

ก้าวออกจากกล่อง :



LUCILLE PROULX

จาก “แม่” สู่ “นักศิลปะบำบัด”

เรื่อง : มัชฌิมา สุขคง ภาพ : ชนาธิป นันทชัยบัญชา

ทุกเช้าที่ลืมตาตื่นขึ้น ฉันมักจะถามตัวเองว่า...ตอนนี้
อยู่ที่ไหน

เพราะกว่าที่คอนชีวิตของฉันเหมือนนกที่ย้ายรังไปเรื่อยๆ
พร้อมกับนำบางความทรงจำติดตามไป และทิ้งบางเรื่องราวไว้ถิ่นเดิม
เพื่อเริ่มต้นสร้างรังใหม่อีกครั้ง

แต่สิ่งที่ฉันไม่เคยลืมคือ “บ้าน” ทุกครั้งที่เผชิญกับทุกความ
รู้สึกที่บั่นทอนแรงใจ ฉันมีบ้านให้กลับไปอิงพิงได้เสมอ และมี “แม่”
คอยปลอบโยนในยามที่หัวใจวอดร้าวอ่อนแอ

ฉันจึงนึกไม่ออกเลยว่า หากไม่มีแม่แล้วชีวิตจะเป็นเช่นไร
จะดีไหม...ถ้าไม่ต้องยินเสียงพรั่นทางโทรศัพท์ แต่คงแยยิ่งกว่า
หากไร้ซึ่งความปรารถนาดีของคนที่รักเรา ฉันไม่อาจตามหาความ
อบอุ่นนั้นได้ เพราะยากนักจะหาใครทดแทน

“ความอบอุ่นของแม่” ที่กรุ้นขึ้นมากลางใจนั้น ทำให้ฉันคิดถึง
เด็กที่ขาดแม่และไร้บ้าน ว่าพวกเขาจะมีชีวิตอยู่ได้อย่างไร และจะ
เติบโตขึ้นมาเป็นผู้ใหญ่แบบไหน เพราะแม่แต่คนที่โตแล้วอย่างฉัน
ยังต้องการแม่ให้พึ่งพิง

การพยายามค้นหาคำตอบนำฉันไปที่บ้านแรกกับ ศูนย์พิทักษ์
สิทธิเด็ก (CPCHR) ที่นั่นเป็นบ้านของเด็กที่ถูกทารุณกรรม และเป็น
ที่พึ่งสุดท้ายในชีวิตของพวกเขา ฉันมีคำถามขึ้นมาในใจอีกครั้งว่า
“แล้วใครกันจะสามารถเป็นแม่ให้เด็กเหล่านั้นได้” และสิ่งที่คล้าย
จะตอบใจทยอยในใจฉันได้ ก็คือภาพของหญิงชราชาวแคนาดา
วัย 73 ปี นามว่า ลูซิลล์ พรูซ์ (LUCILLE PROULX) ขณะปฏิบัติ
ภารกิจบำบัดจิตใจเด็ก

นั่นไม่ใช่ “ภาพการทำงานของนักศิลปะบำบัด” ทว่าคือ
“ภาพของแม่ที่ใช้ศิลปะเยียวยาใจลูกด้วยความรัก” ต่างหากเล่า

นิยามคำว่า “แม่”

ก่อนจะมาเป็นนักศิลปะบำบัด คุณบ๊าลูซิลล์เป็นเพียง “แม่”
ธรรมดาคนหนึ่งที่ต้องเลี้ยงดูลูกๆ อีกหลายคน การเป็นแม่สำหรับเธอ
คือสิ่งที่ยากยิ่ง และต่างจากการทำหน้าที่อื่นโดยสิ้นเชิง

“แม่เป็นบทบาทหนักที่สุดและเทียบไม่ได้กับทุกสิ่ง ตอน
เรียนคุณมีอาจารย์คอยชี้แนะ คอยบอก คอยสั่งให้ทำงานชิ้นที่
ถูกต้องมาส่ง และคอยแนะแนวทางในการอ่าน การเขียน หรือ
การเรียนรู้ จนสามารถเรียนจบมหาวิทยาลัยได้

“แต่เมื่อคุณเป็นแม่ เวลาที่ลูกร้องจะต้องตื่นกลางดึก โดย
ไม่มีใครมาคอยบอกว่าทำอะไร และไม่มีใครคอยสอนให้สังเกตว่า
ลูกป่วย”

LUCILLE PROULX

FROM MOTHER TO ART THERAPIST

Story by Matchima Sukkong, author
Photography by Chanriatip Nuntachaibuncha

Preface by author: Every morning when I open my eyes I always ask myself where am I now?

During almost half of my life I have been like a bird moving from my old nest to another new nest. Some times I bring along some memories and at other times I leave some behind. But the one thing that I never forget is "home". When I am distressed I can always rest in my "home" which is in my heart, with my mother to comfort me, while my heart is in pain and weak. I cannot image not having a mother, what my life would be now without here. Is it better to have a mother who calls every day and talks to you constantly on the phone, or to be without a mother to care for you? I asked myself what about orphaned or homeless children, how can they live without a mother? As an adult I still need my mother, so I decided to research this topic.

My research led me to the Gate House at CPRC, the Center for the Protection of Children's Rights Foundation. This is one of the residential homes where abused children are brought to be cared for and to be helped in the treatment of their trauma. Here they have a safe place to live with adults they can trust. So my next question was, who can be the mother for these children? My answer can in the form of a 73 years old Canadian woman, named Lucille Proulx, while I observed her doing art therapy with some of the children. It was not the image of someone conducting an art therapy workshop, but the image of a loving mother trying to heal her child with love.

The definition of Mother

(Thai people never address someone directly, they usually use Khun , Mrs./Mrs, or by a family name: such as aunt (Pa) older sister (Pi) etc. In this article I am referred to as Aunt (Pa)

Before she became an art therapist Aunt Lucille was a regular mother who took care of a large family Being a mother is not an easy job and very different from other jobs. Aunt Lucille says "The role of the mother is very hard and cannot be compared with other types of work. When you are a student, you have a teacher; you have someone to guide you in reading, writing and learning until you graduate. When you have a job you have a job description and usually a supervisor or director, but when you are a mother, when the child wakes up in the night and cries there may be nobody to tell you what to do, or what is wrong with your child." The

role of mother is not only to take care of the children to help them to grow up, but it is also to teach them how to live their life, and how to make choices, as well as to give up many things. As Aunt Lucille says this is the skill of mothering that every woman who become a mother tries to achieve." When children become adolescents, they take many dangerous risks, and the mother hopes that she will naturally know what to say and do to protect them. Many of these mothering skills come instinctively or professional help may be needed to deal with the issues.

The reward that you get is not money but love. When you are a mother you must give up many things, friends, and personal choices, you do not live for yourself, but for others. Later you have time to focus on other things you like, like traveling etc..

Aunt Lucille helped me to know that we must accept the original mothering model inside ourselves. This made me understand at a deeper level the importance of living my life with happiness and fluffiness in order to work at any kind of job and find happiness anywhere. Aunt Lucille said: "A long time ago my mother said to me. Live life everyday, because when you are dead you are dead a long time." So she tries to live life everyday to the fullest. "

Aunt Lucille did everything in her life to the best of her abilities. : As mother she took care of her children till they had grown up and could stand on their own. As a student she pursued her studies diligently until she finished a Master's degree without letting her age become an obstruction. Even now that she is old she still has the power to travel and to create art programs. She is able to train many others to help the children through art., working whole heartedly with the children and the mental health professionals.

The door is therapy

As I spoke to the others at this children's center, I began to understand that aunt Lucille's art therapy work is to help the child express emotions which are locked inside them and to help them release the stress of the abuse through art making. The child is then able to relax and gradually forget the bad experience until they can talk and live with others as normal children. So I am comparing art therapy to the door that leads to healing the heart of the child.

"The child that cannot speak of their abuse cannot be healed through verbal therapies, but they can be healed through non-verbal art therapy. For example one child who was physically abused, used red paint, and she hit the paper with her brush to duplicate the abuse that she had suffered. Later we found out that when she was young she was beaten until she bled and she could not speak of this memory, but she could express it on the paper, and relieve the stress." We use the art in many ways, we have activities that help them work together, and share together, and help them to be able to live in society with others. The most important character for the art therapist is to observe the children doing the art and try to understand what the children draw and to listen to what they can say about their drawings. "You will know by observing the child who created the art and when

they see you trying to understand, they will open up and tell you about their experiences without being questioned. The painting is the non-verbal language.” “Sometime the small child will tell about their grandfather, but you cannot tell by the drawing that this is the grandfather, but you must believe the child who describes the scribble drawing as the grandfather, because that is what it is for them.”

To be an art therapist it is necessary to be patient, and to understand the process of art making, and the defense mechanisms of the child, without intruding on the art production. Aunt Lucille said her greatest difficulty was that “I could not speak Thai language, and the children noticed this and often asked why I could not speak Thai as they do. I have a translator to help me speak with the children, the children then speak to the translator instead of with me, and this defeats the purpose” Although lack of language knowledge is a barrier, she has not given up and can work with the kids with art, since it does not require much verbal language

The Significant Key

When I observed Aunt Lucille working and when I talked to her intimately I found the significant key is similar to the role of mother, it requires patience and empathy. Aunt Lucille feels sad that many children have to receive the help at the Government shelters. They cannot be in their homes many are street kids. “I ask myself what kind of adults will they become, what will they grow-up as? Where will the next generation be to grow the rice and look after the buffalo? They should have this experience as they grow up, but they do not.

Aunt Lucille enjoys her work, and she confirms that love and patience must come first. In working with abused child, you have to have good intention and love, I do not know which comes first, but for me Love comes first. In order to work with children we have to along grow with them.

You may think that this is the main idea and method of this work .But for Aunt Lucille these feelings come naturally from her heart. The thing I learned from Aunt Lucille is that work is life and life and work are a unity. She h naturally as love and patience and she cares for the children and the professionals she works with. Not different from the mother who takes care of the child. And I can see “Being mother” in her eyes and in her smile.

. I thank God that I have learned about mothering in another role, and it is good luck for me that I still have my mother.

INFORMATION IN THE BOXES

Lucille went to University at 50 years old. She graduated her Master’s degree at 63.

After 15 years of experience in Canada when she retired from her job, she came to Thailand, as a volunteer, with a Canadian Development Organization to work with the children.

Lucille is in the process of compiling and publishing a book on Therapeutic Art, but there is not enough money for publication. Those wishing to donate can at the following places: =====

Therapeutic art is one method of working with children who have been abused. You can get more information at the following web side [www. Happy/homeclinic.com](http://www.Happy/homeclinic.com)