



CAPACITAR Emergency Response Tool Kit

卡帕席他基金會 緊急危機處理工具箱

Patricia Mathes Cane, Ph.D., Capacitar Founder/CoDirector

派翠西亞·麥瑟絲·肯恩 博士 卡帕席他創建者 / 協同執行長

譯者：胡嘉琪 (Chia-Chi Alicia Hu, Ph.D.) 普渡大學諮商心理博士

身心健康的工具 (Tools for Wellbeing)

身心靈與情緒的健康會持續地受到創傷、暴力、氣候、環境、每日新聞以及日常生活挑戰的影響。使用簡單又傳統的療傷技巧可以幫助我們更有能力身心平靜健康地生活，而不輕易受到周遭環境的牽動。以下的卡帕席他練習可適用於疲倦、心神散渙、以及抑鬱的時候。不管我們是不是創傷的倖存者，還是一位長期提供照護而感到喘不過氣被壓力追趕的人，以下這些技巧都會對我們有所幫助。重要的挑戰是，我們要把這些技巧變成日常生活的習慣與生活方式，我們才能在覺察到創傷壓力、能量耗損、抑鬱寡歡或失去中心的時候使用這些技巧。請將這個宣傳手冊影印分送；將這些技巧用在自己與他人身上。如需更多資訊，請參考我們的網站 www.capacitar.org。

The health of body, mind and emotions is continuously affected by trauma, violence, weather, diet, environment, daily news, and the challenges of life. The use of simple ancient healing skills can empower us to live with peace and wellbeing no matter what is happening around us. The following Capacitar exercises are offered to be used at times when we feel drained, scattered or depressed. These tools are for all of us, whether we are survivors of trauma, caregivers working with others or persons overwhelmed and stressed by daily life. The challenge is to build these practices into our lives and lifestyle, so they become second nature and can be readily called upon whenever we are aware of traumatic stress, energy drain, depressed feelings or loss of center. Please copy, distribute and use these with yourself and with others. More practices and theory can be found in our manuals and website www.capacitar.org.

呼吸 (BREATHWORK)

呼吸是生命之源，將新鮮的能量帶入組織與細胞以滋養身體，心靈與整個人。當我們呼氣的時候，累積的壓力與毒素可以被釋放出來。在壓力大的時候深呼吸是一種有效排除體內累積緊張之方法。在困難時刻的幾個深呼吸可完全改變我們應對情境的方式。呼吸加上想像光或自然的心像可以促進我們感到和平、安靜、與專注。

Breath is the source of life, bringing fresh energy into the tissues and cells to nourish body, mind and the whole person. When we breathe out, accumulated stress and toxins are released. Breathing through a stressful time is an effective way to let go of the tension that accumulates in the body. A few long deep breaths at a difficult moment can completely change the way we handle a situation. Breathwork combined with images of light or nature can promote feelings of peace, calm and focus.

• **腹式呼吸 (Abdominal Breathing)** 舒服的坐著，讓身體得到支撐，閉上眼睛。深深吸一口氣，回到中心。放下所有的憂慮與煩惱。將你的手掌放在腹部，透過鼻子深深吸氣，想像空氣下滑到位於腹部的身體中心。想像你的腹部充滿空氣像是個氣球。閉氣幾秒鐘，然後慢慢從嘴巴吐氣，收縮腹部，讓身體裡的壓力釋放出來。繼續腹式呼吸數分鐘。當雜念浮現腦海，輕輕將其放下，回歸到空氣進入又排出體內的心像。Sit comfortably supported and close your eyes. Breathe deeply and center yourself, letting go of all worries and thoughts. Place your hands on your abdomen, breathe in deeply through your nose and imagine the air moving down through the body into your center within your abdomen. Imagine that your abdomen fills with air as if it were a balloon. Hold your breath for a few moments and then exhale slowly through your mouth, contracting the muscles of your abdomen, letting go of all the tension in your body. Continue abdominal breathing for several minutes. If thoughts come into your mind, gently release them, returning to the image of the air moving in and out of your body.

• **在大自然中呼吸 (Breathing in Nature)** 大自然是療傷與回歸本源的最好資源。雙腳站立地面，深呼吸，想像你的雙腳牢牢地生根於大地。將大地能量吸入體內，將壓力、緊張、疼痛呼出。Nature is a great resource for healing and grounding. With feet on the ground, breathe in deeply imagining that your feet are long roots running into the earth. Breathe in earth energy, breathe out stress, tension and pain.



太極氣功練習 (TAI CHI ENERGY EXERCISES)

搖擺運動 (The Rocking Movement)

站立，雙腳與肩同寬，雙手置於側邊。雙掌提升至胸部並面向前方，同時提腳後跟。掌面向下雙手向後甩，重心同時從腳跟搖擺到腳尖。繼續一邊深呼吸一邊慢慢地重複此動作前後搖擺。注意每個甩動後讓自己的雙肩與雙手放鬆。動作緩慢柔順。一邊深呼吸一邊想像你的雙腳牢牢地接觸大地。雙手舉起的時候想像你可以把療傷能量帶入身體中排毒補氣。這個動作對於創傷與憂鬱都有幫助。Stand with feet separated shoulder-width apart, hands at sides. Raise your heels and with palms facing upwards raise your hands to the level of your chest. Turn your palms downward and move your hands downward while you lower your heels and raise your toes in a rocking movement.

Continue slowly rocking back and forth, breathing deeply. With each move drop your shoulders, relax your arms and fingers. Do the exercise smoothly and slowly. Breathe deeply and imagine that your feet are planted securely on the earth. As you raise your hands imagine that you are able to bring down into body and mind healing energy to cleanse and fill you. This is a very beneficial movement for trauma and depression.

浴光 (The Shower of Light)

左腳往前一步，雙手舉到頭上，然後慢慢往下移動，想像你正以光沐浴自己。感覺能量淨身且補充元氣。重複右邊，以右腳往前一步。深深以光沐浴自己，緩緩吐出內在負向能量。感覺光幫助你排毒而後重生。這個動作對於受憂鬱與過去創傷困擾的人很有幫助。With left foot forward, raise your hands up over your head, then move them downward as if showering yourself with light. Feel the energy cleansing and filling your being. Repeat on the right side, with right foot forward. Breathe in the shower of light, and then exhale and let go of any negativity within you. Feel the light cleansing and renewing you. This is an excellent for persons who are depressed or dealing with past wounds of trauma.



放下過去、開放接納 (Let Go of the Past and Open to Receive)

左腳邁前一步，雙掌微微面朝下往前送出，放下所有緊張、負向能量、與心中的暴力。然後雙掌微微朝上，收回到胸前，一邊搭配呼吸，將和平與療傷吸入。重複右邊一次。在呼氣時將苦痛與暴力排出。在吸氣時將平靜與治癒納入。With left foot forward, palms curved softly downward, push your hands outward in a gentle arc, letting go of all tension, negativity, and violence within you. Turn palms upward and draw them back towards the chest, breathing in peace and healing. Repeat with right foot forward. Breathe out the pain and violence. Breathe in peace and healing.

空中划行 (Fly through the Air)

左腳邁前一步，舉起左手，兩手在空中划行或游泳。動作要輕盈，雙手與雙肩放鬆。換右邊做，從舉起右手開始。自由地以雙手划行，放下所有重擔，感覺輕盈，有活力，且自由。打開心胸容納所有生命與療傷的可能性。這個動作對於減除背部、肩部與頭部疼痛有所幫助。With your left foot forward, your left hand upward, swim or fly through the air. The motion should be free and light with arms and shoulders relaxed. Repeat the movement on the right side starting with your right hand upward. Fly freely through the air letting go of all that weighs you down, feeling light, alive and free. Open your heart to all the possibilities for your life and healing. This is good to release pain in back, shoulders and head.



握住手指以調節情緒 (FINGERHOLDS TO MANAGE EMOTIONS)

以下的練習可以透過握住每個手指頭來穩住情緒。情緒和感情就像是覆蓋我的身心的能量波浪。每個指頭上的經脈都跟我們身體內臟中的一個系統相連結，也就連結到一個主要情緒。當強烈而壓迫人的情緒來襲，能量可能會被卡住或壓抑住，造成身體疼痛或阻塞。握住每個手指同時進行深呼吸，可以促進身體與情緒的釋放與療癒。

握住手指頭是對我們每天生活都有幫助的技巧。在面對困難與挑戰，眼淚、怒力、或焦慮升起時，我們可以握住手指頭以增進內心和平、專心與寧靜；這樣可以幫助我們從容而適當地應對進退。這個練習可以搭配音樂以促進放鬆，也可以在睡覺前將帶給身心更深地和諧。這個練習可以自己，或與他人互相練習。

The following practice is a simple way to work with emotions by holding each finger. Emotions and feelings are like waves of energy moving through the body and mind. Through each finger runs a channel or meridian of energy connected with an organ system and related emotions. With strong or overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger while breathing deeply can bring emotional and physical release and healing.

The fingerholds are a very helpful tool to use in daily life. In difficult or challenging situations when tears, anger or anxiety arise, the fingers may be held to bring peace, focus and calm so that the appropriate response or action may be taken. The practice may also be done for relaxation with music, or used before going to sleep to release the problems of the day and to bring deep peace to body and mind. The practice may be done on oneself or on another person.

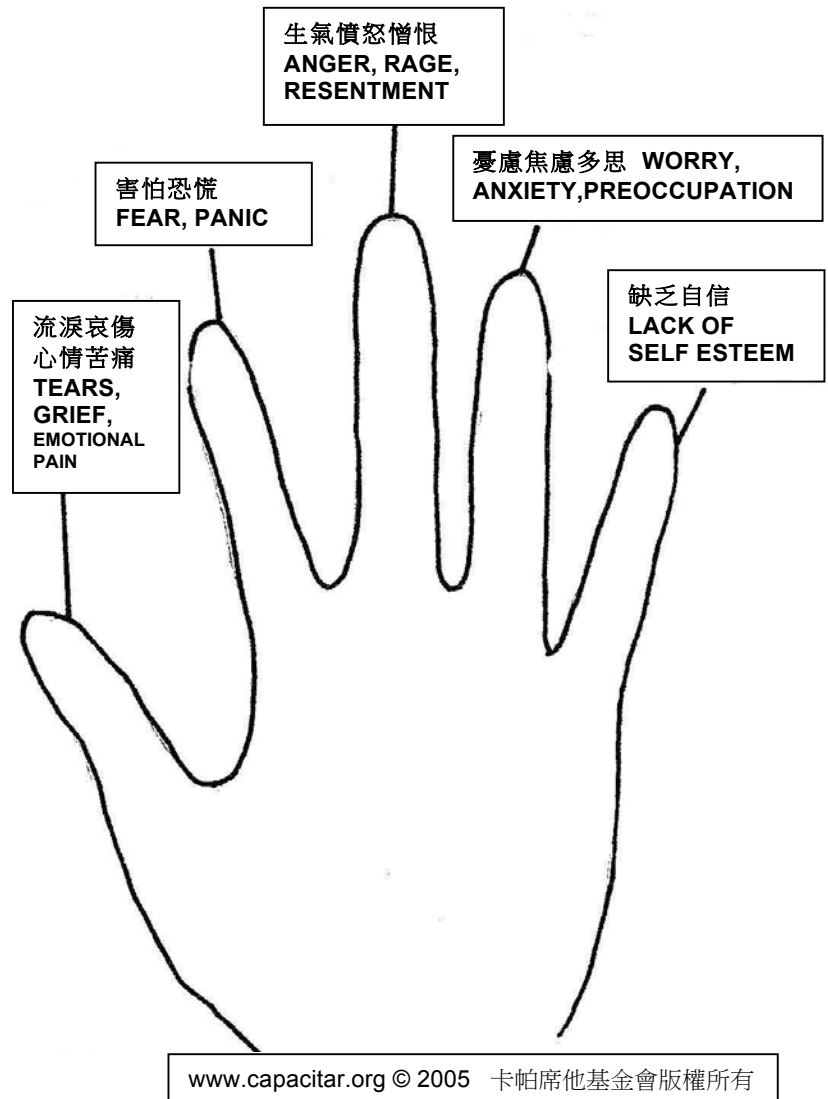


握指練習 (FINGERHOLD PRACTICE):

握住每個指頭大約二到五分鐘。再雙手互換。深吸一口氣；覺察自己內在的強烈情緒。呼氣；放空。想像情緒從你的手指頭釋放回大地。吸氣；吸入和諧、力量與療癒。緩緩吐氣；吐出過去的困擾與感覺。當你握住指頭，你可能會感覺到脈搏，尤其是在能量與情緒移動恢復平衡的時候。你也可以握住另一個正在生氣或沮喪的人的手指。這對於正在大哭或鬧脾氣的小孩很有用。也可以幫助害怕、緊張、生病或瀕死的成人。

Hold each finger with the opposite hand 2-5 minutes. You can work with either hand. Breathe in deeply; recognize and acknowledge the strong or disturbing feelings or emotions you hold inside yourself. Breathe out slowly and let go. Imagine the feelings draining out your finger into the earth. Breathe in a sense of harmony, strength and healing. And breathe out slowly, releasing past feelings and problems.

Often as you hold each finger, you can feel a pulsing sensation as the energy and feelings move and become balanced. You can hold the fingers of someone else who is angry or upset. The fingerholds are very helpful for young children who are crying or having a tantrum, or can be used with people who are very fearful, anxious, sick or dying.



情緒釋放技術 (EMOTIONAL FREEDOM TECHNIQUE—EFT)

情緒釋放技術是由葛瑞奎格博士所發展出來的。本技術對於釋放與療癒強烈情緒有幫助，包括害怕、恐慌、心情苦痛、生氣、創傷記憶、恐慌、以及上癮；可用於頭痛或全身痛等身體症狀。本技術是源自於身體能量場域的理論以及東方醫學中對於經絡的了解。困擾、創傷、焦慮與苦痛都會卡住身體能量的流動。輕敲或按壓經脈穴道可以移除被堵住的能量；促進身體與心靈內在健康能量的流動。The Emotional Freedom Technique (EFT) developed by Gary Craig, Ph.D., is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, phobias and addictions, as well as for alleviating body symptoms and pain, such as headaches and overall body pain. The technique is based on the theory of the energy field of body, mind and emotions, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the energy flow of the body. Tapping or pressing acupuncture points connected with channels or meridians of energy can help move blocked energy in congested areas and promote the healthy flow of energy in the body and in mental and emotional fields.

(Adapted with permission from the EFT materials of Gary Flint, Ph.D. *Emotional Freedom Technique*.)

情緒釋放技術練習 (EFT Practice):

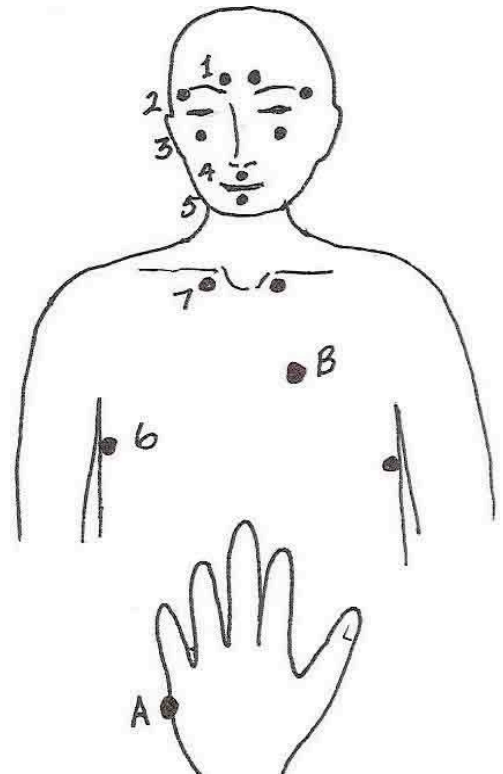
1. 想一個議題；評量你緊張的程度 (Think of an issue to work with and measure your anxiety level):

選一個議題；可以是一個困擾、煩惱、恐懼、焦慮、創傷記憶、或負向自我概念。以0 到10 的量表 (0 代表沒有焦慮；10 代表極端的緊張)；評量你在想到以上議題時的緊張程度。如果覺得用數字評量有困難，可以用更簡化的量表，例如 (無、小、中、大) 或是 (大到小) 或 (高到低)。Choose to work with a problem, worry, phobia, anxiety, traumatic memory or negative self-concept. Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety). If it is difficult to quantify or measure with a number, use a simple scale such as: (none, small, medium, large) or (big to little) or (tall to short).

2. 按順序輕敲穴道點；每點七到九次 (Tap the sequence of Acupressure Points 7-9 times):

一邊深呼吸一邊以食指與中指輕敲七到九次 (Breathe deeply and tap 7 to 9 times with index & middle fingers):

- 眉毛起始處 Points above where the eyebrows begin 1
- 眉毛結尾處 Points at the side of the eyebrows 2
- 眼袋下方中央 Points below the pupils of eyes on bone 3
- 鼻下方；人中 Point below the nose 4
- 嘴唇下方中央 Point below the lips on the chin 5
- 腋下十公分 Points below armpits (about 4 inches down) 6
- 鎖骨下方靠胸骨 Points below clavicles on sides of sternum 7



3. 輕敲掌緣 A 點；並同時覆誦 (Tap point A at side of hand and say):

輕敲掌緣之極性反轉點A 並同時覆誦三遍：

“雖然我有這個問題，我是OK的，我接納自己”

(請按照文化或年齡大小來修改字句)

Tap the Polarity Reversal Point A at the side of the hand while saying 3 times:

“In spite of the fact I have this problem, I'm OK, I accept myself.”

(Wording may be adapted for culture or age of person.)



4. 重覆第二與第三步驟 (Repeat the sequence in #2 & #3)

重複步驟直到緊張感降低到 0 – 2 的程度

Repeat sequence until anxiety level is down to 0-2.

5. 按摩痠痛點 B (Rub the Sore Spot B):

按摩或推壓痠痛點；其位置在於左胸之鎖骨下方約七公分、
胸骨外側約五到七公分。

Rub or press the Sore Spot located on the left side of the chest
about 3 inches below the left collar bone and 2-3 inches to the
side of the sternum.



握持 (THE HOLDS)

這個練習包括好幾種簡單地能量握持的方式，可以用於自己或他人身上，幫助減低焦慮、情緒上或身體上的痛苦、創傷記憶、生氣或害怕等強烈情緒、失眠、或是深度放鬆。透過手上的能量，我們有力量將深度的和平、和諧與療癒帶給我們的身體、心靈、與情緒。當我們在對自己或他人使用這項技術時，試著在心靈裡銘記著一種平和、光亮、與空間感。每個握持的技術可維持數分鐘之久，搭配著腹式深呼吸以促進情緒釋放。任何碰觸都是輕柔地；同時，如果有些人因為疼痛或過去受虐的記憶而害怕碰觸，可以隔空握持能量場。在你要碰觸他人之前，務必先取得對方同意。

This practice consists of several simple energy holds that may be done on oneself or on another person for anxiety, emotional or physical pain, traumatic memories, strong emotions, such as anger or fear, insomnia and for deep relaxation. Through the energy of our hands we have the power to bring profound peace, harmony and healing to body, mind and emotions. As the practice is used on oneself or on another, hold in mind and heart a deep sense of peace, light and spaciousness. The holds can be done for several minutes each, accompanied by deep abdominal breathing to promote greater release. The touch is very light, and if someone fears touch because of pain or their history of abuse, the holds may be done off the body working in the energy field. Always ask permission when you do any practice involving touch of another person.



隔空握持 (Halo Hold)



頭部握持 (Head Hold)

一手輕握前額；另一手握住顱骨根部。手中的能量連結到腦部關聯記憶與情緒的部位。One hand lightly holds the head high on the forehead; the other hand holds the base of the skull. The energy of the hands connects with parts of the brain related to memories and emotions.

頭冠握持 (Crown Hold)

雙手大拇指一起接觸頭頂(百匯穴)。四指輕輕地接觸前額。搭配深呼吸。此技巧在不同的身體工作模式中常被用來促進情緒的釋放。Thumbs of both hands together contact crown center at the top of head. Fingertips softly touch area across the forehead. Along with deep breathing this hold is used in different bodywork modalities to promote emotional release.



肩部握持 (Shoulder Hold)

雙手輕輕放在肩膀上；肩膀是身體中與焦慮、過多包袱、或生命重擔相關的部位。The hands rest lightly on the shoulders, the place in the body related to anxiety, excess baggage or the burdens of life.



心臟臥持 (Heart Hold)

一手輕歇於胸骨；另一手放於背部心臟之處。心臟區域常聚積情緒苦痛、過往傷痛、哀傷與怨恨。為了要尊重對個人的身體界線，你也可以將隔空數公分之處進行這個握持練習。

One hand rests across sternum high on chest. The other hand touches upper back behind the heart. The heart area often holds emotional pain, wounds of the past, grief and resentment. Breathe deeply and imagine the heart pain draining down into the earth. You can also do this hold several inches off the body respectful of the person's

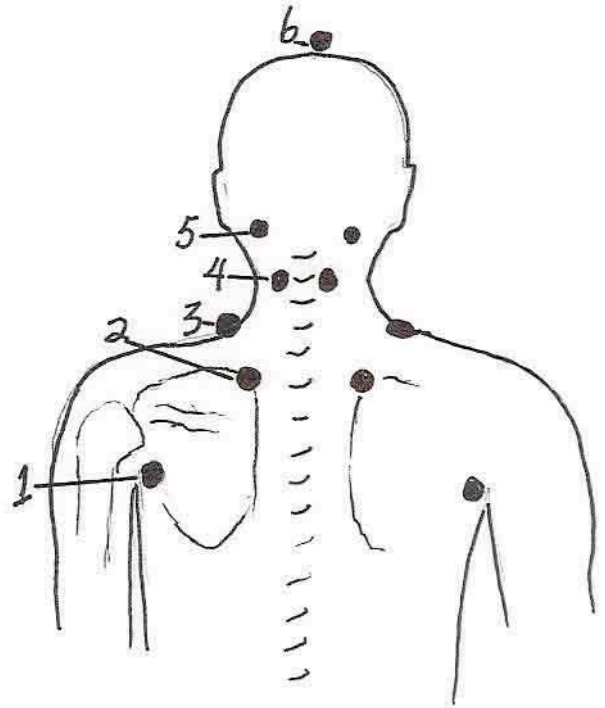


boundaries.

結尾 (To finish), 輕輕地以手將能量刷掉。或者也可以輕握這個人的腳上部以回歸中心。Lightly brush off the energy field with the hands. The tops of the feet may also be held to ground the person.

頭頸肩的釋放 (HEAD NECK SHOULDER RELEASE)

本穴道按壓的練習可以釋放上背、肩膀、頭頸部位之疼痛、緊張、以及堵塞。創傷與壓力常常會把能量阻塞在頭頸肩等部位。大部分的經絡會經過這些部位，所以許多人的能量會因此而有“瓶頸”。本練習可以自己一個人做或幫別人做；姿勢可是坐著或是面朝上舒服地躺著。本練習對於夜間的緊張與失眠很適用。如果你是幫別人做，記得要保持身體界線，如果你感覺到他們的能量流到你手上，想像這些能量流過你的身體往下回到大地。指頭微彎，輕壓在這六個點上，每個點大約一到二分鐘，或直到你感到能量流變清澈、強壯、流動了。在過程中，想像能量往上流從頭頂釋放，同時深呼吸。結束時，想像雙腳深深地植入大地。如果你是在幫別人做，你也可以握住他的腳頂端幾分鐘以幫助他們回歸中心。This acupressure practice releases pain, tension and congestion in the upper back, shoulders, neck and head. Often with trauma and stress, energy becomes blocked in shoulders, neck and head. Most of the energy channels or meridians flow through this area, resulting in a “bottle neck” of tension in some people. This practice can easily be done on oneself, or on another person, either seated or lying comfortably face-up. This is a very good practice for anxiety at night or when one is unable to sleep. If doing this with another person, be sure that you keep clear boundaries, and if you feel their energy coming into your hands, imagine that it can flow through and down into the earth. With slightly curved fingertips, press into each of the sets of points (1-6) for 1 to 2 minutes, or until the energy pulse is clear, strong and flowing. The points will usually be very sensitive. During the practice you can imagine energy flowing upward and out the top of the head while breathing deeply. To end the practice imagine that your feet are rooted to the earth to ground you. If working on another, you can hold the tops of their feet for a few moments to ground them.



(Adapted from the work of Aminah Raheem and Iona Teegarden.)

按壓點 (Sets of Points):

1. 大約在背部肩關節底部 2.5 公分之外；手臂身體交接之處。About an inch outside the bottom of the shoulder joint where the arm connects to the trunk of the body.
2. 肩胛骨內側上方彎曲處；約離脊椎五公分。At the top of the inside curve of shoulder blades about 2 inches from the center of the spine.
3. 肩膀上方，脖子根部的斜方肌。On top of the shoulders at the base of the neck in the trapezius muscle.
4. 脖子中間，骨頭兩旁的肌肉。Midway up the neck in the band of muscles on either side of the spine.
5. 頭骨根部兩側的凹入處。In the hollows at the base of the skull at the sides of the head.
6. 頭頂部。The crown center at the top of the head.

結束 (To Finish):

握住腳上方以協助對方回歸中心。如果是自己一個人，想像雙腳根植大地。深呼吸，感覺身心靈與情緒的平靜與和諧。

Hold the tops of the feet for grounding or if done on oneself, imagine that the feet are rooted in the ground. Breathe deeply and feel peace and harmony in body, mind and emotions.

疼痛及創傷壓力的穴位按壓 (ACUPRESSURE FOR PAIN AND TRAUMATIC STRESS)

抑鬱 (Depression)

這些穴道點適用於減輕抑鬱或沉重情緒，增進平靜與幸福感。These acupressure points are for depression and emotional heaviness to bring a sense of peace and wellbeing.



頭頂 (Crown of head)

輕按頭頂。這裡有三個穴位。Hold lightly the top of the head. There are three acupressure points in a line in this area.

前額眉間 (Forehead between the Eyebrows)

以指尖輕壓眉頭之間鼻額與前額交接處。With the fingertips of one hand hold the sensitive area between the eyebrows where the nose connects with the forehead.

兩側頭骨基部 (Base of Skull at the Sides of the Head)

雙手指頭交握，放在腦後，以大拇指按壓左右頭骨基部介於骨頭與肌肉之間的兩點凹處。Interlace fingers, place your hands behind your head, and with the thumbs press the two points at left and right sides of the base of the skull in the indentation between the muscles and bones.



焦慮、危機、喘不過氣 (Anxiety, Crisis & Overwhelm)

手腕外側 (Point in the Outer Wrist)

按壓在小指下方手腕外側的一個凹處。Press point in the indentation on the outside of the crease of the wrist, down from the small finger.

肩膀上方 (Point on Top of the Shoulders)

以指間壓在肩膀上方。雙手亦可交叉如果比較舒服的話。With the fingertips of both hand hold the points on top of the shoulders. The arms may be crossed if this position is more comfortable.

痠痛點 (Sore Spot)

痠痛點位於鎖骨下方 5-8 公分及胸骨外側5公分之處。Locate a sore spot in the left side of the chest about 2-3 inches down from the collar bone and about 2 inches to the side of the sternum.



暈眩、危機、或高血壓 (Fainting, Crisis & High Blood Pressure)

這個點可用於自身，或用於幫助快暈到或在危機中的他人

This point can be used on oneself or another if a person is fainting or in crisis.

鼻子下方 (Point Beneath the Nose)

以中指指尖或指關節直接押在鼻子下方嘴唇上方。With index fingertip or knuckle of the finger, press into the point directly below the nose on the upper lip.

失眠 (Insomnia)

前額與前胸 (Point in Forehead with Point in Center of Chest)

同時輕壓前額中央與前胸中央。Hold at the same time the point in the middle of the forehead and the point in the middle of the chest.

PAL DAN GUM

Pal Dan Gum 是在中國與韓國千年之前古代流傳下來的技術，可促進健康、力量、長壽、以及心靈覺醒。此練習可釋放緊張，促進身體經絡能量之平衡。若持續練習，可以淨化且補充內在器官與經脈之能量，增加血液與體液之循環，促進肌肉與關節之彈性與韌性，改善身體姿勢，消除慢性疾病。早晨是練習 Pal Dan Gum 的好時機，可以專注與能量開啟一天。對於有焦慮、慢性疼痛、以及創傷壓力的人來說，這些練習可以每天使用。

Pal Dan Gum is a series of ancient exercises from China and Korea used for thousands of years to promote health, strength, longevity, and spiritual awareness. The exercises release tension and balance the energy channels or meridians of the body. If practiced regularly they purify and recharge the inner organs and meridians, improve the circulation of blood and body fluids, promote the flexibility and resiliency of muscles and joints, improve posture, and eliminate many chronic ailments. Morning is a good time to practice Pal Dan Gum, as a way to start the day with focus and energy. These exercises are excellent for daily use by persons with anxiety, chronic pain, depression or traumatic stress.



頂天立地 (Upholding the Heavens)

站立雙腳與肩同寬，吸氣，雙掌朝上，慢慢舉手到頭上。十指交叉然後翻掌朝天。墊腳尖，雙手往天空伸展。同時往上看，維持數秒鐘。呼氣，鬆開雙手，慢慢往下。重覆三到四次。

Stand with your feet shoulder-width apart, arms at your sides. Inhale and with palms up, slowly raise your hands above your head. Interlace your fingers and turn your palms upward. Stand on tiptoe and stretch toward the sky as if your hands were touching and upholding the heavens. Look upward as you stretch, maintaining this hold for a few seconds. Then breathe out, unlock your hands and slowly bring your arms back down. Repeat 3 or 4 times.

拉弓 (Opening the Bow)

站立雙腳與肩同寬，膝蓋稍微彎曲，站馬步。手腕與手臂在胸前交叉，手握拳，左手在右手上面。伸出左手食指並且想像你正在握住一隻弓。以右手拉弓，將左手推出完全伸展開來。深呼吸並將頭轉左看。注意力放在左手食指上，想像能力從指尖流出。呼氣並放下弓，雙手恢復到交疊在胸前，右手在左手上面。重覆相同動作但這次是在右邊。重覆整組動作三到四次。

Stand with feet separated more than shoulder-width, knees bent, as if you were riding a horse. Cross your wrists and arms in front of your chest, hands clenched, left arm in front of the right. Extend the index finger of your left hand, and imagine that you are holding a bow. Pull the bow string with your right hand, while pushing out your left arm until it is fully extended. Inhale deeply while turning your head to the left. Focus on your left index finger, imagining energy pulsing out the tip. Exhale and release the bow, returning your arms to a crossed position at your chest, right hand in front of the left. Turn and repeat opening the bow to the right side. Repeat the movement 3 or 4 times.

同觸天地 (Touching Heaven and Earth)

站立雙腳打開，手腕交疊在丹田。吸氣並延伸你的左手到上方，以手掌伸向天空。放低你的右手於背後，以手掌伸向地面。吸氣時盡量同時伸手觸及天空與地面，吐氣時還原到站立位置。再交換以右手伸向天空。重覆整組動作三到四次。

Stand straight with feet separated, wrists crossed at the level of the solar plexus. Inhale and extend your left arm above the head with palm touching the sky. Lower your right hand behind your back with palm touching the earth. Inhale as you push up to touch the sky and down to touch the earth. Exhale and return to starting position. Repeat the exercise this time stretching upward with your right arm. Repeat both sides 3 or 4 times.

往後看 (Looking Behind You)

站立雙腳打開，膝蓋放鬆，雙手交疊胸前，左手在右手前面。深呼吸必同時將雙臂往後方打開，轉頭看左側，盡可能往後看。挺胸往天空，雙掌伸向地面。感覺在手臂、手腕、脖子、眼睛等處在你往後看時的伸展。呼氣，回轉頭部與手臂到起始位置，這次右手疊在左手前面。重複右側。重覆整組動作三到四次。

Stand with feet separated, knees relaxed, arms crossed in front of your chest, left hand in front of the right. Breathe deeply while pulling your arms to the sides and back, turning your head slowly to the left, looking back as far behind you as possible. Your chest is arched up and out, while your palms touch the earth. You will be able to feel the stretch in your arms, wrists, neck, and eyes as you look behind. Exhale, return your head and arms to the starting position, with right hand in front of the left. Repeat turning to the right side. Repeat 3 or 4 times.

旋轉上半身 (Swinging the Trunk and the Head)

站立雙腳與肩同寬，膝蓋放鬆，雙手垂臀部。將身體重量平均分於左右邊。深呼吸後吐氣，身體向左彎，感覺右側的伸展。慢慢小心地繼續往前伸展，然後到右邊，再到後背；以腰部為軸旋轉上半身。不要拉傷自己。吸氣回到原始位置。吐氣然後繼續做三到四次；重複同樣動作從右邊開始三到四次。Stand straight with feet separated shoulder-width, knees relaxed, hands on your hips. The weight of your body is equally distributed on both sides. Breathe deeply and exhale, as you bend your upper body to the left, feeling the stretch on your right side. Slowly and carefully stretch forward, then to the right, then to the back, as if you were stretching in waist circles. Do not strain yourself doing this exercise. Inhale as you return to the original position. Exhale and repeat 3 or 4 more times starting from the left side. Then change sides and repeat 3 or 4 times.

出拳大喊 (Punch and Shout with Fists)

站立雙腳分開，膝蓋微彎。雙掌置於腰部，掌面向前然後握拳。吸氣張眼，吐氣時出左拳向前打左側（然後打右側）；出拳時掌心轉向下。出拳時同時大喊”吼”聲並釋放內部壓力。重複右側。然後再左右交替三次。

Stand with feet separated, knees bent. At waist level with palms facing upward, make fists with your hands. Inhale, open your eyes wide, and as you exhale, punch your left fist (then your right) directly forward, turning your fists over so that they face downward when fully extended. As you punch your fists forward, discharge your breath and your inner tension with a loud “Ho” sound. Turn to the right and repeat. Turn to the left and punch again. Repeat this sequence in the three directions another three times.

獅吼 (Roar Like a Lion)

以獅吼結束這整套練習。手臂在身體外側，手指形成獅爪。雙臂往前甩，身體往前傾，並運用臉上與臉頰所有肌肉盡力大吼；做這個動作時，想像你能釋放所有的緊張以及被卡在喉嚨的言語。從深處發出吼叫。

Finish with the Lion's Roar. Pull arms outward and to the sides, extending the fingers to form claws. Pull arms forward, bending forward with a ferocious roar, stretching all the muscles in your face and jaw. As you do the movement imagine you are able to release all the tension and words that are stifled in your throat and jaw. Roar with a full voice coming from deep within.



創傷與療癒之本能 (TRAUMA AND THE INSTINCT TO HEAL)

對於憂鬱、焦慮、以及創傷後壓力之療法是日新月異。醫療人員研究創傷對身體之影響之後，目前了解到人類的大腦可略分為兩個部分。一個是“認知”的大腦，主管語言與抽象思考；一個是“邊緣系統與情緒”的大腦，主管情緒與行為的本能控制。情緒的大腦也主管身體大多數生理的、自發的反應、以及心理的健康。認知心理治療與藥物治療是目前對於受創者主要的治療方式，但是，在很多時候這些方法並不足夠，也不適合於許多文化。大衛·斯文斯博士醫師 (2004) 在他的“療癒的本能”一書中提到，情緒的病變來自於情緒大腦的失功能，治療的主要任務在於“重新程式設計”情緒的大腦，以讓其回應此時此刻而非過去的經驗。一般來說，運用技巧來對身體與情緒的大腦工作會達到較高的功效，這比使用依賴於語言和邏輯的方式更有效，因為情緒的大腦無法接收語言和邏輯。情緒的大腦包含自我療癒的天然機轉，這是一種“療癒的本能”。這個療癒的本能是人體達成身心與情緒平衡的自然能力。

There are many new methods being developed to treat depression, anxiety and traumatic stress. Medical professionals studying the impact of trauma on the body, now recognize that the human brain is composed of a "cognitive" brain responsible for language and abstract thinking, and a "limbic or emotional" brain responsible for emotions and the instinctual control of behavior. The emotional brain controls much of the body's physiology, autonomic responses and psychological wellbeing. Cognitive psychotherapy and medication are the usual methods used for stabilizing and treating traumatized persons, but in many cases this approach is not enough, nor is it appropriate in many cultures. In his book The Instinct to Heal, psychiatrist David Servan-Schreiber, M.D. (2004), says that "emotional disorders result from dysfunctions in the emotional brain. . . The primary task of treatment is to 'reprogram' the emotional brain so that it adapts to the present instead of continuing to react to past experiences... It is generally more effective to use methods that act via the body and directly influence the emotional brain rather than use approaches that depend entirely on language and reason, to which the emotional brain is not receptive. The emotional brain contains natural mechanisms for self-healing: 'an instinct to heal.'" This instinct to heal is the natural ability to find balance and wellbeing in body, mind and emotions.

卡帕席他：採用普及教育的方式來治療創傷 (Capacitar: A Popular Education Approach to Trauma Healing)

在與創傷倖存者工作時，卡帕席他基金會的方法主要在於喚醒與增強“療癒的本能”。因為基層創傷是普遍存在的，卡帕席他採用普及教育而非個別治療的方式來助人，將簡單地身體技巧教給大眾，讓他們在面臨挑戰時能自行釋放壓力、以平衡的身心去調節情緒與生活。此一取向相信與生俱來的“本能”以及有機體自身的智慧與整體性。透過釋放卡住的能量以及增強自然的能量流，療癒就發生了。在更新的能量流之中，人們回歸到平衡與健康幸福之中。

In working with the traumatized, Capacitar's methods involve awakening and empowering this "instinct to heal". Because the experience of grassroots trauma is so vast, Capacitar uses a popular education approach rather than an individual therapeutic approach, placing in people's hands simple body-based skills they can use for themselves to release stress, manage emotions and live with balance in the midst of the challenges of life. A key to this approach is the inherent "instinct" or wisdom in the organism to return to balance and wholeness. Healing occurs through the release of undischarged energy as well as through a strengthening of the natural flow of energy. With the renewed flow of energy the person returns to a state of balance and wellbeing.

生活於健康幸福之中 (Living in Wellness)

生活與健康幸福之中的經驗並不同於穩定症狀或治療精神與身體殘疾。東方的與民俗的健康模式是奠基於身心靈與情緒之能量與生命力的整體性與和諧性；這是不同於強調“修理或治療”的科學健康觀點。當經絡與身體能量中心裡面的能量能自由流動而不被阻礙，人們就會體驗到良好的健康、情緒的平衡、清晰的心智、以及普遍性的健康感。

Living with wellbeing is a very different experience of health than stabilizing symptoms or curing mental or physical disease. In contrast to a scientific worldview of health that involves "fixing or curing", wellness in Eastern and indigenous models is based on wholeness and harmony in the energy or life force of body, mind and emotions. When energy is flowing freely and without obstruction through the channels and energy centers of the body, the person experiences good health, emotional balance, mental clarity, and overall wellbeing.

在卡帕席他緊急危機處理工具箱裡面提供的練習可以幫助提升這樣的健康感，也提供技巧以療癒過去傷痛，或可以培養個人之內在力量。這些練習已經被應用在全世界二十六個國家、許多不同的文化中。有助於曾經受過創傷壓力的人；或者，可以增進助人工作者的自我照顧。這些練習可以每日使用，以促進能量之平衡與疏通，亦可排除多餘能量，或滋潤並培養核心能量。常常使用這些技巧，例如太極、按壓穴道、呼吸等，可以幫助減低創傷後壓力症候群所引起之頭痛、身體疼痛、胃部不適、腹瀉、焦慮、以及慢性疲勞。不過，光是減除這些身體與情緒上的症狀是不夠的，療癒需要包括更深層的全人系統改變——包括這個人的自身、與他人之關係、環境，甚至是往內至細胞與能量的階層。

The practices offered in this Capacitar Emergency Tool Kit help to awaken this state of wellbeing, providing tools for the healing of past wounds and for the recuperation of inner strength and energy in the person. The practices have been used with many thousands of people in 26 countries and many different cultures. They have been found to be helpful for persons with traumatic stress, as well as for self care for those working with others. These practices are meant to be used as part of daily life to help rebalance depleted, congested or excessive energy, as well as to nourish and build core energy. Regular use of practices such as Tai Chi, acupressure, and breathwork help to alleviate traumatic stress symptoms manifesting as headaches, body pain, stomach disorders, diarrhea, insomnia, anxiety, and chronic fatigue. But it is not enough to only alleviate

physical or emotional symptoms. Healing involves a deeper change in the whole system—from the person, their relationships, and their environment, down to cellular and energetic levels.

創傷經驗經過處理可能成為成長與蛻變之催化劑。過去的傷痛可能被轉化成更豐富生活的智慧。人與社區的自然傾向是回歸到平衡與整體。當個人開始療癒復原時，他們也就更能夠觸及他們的家庭、社區、以及廣闊的世界，將健康與整體帶回給全人類。

The way traumatic experience is handled can be a catalyst for growth and transformation. Past wounds can be transformed into wisdom to live more fully. There is a return to balance and wholeness, the natural state of the person and the community. As individuals heal they in turn are able to reach out to their family, community and the larger world to bring health and wholeness to the human family.

若需其他資源、手冊、CD，請參考卡帕席他基金會的網址www.capacitar.org

For other resources, manuals and CDs of practices, see our Capacitar website: www.capacitar.org.

我們與地球及每個人手攜手
我們也與過去祖先以及未來存有手攜手
將新生命帶回大地
重新創造人類社群
提供正義與和平
記得我們的孩子
記得我們是誰
與多元歧異的眾多社群結合；增強力量
達到地球的療癒與生命的重生
——卡帕席他基金會哲學；源自於聯合國

We join with the earth and with each other
With our ancestors and all beings of the future
To bring new life to the land
To recreate the human community
To provide justice and peace
To remember our children
To remember who we are.
We join together as many and diverse expressions
Of community and empowerment,
For the healing of the earth and the renewal of all life.
—Capacitar Philosophy based on writings of the UN