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

**｢精神医学制度[[2]](#footnote-2)｣幸存者问卷调查**

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

作为幸存者，你需要政府、社会或任何个人、组织提供什么？

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?

你如何从精神医学制度对你的身体或心理造成的创伤、折磨中疗愈自己？

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

在这些身心摧残的经历外，还有任何事情你想分享的吗？ 或许你可以谈谈你自己，你的生活与生存？

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.

请不吝提出任何问卷未及讨论的想法和意见，并自由增加书写空间。

欢迎提供姓名及电邮等资讯，或者匿名把问卷回应寄往 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 . 明科维茨）。 一名精神医学生还者，也是一位人权律师。希望与其他人一起思考，精神医学制度对人造成的伤害及其应作出赔偿[[4]](#footnote-4)的议题。你的回应与分享，将会对有关议题的法律与政策倡导，提供有力的信息与帮助。有兴趣继续讨论的朋友，希望你能留下电邮联系方式。

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. 这里指的『制度』（或一般翻译为：机构化）意思是你被强制限制在一个场所，任何时候不得离开，或精神医学人员对你强加任何违反你本人意愿之事。 [↑](#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. '违反人权及国际人道法的国家，应对该行为承担责任，并就所造成的损失或伤害作出全面赔偿。 这是联合国大会通过的一项议案，详见：<https://undocs.org/es/A/RES/60/147> 赔偿的方法可以包括：抵偿（无法恢复原状的伤害），保证不会重犯，恢复原状，协助当事人重返社会及补偿损失。这个框架可以帮助我们思考，我们作为幸存者的需要是什么？我们想看见怎样的改变或结果？ [↑](#footnote-ref-4)