fai was facing, and to help them transition and accept his complex emotions. Later, Fai's mother told me that Fai was actually very hardworking and struggled with his homework for so long every night because he did not want to give up and insisted on finishing all his homework. Even though his parents told him to forget about it, he insisted on not going to sleep. Therefore, I also said that they were really lucky that Fai did not give up in the face of huge learning difficulties. His mother was stunned after hearing this - it seems that they are starting to see and hear Ah Fai.

Parenting can be the most challenging and unpredictable experience in the world, but it can also be the most satisfying and meaningful thing in life. Parents of children with special needs are faced with extraordinary stress and emotional complexity. These emotions are like a thick fog that prevents parents from seeing and hearing the inner world of their children. At the same time, they cannot see or hear their own inner world, thus isolating the communication between parents and children. As a counseling psychologist, an important part of my job is to help parents clear the clouds so that they can see the moon.

在和阿輝做心理治療的過程中，筆者也多次約見他的父母，讓他們更明白阿輝面對的挑戰和內心世界，也協助他們過渡和接納的複雜情緒。後來，阿輝的媽媽對我說，其實阿輝很用功，每晚和功課搏鬥這麼久，是因為阿輝不想放棄，堅持要完成所有的功課。即使父母叫他算了，他也堅持不肯睡。所以，筆者也說他們真的很幸運，面對巨大的學習困難，阿輝居然沒有放棄。他的母親聽畢後愣一愣一看來，他們開始看得見，聽得到阿輝了。

為人父母，可能是這個世界上充滿最多未知數和挑戰的歷程，也可能是人生中最有滿足感和意義的事。面對有特殊需要的小朋友，他們的父母還要面對非一般的壓力和複雜情緒。這些情緒就像濃霧般，使父母看不見，聽不到小朋友的內心世界。同時，他們也看不清，聽不楚自己內心世界，就此隔絕了親子間的溝通。筆者作為輔導心理學家，工作中重要的一環，就是幫助父母親撥開雲霧，使他們得見月明。