

105 年度酒駕收容人處遇成果

2016 Driving under the influence correction outcome

酒精一直都是遭濫用的頭號藥物，與其他的藥物總和相比較，酒精與更多的死亡和暴力有關。酒駕行為的持續發生與持續的飲酒習慣有關，經常飲酒的人在心理與身體上也會對酒精產生強大的依賴性。

Alcohol has always the most miss using substance, compare to other drugs, alcohol are more related to death and violence. Continuous DUI (Driving under the influence) and continuous drinking habit are related, alcoholic are mentally and physically depend on drinking.



有鑑於酒駕人數持續攀升，為有效提升酒駕收容人戒酒動機，協助創傷療癒與預防再犯，105 年本監首度與臺北市榮譽觀護人協進會、財團法人臺灣更生保護會台北分會開辦酒駕收容人處遇班。



As DUI cases are rising, and to achieve the goal to help DUI inmate to stop drinking, we started a rehabilitation course in 2016. The course is hosted by Taipei Prison, Agency of Corrections, Ministry of Justice and Taipei Honorary Probation officers Association and Taiwan After-Care Association Taipei Branch.

酒駕收容人處遇班是將酒駕收容人分為非酒癮及酒癮兩類進行不同處遇，總計共 120 人接受處遇。非酒癮者參加認知輔導課程，共 96 人接受處遇；酒癮者除認知輔導外並進行身心治療課程，包括戒癮&藝術治療團體及身體工作&音樂治療團體共計 24 人接受處遇。

The rehab course are divided by addict and non-addict parts. There were 120 people in the course. Non-addicts attend the cognitive consulting courses in total of 96 people. Addicts attend the courses contained art group work and music therapy & physical work group in total of 24 people.





認知輔導課程包含醫療衛教、法治教育、生命教育等，結合就業服務站，提供出監規劃與就業資訊協助酒駕收容人出監轉銜。對於酒癮戒治相關資訊，由臺北市立聯合醫院松德院區提供個案追蹤服務。

The cognitive consulting courses also have medical education, law education and so on. Carrier service is also provided. Taipei city hospital also works with the inmate case by case when they finish the term.

身心治療課程係藉由戒癮人際與藝術治療團體治療師與案主經驗、感受兩者間之正、負向移情與反移情歷程，運用詮釋將案主之移情經驗反映與案主感受、知悉，使案主之潛意識歷程意識化而得到療效。身體工作與音樂治療團體則讓成員對身體知覺的重新恢復體驗整體放鬆，回復對自我身心的掌控能力，透過理解自身飲酒習慣的形成與人際關係的關聯，成員間相互激盪生命故事述說。



This rehab course is based on the inmate and the art therapy professional interact on positive and negative experiences and for the history of their past get to know their sub-conscious for the healing purpose. The music therapy helped all the inmate learned how to relax and find their self-control ability is related to the drinking habit.

參與處遇成員從初期的較為排斥至後期 33% 成員都願意接受後續的醫療專業服務，而成員對課程的學習效果自評，79%-100% 的比例都反映正向的態度與收穫，更表示希望能繼續參加明年的團體，顯示處遇成員想繼續探索與改變的意願。

33% of the member are willing to participate continuous medical service, and 79% to 100% self-evaluation are positive and feeling well and willing to attend more group classes in the coming year.