Questionnaire for survivors of psychiatric institutionalization\*[[1]](#footnote-1)

**｢精神醫療制度[[2]](#footnote-2)｣倖存者問卷調查**

1. What do you need for yourself as a survivor (from the state, society, anyone else)?

作為倖存者（生還者），你需要政府、社會或任何個人、組織提供什麼？

1. What are all the ways you have been harmed by psychiatric institutionalization? (You can describe what psychiatry did to you if you want, but also how it affected your life and yourself.)

长期以来，精神医学制度对你构成哪些伤害？（如果你愿意，可以描述精神医学对你做了什么，也可以描述这些事情如何影响你，以及你的生活。）

1. How do you heal from the injuries/abuse/trauma caused by psychiatric institutionalization?

你如何從精神醫學制度對你的身體或心理造成的創傷、折磨中療癒自己？

1. Are there are other things you want to say about your life and survival and who you are apart from this devastating experience?

除了這些身心摧殘的經歷，還有任何事情你想分享的嗎？ 或許你可以談談你自己，你的生活與生存？

Feel free to use more space if needed and make any additional comments.

You can give your name and email address or send this in anonymously.

請不吝提出任何問卷未及討論的想法和意見，並自由增加書寫空間。

歡迎提供姓名及電郵等資訊，或者匿名把問卷回應寄往 tminkowitz@earthlink.net

Tina Minkowitz is a survivor and a human rights lawyer, who is interested in thinking with others about reparations[[3]](#footnote-3) for psychiatric institutionalization. Responses to the questionnaire will inform her law and policy work on this issue. Every survivor who provides their email address will be invited to discuss further.

我是Tina Minkowitz （蒂娜 . 明科維茨）。 一名精神醫學生還者，也是一位人權律師。希望與其他人一起思考精神醫學制度對人造成的傷害及其應作出賠償[[4]](#footnote-4)的議題。你的回應與分享，將會對有關議題的法律與政策宣導，提供有力的資訊與説明。有興趣繼續討論的朋友，希望你能留下電郵聯絡方式。

1. \*Institutionalization means any time when you were kept from leaving a place under the control of psychiatry, or had things done to you against your will by psychiatry. [↑](#footnote-ref-1)
2. 這裡指的『制度』（或一般翻譯為：機構化/院舍化）意思是你被強制限制在一個場所，任何時候不得離開，或精神醫學人員對你強加任何違反你本人意願之事。 [↑](#footnote-ref-2)
3. Reparation for violations of human rights and humanitarian law is recognized as an obligation of states in a resolution of the UN General Assembly, <https://undocs.org/es/A/RES/60/147>. The forms of reparation are satisfaction, guarantees of non-repetition, restitution, rehabilitation and compensation. This framework can be helpful for us in thinking about what we want and need as survivors. [↑](#footnote-ref-3)
4. '違反人權及國際人道法的國家，應對該行為承擔責任，並就所造成的損失或傷害作出全面賠償。 這是聯合國大會通過的一項決議案，詳見：<https://undocs.org/es/A/RES/60/147> 賠償的方法可以包括：抵償（無法恢復原狀的傷害），保證不會重犯，恢復原狀，協助當事人重返社會及補償損失。這個框架可以幫助我們思考，我們作為倖存者的需要是什麼？我們想看見怎樣的改變或結果？ [↑](#footnote-ref-4)