

Chinese Parents Association-Children With Disabilities Inc

澳洲弱能兒童協康會



CPA NewsLetter 協康會 會訊

NOVEMBER 2013 Issue

Special Issue 專題：

The DVD Launch: OUR WAY TO HARMONY

「和諧之旅」影碟發佈會





CPA NewsLetter Nov 2013 Issue
協康會 會訊 二零壹三年十一月號

**Chinese Parents Association -
Children With Disabilities Inc**
澳洲弱能兒童協康會

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Article Contribution

歡迎來稿

CPA NewsLetter is our quarterly publication. We share community news with our members and other community organisations. We welcome your contributions of articles.

歡迎會員朋友來稿，在「會訊」發表，使能與其他會員朋友分享，響應本會的「互助友愛」的宗旨。

NOTICE TO MEMBERS

Annual General Meeting

週年會員大會

2013-2014

Chinese Parents Association—
Children with Disabilities Inc
ABN 63 938 108 704

Members are advised that

The Annual General Meeting

2013

Will be held at

Padstow RSL Club Auditorium
24-28 Howard Rd, Padstow

On 14th December 2013 Saturday,
Commencing at 11 a.m.

會長通訊 **President's Message** — **Speech at Silver Jubilee Gala Dinner**

Distinguished guests, ladies & gentlemen, boys & girls:

It is with great pleasure that, on behalf of the Chinese Parents Association, I thank all of you for joining us to celebrate this milestone in the history of the CPA, the 25th anniversary. We also thank all those who have given us their gifts, congratulatory messages, and good wishes.

This happy occasion is a recognition and celebration of our 25 years of achievement. I take this opportunity to acknowledge with thanks the tireless effort of the parents, the dedication of our volunteers, and our valued sponsors for the past 25 years – we distil all these to instill pride in our Association.

CPA was found in 1988 established by a group of passionate parents. These parents embraced a hope to help children with disabilities. Thus, an objective had been developed to provide a range of services specially needed for people with disabilities and their families. CPA has grown from strength to strength, from a small group of members to over 200 members today. It had been an extraordinary journey, and we look forward for many more years to come.

I congratulate CPA on this auspicious occasion, and wish you all a memorable 25th anniversary. I also look forward to continue close collaboration between our supporters, volunteers and community organisations in securing an even more prosperous future for our members.

Last but not least, I like to express my deep appreciation to the gala dinner organising committee for the great effort in organising this memorable occasion. Once again, thank you everyone for the strong support for us all!!

The President
Miranda Vuong

各位尊敬的嘉賓及孩子們:

為慶祝創會二十五週年，澳洲弱能兒童協康會於九月十四日星期六，假座悉尼華埠富麗宮酒樓舉行銀禧慶祝晚宴。我很榮幸能代表澳洲弱能兒童協康會感謝大家一同參予慶祝及分享協康會的歷史里程碑。我們也感謝所有為我們送上禮物，賀詞和祝福的人士。

在這喜慶的宴會上，讓我們一起去肯定及慶祝協康會25年來的成就。我想藉此機會感謝家長們的努力不懈，義工們的奉獻精神，和尊貴商戶的贊助，他們在過去25年來對本會的一直支持，是絕對值得我們自豪的。

澳洲弱能兒童協康會於1988年，由一班熱心的家長組成。這些家長都是弱能兒童的父母，他們致力為有特別需要的弱能人士及其家庭提供一系列的服務。協康會已經從一小撮的成員，發展至今天超過200名家庭成員。這是一個不平凡的經歷，我們期盼能有更多的進步和發展。

在這個特別的時刻，我祝願協康會及各會員擁有一個難忘的25週年紀念。我也期待著與我們的支持者及義工，為我們未來的繁榮繼續緊密合作。最後，我要向這個晚宴的籌委會致以深深的感謝，這個難忘的宴會得以成功舉辦全賴他們努力的付出。

再次感謝大家的支持及出席宴會。

會長
王周潤梅



協康會二十五週年銀禧晚宴



為慶祝創會二十五週年，澳洲弱能兒童協康會於九月十四日星期六，假座悉尼華埠富麗宮酒樓舉行銀禧慶祝晚宴。

當晚出席的人士超過300人，其中包括特別嘉賓：協康會榮譽會長，前上議院議員沈慧霞女士、前上議院議員黃肇強先生、坎特伯雷市副市長Cr Karl Saleh，高嘉華市副市長鄧小穎女士、好市圍市副市長劉娜心女士、好市圍市議員Philip Sansom、澳洲華人慈善總會會長劉敬宇先生、2AC 華人電台台長譚茜文女士、2CR電台總監李學儒先生、名設計師馬耀平先生、朱暑南先生等。

晚會的節目非常豐富，包括協康會兒童的蛇舞及歌唱表演、Krasiva Strings四重奏表演、交際舞表演及抽獎活動等。協康會在晚宴上同時發佈協康會第二輯音響光碟「和諧之旅」。這是繼2011年第一輯「讓我高飛」音樂專輯之後，協康會再次用歌聲及照片去回顧二十五年的和諧之旅及展望未來，「和諧之旅」專輯的主題是「融入社區，共創和諧生活」。

會長王周潤梅女士在致詞中感謝社區，各地區政府和華人傳媒在過去二十五年來對協康會的支持和鼓勵，協康會幫助社區中有弱能子女的家庭，會繼續努力不懈。

王會長亦感謝協康會二十多年來的前會長，管理委員會成員和義工。其中在初期服務了十年的前會長陳紹光和做了二十多年的現任副會長陳劉秀蓉，他們在會上分享他們過來人的經驗，並寄語家長繼續努力，支持自己的子女。

協康會是由一群熱心的家長在1988年組成，這些家長都是弱能兒童的父母，他們致力於為有特別需要的弱能人士及其家庭提供一系列的服務。現時提供的服務已經向多方面發展，包括音樂治療、繪畫班、舞蹈班和康樂戶外活動等。協康會亦有為弱能人士的家庭成員設立支緩小組，令弱能人士的家人享有一個互相分享的平台。

協康會由初期的少數成員，發展至今超過200多名家庭成員。廿五年來協康會經歷過不少風雨，這是一條崎嶇漫長的路。

當晚的宴會在一派愉快的氣氛中結束。

如想獲得更多協康會的資訊，請聯絡該會社區服務員Mandy葉女士(0406 233 222)或電郵 info@chineseparents.org.au或瀏覽 www.chineseparents.org.au

協康會二十五週年銀禧晚宴



On the 14th of September 2013, Chinese Parents Association – Children with Disabilities (CPA) hosted a Jubilee dinner party at the splendid Mari-gold Restaurant in the heart of Sydney CBD to celebrate the 25th anniversary.

More than 300 guests joined together that special evening to congratulate CPA and provide their best wishes for the future. Special guests included the Hon President of CPA, former senator the Hon. Helen Sham; former senator the Hon. Dr. Peter Wong; Deputy Mayor of Canterbury City Council Cr Karl Saleh; Deputy Mayor of Kagarah City Council Annie Tang; Deputy Mayor of Hurstville City Council Nancy Liu; Member of the Hurstville City Council Philip Sansom; President of Chinese Benevolence Federation of Australia Incorporated James Liu; Executive Director of 2AC Radio Janey Tham; Anthony Lee of 2CR Radio; famous designer Alex Ma and Samuel Chu.



The program for the evening included children from CPA performing snake dance and singing performances, Krasiva Strings quartet performances, ballroom dance performance and lucky draw activities. At the celebration, CPA also released the second series of its music production, as well as its first DVD- "Our Way to Harmony". This is a continuity of the first musical series following the 2011-"Set Me Free" music album. The main theme is "community participation—living in harmony". It is a platform reviewing the journey of past twenty-five years of CPA and we looked forward to provide more services in future.



President of CPA- Miranda Vuong presented her warm speech that night to thank the community, the State government and the councils, as well as the Chinese media, for their continuous supports and encouragements in the past twenty-five years. She also stated that CPA would continue its hard work to help the community of families with children with disabilities. Miranda also extended her appreciations for the hard work from former presidents during these twenty five years, management and committee members, as well as all the volunteers.

The former president Daniel Chan and Vice President Sylvia Tinyow enriched the evening with a sharing of their personal experiences, working with CPA and sent messages to parents encouraging them to continue their efforts and supports for their children with special needs.

From a parent group began with few members, CPA developed into an association with more than 200 family members. CPA experienced many trials and tribulations, this is a long and rugged journey

The Evening was concluded in a pleasant atmosphere.

For more information, please feel free to contact community worker of CPA-Mandy Yip on 0406 233 222 or email info@chineseparents.org.au. Alternatively, information about CPA can be found on the official website: www.chineseparents.org.au



澳洲弱能兒童協康會創會二十五周年後記

澳洲弱能兒童協康會慶祝創會二十五周年，在悉尼華人發展史上確是一個光輝的記錄。環顧目前眾多華人社區服務團體，試問有多少是屹立這麼多年不倒，仍能繼續創會時的目標，會員仍充滿熱情的向前邁進？

一個團體之能夠成立，背後是有不少支持和必然有一個醞釀過程。在二十五周年晚宴上，我向嘉賓介紹了協康會立會前後幾年間，幫助協康會創會的團體和人物，並向他們致謝。

1980年代，澳洲普遍接受多元文化社會作為推行社會發展的方向，也落實在社會政策上。華人社區也開始有發展餘地，為一些明顯的弱勢群體，如老人，新移民和有幼兒的家庭，向政府發言，爭取向他們提供援助。當時澳華公會和華人服務社是積極推動專業華人社區服務的先行者。

但是，有弱能子女的華人家庭大多不是顯而易見的，他們散居各處；也有因為種種原因，不會隨便告訴別人自家的困苦。在華人社區服務發展的初期，他們並不是澳華公會和華人服務社的基本服務對象。

最先發起尋訪有弱能子女華人家庭的機構是目前在馬力圍的民族兒童，家庭及社區服務 (Ethnic Child Care, Family and Community Services)，她的主事人，希臘裔的鍾文媛女士 (Vivi Germanos) 致力推動多元文化運動，她特別關心少數族裔弱能人士的需要，和社會能否提供合適他們的社區服務。在這背景下，她的機構辦了一個少數民族弱能人士計劃，並聘請我作為這計劃轄下華人項目的社區工作者。我在香港做過社工，也在悉尼供讀學位課程，但要開展一個華人弱能服務工作，仍是沒有什麼頭緒。當時紐省社會服務部 John Garrick 先生正從事研究非英語族裔弱能人士的需要和問題，他已經做了多個民族的研究。我得到他的幫助和支持，在1984年訪問了悉尼22個有弱能子女的華人家庭，並完成一份研究報告。

現在重看這份報告，文中數據陳述華人家庭面對的困難，包括英文能力不足，未能閱讀有關弱能服務的英文資料，也沒有相關的輔佐服務和中文資料，供家長了解不同的服務範疇和參加辦法。

家長一般感覺無助，主流弱能服務未能幫助到這些華人家庭，他們的服務參與比率也是極低等。

從今天的角度來看，當日的資料，核證了研究族裔弱能人士的一個重要論點，就是移民家庭只要有一個弱能子女，他們面對的壓力和困難倍增 (Double handicap)，也加重他們融入主流社會的困難。這論點正是 Garrick 研究的重要觀點，它能夠引起主流社會的注視，而政府也聽得懂。次年，華人項目獲政府給予經費，發展華人弱能人士服務，而延續多年。後期社區工作者包括社工同工駱黃美苓女士和陳發鈞先生。

服務初期，參與的家庭不多，服務內容限於探訪和提供個別的家庭援助，也在學校假期內組織小組活動，舉辦資訊講座等。工作目標是聯繫家庭，找出共同面對的困難，並商議如何解決，並藉此發展出家庭網絡和共同的目標。當時是組織了一個包括了數位家長的委員會，指導工作的取向，也有政府代表。澳華公會的林太 (Catherine Lam) 和華人服務社的 Monica Siu 也是成員之一。

但真正能夠把華人項目發展成一個有實質意義的家長會，是數年後的華裔弱智人士之家計劃。香港移民背景的社工駱黃美苓寫了一份報告爭取政府撥款，在民族兒童，家庭及社區服務支持下，為五位華人弱能人士在馬力圍成立了有史以來第一所華裔弱智人士之家- 福能居，並在1988年正式成立了華裔弱智和傷殘子女家長會，管理這項服務。現在福能居輾轉由華人服務社管理。

1988年往後的歷史是以家長積極參與為中心，歷程中也有多番波瀾起伏。每一個波浪都是由於有新的需要和問題，但都在家長團結，包容和合作下解決。最初期的幾位會長和財政劉秀蓉，李麗萍和陳紹光等，不懈的一做十多年，為後來更名的澳洲弱能兒童協康會打下穩定基礎。

范鎮榮

出版「和諧之旅」音響光碟

Our Way to Harmony

In 2011, Chinese Parents Association – Children with Disabilities Inc had produced a Compact Disc “Set Me Free” by CPA Kidz Band. This was good evidence that children with disabilities are able to develop to their full potentials and skills like other children without disabilities, with the continuous support and appropriate training.

This year, 2013, CPA parents group joined together once more and produced a DVD “Our Way To Harmony”. It consists of the record and memory of their weekend activities, community participations, cultural festival celebrations, family social gatherings and their achievements of the past years.

It brings out the message: “Community Participation – Living In Harmony!”

Contact between people of different cultures in Australia has been characterised by tolerance and engagement (Multiculturalism in Australia, from Wikipedia). Our Association has been encouraging our members and the public to more community participations and partnership with other organisations, “raising the community awareness, understanding and acceptance” towards people with disabilities and their families from culturally and linguistically diverse backgrounds. This is CPA mission and the objective of this project!

序：制作「和諧之旅」

在2011年中，澳洲弱能兒童協康會印製了「讓我高飛」音樂光碟，印證了弱能兒童的音樂潛能，經過日久的悉心栽培，指點和勤練，也可以做出美好的成果。

今年，協康會成員再進一步，全心合力製作了「和諧之旅」音樂影碟。影碟輯攝了他們的錄影情況，記下了他們的週末課程花絮和參與社區活動的片段。

此碟的製作，同時也帶出了另一個訊息：

「融入社區，共創和諧生活！」

澳洲是一個多元文化的國家，政府致力向人民鼓吹「認識，包容和接受」。協康會一直以來，都推動和策劃各種社區活動，大力鼓勵會員家長參與；又恒常與其他機構合作，增加與各社區民族人士接觸的機會，增強相互間的認識和了解，互相輸送關懷和暖愛。

「減除隔漠，不再孤單；互相扶持，共向和諧之路進發！」正是錄制此影碟的目的！



「媽媽休閒站」十月份活動記錄



在10月10日星期四早上，協康會的「媽媽休閒站」編排了一個特別的活動項目：探遊西區市鎮：卡拉瑪打 (Cabramatta)，在「稻香酒樓」敘會，並體驗一下「西貢」的風情。

當天赴會的媽媽有十人。可能因為該日天氣忽轉酷熱，氣溫高至39度，有數位會員因而卻步，沒來出席。在聚會中，媽媽們都滿懷喜悅，一面品嚐酒樓的各式美味點心，一面忙於互相問好，談話滔滔不斷，氣氛頗為熱鬧。

午膳過後，在兩位媽媽的帶領下，眾人到達卡市附近的一個大型批發商場。各人都進內參觀。場內分不同貨品部門，商品繁多，琳瑯滿目，多不勝數。一些媽媽已不能忍手，「血拚」(shopping)一番!

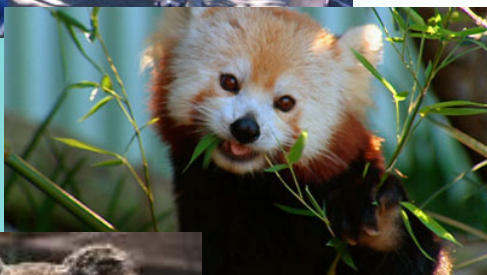
「媽媽休閒站」的聚會，是希望母親們有一些屬於自己的自由，輕鬆的時間，沒有牽掛地與朋友們開懷坦然地交談，互相鼓勵和扶持，在生命旅途中，結伴前行。歡迎媽媽們向協康會和會員推介一些新奇有趣的地方或文物，以便安排參觀或欣賞。

It was the 10th October, Thursday morning, “Mum To Mum” leader organised a special visit to the “Saigon in Sydney”—Cabramatta, in the Western Suburb. They also had arranged to taste the Chinese Dim Sim at the “Iron Chef” Restaurant – a change from the regular meetings held in Inner West Areas.

There were about 10 mothers attending the meeting. A few mums did not turn up due to the sudden rise of the hot temperature, up to 39°C. Nevertheless, all ladies enjoyed the delicious dim sim from the restaurant and were deeply engaged in exchanging their news and information with each other. The atmosphere was relaxing and entertaining.

After the meal, all members, under the direction of two mums, had visited a big wholesale department store nearby. It was a huge store, full of various colourful products which the mums could not resist to ignore. They started their big shopping.

The setting up of “Mum to Mum” group was to provide an opportunity to mothers to meet together at their free time, without the worries of their children around, to talk to and exchange information and news with each other. Mothers are also welcome to provide info on new and interesting places or things that other members would like to visit/experience.



On Saturday morning 28/9/13, CPA kids, parents and carers visited Taronga Zoo. Taronga Zoo is located at North shore of Sydney. It takes 45 minutes drive to get there. We all met at 10:00 am at the entrance of the zoo. Wow, there were 81 people attended. That day was sunny, windy and warm. It's just a nice day for excursion.

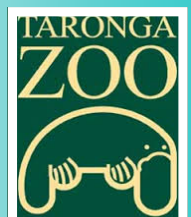
We had two group activities. Firstly, we went to the giraffe paddock and started to draw the giraffes. Miss Mok instructed us patiently. With her help, I finished my drawing and colouring in 30 minutes. We all got chips as a reward.

After lunch, we all met at the elephant paddock. It was midday and the temperature was a bit high. I saw two elephants swimming in the pool and the others are eating some peanuts. At this place, we drew another picture of the elephants.

After drawing activities, we had a free time. Mum and dad took me to the seal show. The seals were so cute and clever. It was a fantastic show. I also saw lots of other animals --- gorillas, bears, big cats, Barbary sheeps, Himalayan tahrs, bongoes, zebras, Pygmy hippopotamus, tapirs, chimpanzees, alligator, crocodile, male elephant, night animals, kangaroos, wombats, koalas, farm animals, emu, wallaby, monkeys, gibbon, platypus and so on.

At 4:00 pm, we left the Taronga zoo with cheerfulness.

Written by Matthew



Art Gallery of Museum

By: Jonathan

We went to Art Gallery on 7th September 2013.

There were 21 people included Joanne, Victor Li, Andrew, Samson, Barry, Victor Wu, Matthew, Laurence, Christopher, Timothy, Karen, Leon Cao, Reuben, Thuman, Michael, Jack, Soon, Sandra, Sam and myself.

I saw a few beautiful paintings. The first one was called "Spring Frost" by Elioth Gruner, and the second one has the title named "Interior with Wardrobe Mirror" by Grace Cossington Smith.

The image in Spring Frost is a farm. There was a farmer guiding the cows in the field eating grass on a sunny day.

"Interior with wardrobe mirror" is about a colourful bedroom. There were books on the shelf; inside the wardrobe were shirts, pants, socks, and pyjamas.

"Still life with lute" is about music, it was the richest source for the communication of meta-physical ideas. It shows the music sheet, guitar, violin and music book.

And "The abstract" is a colourful painting. It shows different shapes including triangles, rectangles and squares. The painter decorated "The abstract" with shapes cut from paper.

After the trip to Art Gallery we went to Yummy Chinese BBQ Restaurant for lunch at Central.

There were plenty of food including noodles, beef, salad, dumplings, fried rice, vegetable, chinese pizza, spicy fish, kebab, pork-chop, and ice cream. It was an educational trip with Fun.



澳洲弱能兒童協康會
Chinese Parents Association -
Children with Disabilities Inc.

Merry Christmas

AGM & Christmas Party

週年大會暨聖誕聯歡

- Date 日期:** 14/12/2013 Saturday
Time 時間: 11:00 am
Venue 地點: Padstow RSL Club Auditorium
24-28 Howard Rd, Padstow
- Fees 費用:**
- | | |
|---------------------|------|
| <u>Members:</u> | |
| PWD: | Free |
| Children 0-3: | Free |
| Children 4-12: | \$10 |
| Adults 12+: | \$15 |
| <u>Non-members:</u> | |
| All at one price: | \$20 |

Enquiries: 9784 8120 Tues to Thurs
週二至週四 10 am — 3 pm
0406 233 222—Mandy

Booking is essential.



Up Coming Activities

November 2013 - January 2014

- ◆ **Christmas Party & AGM Padstow RSL 14/12/2013**
- ◆ **Art Program in Dec 2013 & Jan 2014**
- ◆ **Dancing Lessons**
- ◆ **Mum to Mum**
- ◆ **Dad to Dad meeting**
- ◆ **Variety Christmas Party 21/11/2013**
- ◆ **CPA KIDz Music Performance (Art & Music Exhibition opening at UWS Bankstown Campus), 01/12/2013**
- ◆ **CPA Art Exhibition at NSW Art Gallery in December 13**
- ◆ **Sydney Special Children Party 12/12/2013**
- ◆ **CPA Christmas Lunch Party 14/12/2013**
- ◆ **Magic Mania—Sydney Olympic Park State Sport Center 21/12/2013**
- ◆ **Movie Family Day out 06/01/2014**

Regular Weekend Activities

Junior Group 兒童組

Fun to Learn! Independent Living Skills!

導師 Instructor: Melissa Cox



時間: 逢星期六下午2:30pm 至 3:30 pm地
點: Belmore Youth Resource Centre ,
38-40 Redman Pde, Belmore



Kindly sponsored by Canterbury ClubNSW
Bulldog Leagues Club

Rhythm & Motion

By Christine

唱遊活動



Date: Saturdays 星期六
Time: 3.30pm — 4.30 pm
Venue: Belmore Youth Centre
38 Redman Pde, Belmore

Kindly sponsored by Canterbury ClubNSW
Bulldog Leagues Club

Community Outdoor Activities



Date: Saturdays
星期六
Time: 2:00-4:00pm
Or
School Holidays

兒童組美術活動

Junior Art Program



Date: Saturdays 星期六
Time: 3.45—4.30 pm
Venue: Belmore Youth Centre
38 Redman Pde,
Belmore

Youth Group 青年組

Ice Skating

日期: 星期六 Saturday
時間: 8.45am to 9.45am
地點: Canterbury Olympic Ice Rink
Phillips St, Canterbury, NSW.



Youth Art Program



時間: 星期六舉行
下午 3:30pm 至 4:30pm
地點: Belmore Youth Centre,
38-40 Redman Pde,
Belmore

Kindly sponsored by Hurstville City Council ClubGrant

Music Lessons

時間: 星期六舉行
下午 2:30pm 至 3:30pm
地點: Belmore Youth Centre,
38-40 Redman Pde,
Belmore



保齡球課 Ten Pin Bowling Lessons

Kindly sponsored by ACCF



時間: 逢星期六舉行, 上午10am 開始
地點: 3 - 5 George St, North Strathfield

Sweet Memories



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner



CPA 25th Anniversary Dinner

Sweet Memories



Taronga Zoo



Taronga Zoo



Taronga Zoo



C.A.R.E.S.



C.A.R.E.S.



Father's day



Father's day



Father's day



Mum to Mum



Visit to Art Gallery



Visit to Art Gallery

快節奏音樂能治心病

來源：生命時報 時間：2013-8-8 13:55:01

<http://www.musictherapy5.com/Article/?1387.html>

日前，美國加州大學伯克利分校科學家發現，音樂是有色彩的。大調、快拍子的音樂，如莫扎特《G大調長笛第一協奏曲》讓人聯想到淺黃色、橙色；小調、慢拍子的音樂，如憂傷的《D小調安魂曲》讓人聯想到黑色、藍色、灰色。科學家說，橙色能調動情緒，藍色能鎮靜安神，了解音樂的“顏色”，能針對性治療心病。心理障礙的產生是因為患者離自己的內心遠了，心態變得消極。音樂能最直接地幫人回歸內心，可通過旋律和節奏的暗示，幫人宣洩負面情緒，並引導人們整合與梳理內心世界，使內心恢復平衡與健康。

在安定醫院，是否參與音樂治療由患者自願選擇，每個人都有自己的樂庫。醫生要教會患者自己選擇音樂，一般根據患者主訴關鍵詞或情緒感受來選擇，也可選用日常生活中喜歡的音樂。原則上一般選擇節奏穩定，甚至能猜到後續旋律的音樂；大團體治療多選擇節奏鮮明、旋律較快的音樂。一般不用《梁祝》、《二泉映月》這樣帶有鮮明感情色彩的音樂。醫生通過支持性的音樂引導想像療法，能將患者內心積極的情感資源調動起來，讓他們覺得溫暖、安全，從而支持他們逐步獲得心靈的康復。

據美國“心理科學中心”網站報導，日本東京藝術大學和腦科學研究所的科學家發現：聽曲調悲傷的音樂會引發積極情緒。這項研究成果有助於解釋為什麼人們喜歡聽悲傷的音樂。研究人員選取了44名志願者，其中包括音樂家和沒有接受過音樂訓練的人士，分別讓他們聽了兩首悲哀的音樂和一首歡快的音樂。每名參與者用一組關鍵詞來評價他們對音樂的感知和自己的情緒狀態。

結果顯示：在聽悲傷的音樂時，參與者的感情與音樂的主題並不一致。研究者對此解釋稱，悲傷的音樂實際上既會引發浪漫的情緒，也會引發悲傷情緒。不論人們是否受過專業的音樂訓練，他們在聽悲傷的音樂時都會體驗到這種複雜而又矛盾的情緒。這種同時存在的矛盾情緒是悲傷音樂會帶來快樂之處的關鍵。與日常生活中的情緒體驗不同，從音樂中感悟到的情緒並不會對人體造成直接的危險和傷害。如果我們所忍受的不愉快情緒是被日常生活誘發出來的，那聽悲傷的音樂可能會對緩解負面情緒起到幫助作用。

研究發現..

悲傷的音樂能讓人快樂



來源：生命時報 時間：2013-8-1 12:36:27

<http://www.musictherapy5.com/Article/?1383.html>

中國的成功案例：音樂治療師助失語者開口

作者：王道斌黃黎鋒來源：南方新聞網時間：2013-2-17 12:07:13

<http://www.musictherapy5.com/Article/?1310.html>

50歲的老李在奮力地揮動著小沙錘(一種打擊樂)，希望能跟上“老師”的節奏，身邊是另外三位工傷後訓練語言的病友。他曾是一名航空工程師，因車禍傷及腦部失語，半年前被轉介到廣東省工傷康復醫院接受康復治療。已能逐字逐詞“說”的他，特別喜歡上音樂課。給他們這些因嚴重顱腦受傷的工傷職工上課的，是兩名年輕的音樂治療師——餘康輪、劉瑩瑩。

據悉，該院自2011年7月開始讓失語職工參與到音樂課堂接受音樂治療後，已進行了7412人次個體治療。類似的團體治療，進行了近700課時，每次都有4-8名職工參加。

音樂人與心理醫生搭檔

一首再簡單不過的《友誼地久天長》，老李和他的四個中老年病友，學唱了許久，還是顯得非常生澀，卻得到了余康輪、劉瑩瑩的充分肯定，“有進步，張大嘴，發聲……再來試一下，pa、pei、pi、po、pu……看看你能發出幾個音。”當記者走進醫院的音樂治療室，也是全國首個傷、患者參與式康復音樂治療室時，老李、東平等四名因工傷而失去語言能力的患者，正在奮力地學習，其中一名病友，顱腦損傷後的顱骨都還沒有修補，髮際部位凹陷，很是突兀。他們的年齡都比兩名80後治療師要大得多。因為受傷，他們的語言功能受到影響，在參加音樂治療時，是不能說話的。在訓練了幾個月後，才能如同兒童般艱難地牙牙學語……

負責用音樂教導他們的治療師餘康輪，則是典型的80後，前年畢業於星海音樂學院。畢業後沒選擇當音樂人的他，選擇了在中國處於萌芽階段的音樂治療道路。餘康輪坦言之前自己是個性張揚、有藝術範的年輕人，而且現在當醫生的收入，遠不如在外玩音樂、炒更掙的錢多。

“但餘醫生下班之後完全是另一個樣”，搭檔劉瑩瑩畢業於廣醫心理學系，因為有鋼琴八級基礎，喜歡音樂，兩人從去年開始搭檔建立音樂治療室。負責為他們父輩年齡的工傷職工提供音樂治療。

“音樂治療在國內近幾年剛剛發展起來，真正去了解這個行業的人並不多，而把音樂全面運用在康復治療上的人在國內更是寥寥無幾。”醫院康復部主任劉四文表示。

音樂讓病人拾回自信

“不是說通過音樂治療之後，一個偏癱的人就變成活蹦亂跳的了。而是通過音樂的安撫和協助，慢慢地改善情緒、語言障礙、動作協調性、肢體精細動作……”讓兩位80後醫生最為開心的是，不少工傷失語病人終於可以開口說話了，時常大哭大叫的病人終於安靜，抗拒說話的病人開始主動交流。

“總而言之，通過這些治療，病人能夠找回做人的樂趣，重建自信心。”餘康輪表示。由於收治的都是省內轉來的重症工傷人員，兩位靠音符治療的年輕人接觸的都是在車禍、高空墜落、機器故障中受重傷的患者。受傷的同時，傷者的心理也變得極其脆弱。

“有好多病人，本來是家裡的頂樑柱，剛到我們這兒的時候，談及傷心處，就會失聲痛哭，或者是一言不發。”劉瑩瑩介紹，通過音樂的治療之後，他們漸漸地能發聲了，手腕漸漸靈活了，緊閉的心門也逐漸地打開了，“焦慮症和抑鬱症都減輕了。”

[成功案例]

兩位80後醫生最為得意的，是為一名61歲的老工傷進行了4個月的訓練後，傷者能開口往外蹦字，離開醫院時已經能說短句。傷者的太太為此特別製作了一面錦旗，上書“音符旋律醫失語；重新發聲創奇蹟”給兩個小年青。這位傷者老趙來自東莞，發生工傷前為當地一個學校的老師。因傷及頭部，經過兩年的治療和康復後，依然無法說話。老趙在太太的陪同下，找過許多康復機構進行訓練，但語言功能未能恢復，約半年前來到省工傷康復醫院，並接受了四個多月的音樂治療。

“剛剛進來的時候，老趙想說也表達不了，總是表現得很不配合，甚至厭煩。比劃著手勢，不肯配合治療。讓他發聲，他光做嘴型不發聲。”劉瑩瑩介紹，但可能是音樂安撫了他煩躁的心，趙先生慢慢地開始從被動地配合，到主動地參與進來。很快就能在鋼琴的配合下，發出簡單的單字，隨後是句子……

兩個熱愛音樂的小年青，終於用自己喜愛的音樂，成功贏得了失語患者的尊重。“錦旗上的句子，我挺喜歡的”，餘康輪說到這時，文藝青年的張揚小小地顯露了出來。

C.A.R.E.S.

On 3/10/13 we went to C.A.R.E.S. At 10:30 am we started the bike riding. At first we chose our bikes. Because only 5 people went (Me[William], Tony, Jack, Michael and Ella) we got to ride on the tracks fairly quickly. That reminded me of when I started to ride. I started to ride at around 5 but only started riding on two wheels when I was 7. I was taught by my mum and my overseas aunts. I usually ride my bike when we go out to the park. I wear my helmet, sit on the seat and off I go to the park. I usually got to the park weekly. I continued riding around the tracks until rain fell upon us.

That would be the last time we would be touching bicycles for today. Straight after that, we watched some bike safety dvds. We gazed upon bike crashes, bike safety information and many more! I bet all of us were frightened that we could be severely injured or die if we did not wear our helmets. That concludes us being at C.A.R.E.S. We then went to McDonalds to eat lunch. My favourite part of the day would still have to be the riding. We all had a good time even though it rained.



William Soo

How can you help? 請給我們支持: 郵址 Postal Address : PO Box 345 Campsie, NSW 2194

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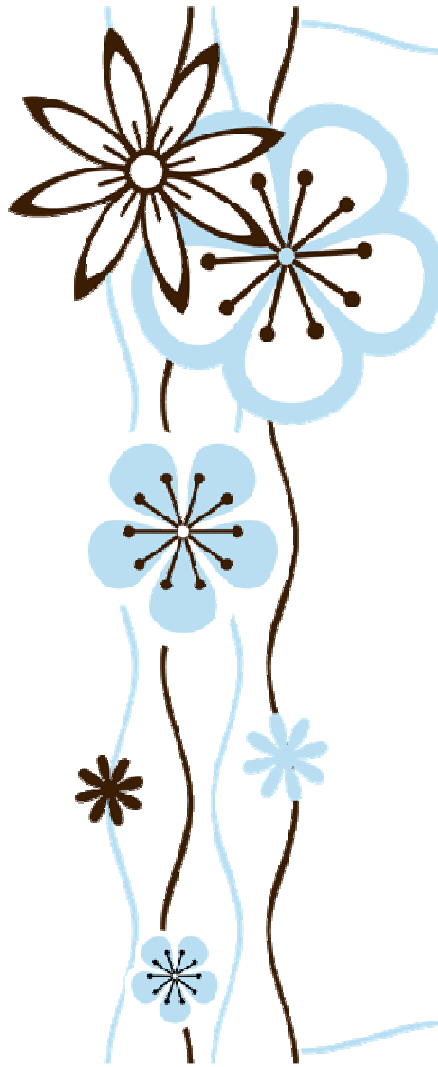
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Birthday Boys & Girls of the Months

DEC

Adrian Chau
Anita Du
Daniel Li
Edward Wang
Jackie Li
Jimmy Kong
Louisa Tong
Samson Yuen
Samuel Siu
Timothy Yau

JAN

Barry Mak
Christopher Lin
Edmund Su
Jimmy Chen
Jonathan Lee
Karen Chen
Kerry Liu
Teresa Wong
Thuman Ha
Tiffany Tan
Vincent Huang
Wong Yin Wah

FEB

Brian Su
Jonathan Yung
Leon Huang
Rowena Wong
Tony Soo
Xiao Zhen Wang



November 2013 - January 2014 Weekend Activities

	Junior Group- Afternoon	Youth Group- Morning	Youth Group- Afternoon	Remarks
	2:30pm to 4:30pm	8:45am to 12:00pm	2:30pm to 4:30pm	
November 2013				
2 Nov	Fun to Learn Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music 2:30 - 4:30	Catherine Paix
9 Nov	Fun to Learn/Art & Craft Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Arts Class 2:30 - 4:30	Irene Mok
16 Nov	Fun to Learn/Art & Craft Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Craft Class 2:30 - 4:30	Miranda Vuong
21 Nov	Variety Christmas Party – Sydney Convention & Exhibition Centre			Thursday
23 Nov	Fun to Learn/cooking Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Music 2:30 - 4:30	Ernest Chow Eleanore Vuong
30 Nov	Fun to Learn/Art & Craft Rhythm & Motion	Ice-Skating 8:45 Bowling 10:15	Cooking class 2:30 - 3:30 Craft Class 3:30 - 4:30 Birthday Party 4:30	Ping Mu Miranda Vuong
December 2013				
1 Dec	CPA KIDz Music Performance Art & Music Exhibition (AIB) Opening at UWS Bankstown Campus			Sunday
7 Dec	Fun to Learn/Art & Craft Rhythm & Motion	CPA Art Exhibition at NSW Art Gallery		Belmore No Activities
12 Dec	Sydney Special Children Christmas Party (0-12 yrs)			Thursday
14 Dec	CPA AGM & Christmas Lunch Party at Padstow RSL Club			Belmore No Activities
21 Dec	Magic Mania – Sydney Olympic Park State Sport Centre			Belmore No Activities
28 Dec	School Vacation – Christmas Break			Belmore No Activities
January 2014				
4 Jan	School Vacation – Christmas Break			CNY parade re- hearsal (TBC)
6 Jan (Mon)	Movie Family Day out			Belmore No Activities
11 Jan	School Vacation – Christmas Break			CNY parade re- hearsal (TBC)
19 Jan	Families activities to be announced			Belmore No Activities
24 – 26 Jan	Chinese New Year Performance, Belmore Park Sydney			Belmore No Activities
The above programs may be changed without prior notice due to unforeseen reasons.				

Ice-Skating at Canterbury Ice Rink, Phillips Avenue Canterbury | Bowling at George Street North Strathfield
Sailing at Kogarah Bay Sailing Club Princes Hwy Kogarah Bay | Others at Belmore Senior Citizen Centre, Redman Parade Belmore
* Ice skating during school holidays is not funded by CPA