

## When the Depressive Patients Meet the Foreign Doctors

Chutian Metropolis Daily

"My name is Arnold David Richards, from New York, nice to meet you." Yesterday, the psychiatrist Arnold walked into the treatment room in Wuhan Hospital for Psychotherapy. A stir of interest passed over the patients, who are suffering from depression, ordinarily depressed and even with suicidal tendencies. But when they saw the foreign doctors, unexpectedly they took the initiative to talk with them and several who can speak English acted spontaneous as translators to help the other patients communicating with the foreign doctors.

Arnold and his wife Arlene are senior psychiatrists (pictured), have been teachers in psychoanalytical faculties of many American Universities. Now they are invited to give lectures to the psychotherapists by Wuhan Hospital for Psychotherapy and treated the depressive patients in the ward.

Patients with depression generally have the symptoms as sorrow, pessimism, and some even have suicidal tendencies, but surprisingly, when they saw Arnold and Arlene, they behaved friendly. "For them, I'm a person from another totally different world, and I'm wearing white coat, they know that I am a doctor, coming to help them, so they didn't see me as a stranger." Arnold showed understanding of the patients' performance.

Arnold gave each patient a "homework" to describe his/her earliest memories. One patient told Arnold, he could remember when he was at age 5, he saw the grandfather suicided by hanging himself, as growing up he also had suicidal thoughts. Arnold told him, that remembering the past trauma experiences is not a bad thing, to mourn for the past can help people facing the loss. "Depression has much to do with the past of the patients, in the treatment it's not enough to just give them antidepressants, doctors should understand their feelings from the patient's memories and find the root of depression from their inner world." Arnold thinks, in China there is a big lack of professionals to communicate with the patients with mental illnesses, the corresponding training need to be strengthened.

After the treatment, a female patient suddenly called Arnold, sang for him a pop song named "invisible wings." Just finished singing, another patient began to sing The International Song, Arnold joined singing with clapping, the singing with Chinese and English reaching surrounding in the psychological treatment rooms.

## 图文：当抑郁病人遇上洋大夫

楚天都市报讯（记者罗茜 通讯员邓盛强）

“我叫阿诺德·戴维·理查兹，来自纽约，很高兴见到你们。”昨日，76岁的精神科医生阿诺德一走进武汉市心理医院治疗室，就在十几位抑郁症病人中引起一阵骚动。平时情绪低落甚至有自杀倾向的病人看到洋大夫，竟然主动上前攀谈，几个懂英语的患者还自发当起翻译，帮助其他病友和洋大夫交流。

阿诺德和妻子阿琳都是资深精神科医生（如图），曾在美国多所大学精神分析学院任教，他们正在武汉进行讲学，并在武汉市心理医院参与治疗抑郁症患者。

抑郁症患者普遍有悲伤、厌世等症状，有的还有自杀倾向，但是出人意料的是，他们见到阿诺德和阿琳都表现友好。“对他们来说，我来自外面的另一个世界，而且我穿着白大褂，他们明白我是一个医生，是来帮助他们的，所以没把我当成陌生人。”阿诺德对病人们的表现并不奇怪。

阿诺德给每一个病人布置了一道“作业”，让他们描述自己最早的记忆。有一个病人告诉阿诺德，他记得最早的一件事是在5岁时亲眼看到外祖父上吊自杀，他长大后也有自杀念头。阿诺德对他说，记起过去的创伤并不是一件坏事，哀悼过去才能面对丧失。“抑郁症和病人过去的经历有很大关系，仅仅给他们开抗抑郁药是不够的，要从病人的回忆中理解他们的感受，从他们的内心世界找出抑郁的根源。”阿诺德认为，在中国和心理疾病患者交流的专业人士太少了，需要加强心理治疗师的培训。

当天的治疗结束后，一位女病人突然叫住阿诺德，为他唱了一首《隐形的

翅膀》。刚唱完，又有病人唱起《国际歌》，阿诺德一边鼓掌一边合唱，中英文混合版的《国际歌》回响在心理治疗室里。