

소아·청소년의 재해정신의학*

DISASTER PSYCHIATRY IN CHILDREN & ADOLESCENTS

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요 약 :

본 연구는 2002년 1월 1일부터 2002년 12월 31일까지 서울지역의 초·중·고등학교에 재학 중인 학생 1,200명을 대상으로 실시한 재해정신의학에 대한 인식 및 관심도를 조사하였다. 조사 결과, 재해정신의학에 대한 인식이 낮고 관심이 부족함을 알 수 있었다. 또한, 재해정신의학에 대한 교육 및 홍보가 필요함을 시사하였다.

중심 단어 :

재해정신의학, 아동, 청소년, 인식, 관심

서 론

재해정신의학은 자연재해나 인공적 재난으로 인한 정신적 고통을 완화하고, 사회적 기능을 회복시키는 데 목적이 있다. 최근 들어 자연재해의 빈도와 규모가 증가함에 따라 재해정신의학의 중요성이 더욱 부각되고 있다. 그러나 우리나라에서는 아직 재해정신의학에 대한 인식이 낮고 관심이 부족하여, 피해 아동·청소년의 정신적 고통을 적절히 치료하지 못하는 실정이다. 따라서 재해정신의학에 대한 교육 및 홍보가 필요함을 시사하였다.

* 2002
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재해 후 아동과 청소년의 심리적 반응

재해의 개념과 이해

7-9)

(災害, disaster)

가
가

(災難, calamity)

가

1. 연령별 증상

가

가

5)7-11)

가

1~5

가

가

가

4).

가

(maltreatment),

가

5).

S. Freud

. 5~11

6).

가

가

가

가

abuse and violence가 Pynoos Nader¹⁶⁾
 가
 가
 가
 Pynoos¹²⁾ 가 가

3. 단계별 증상

가
 17-19),
 가²⁰⁾
 rescue phase

2. 정신 장애

0~37%¹³⁾, Green¹⁴⁾
 2 37% 가
 가
 가
 honeymoon ph-
 ase 1~2
 inven-
 tory phase
 ICD - 10
 Attachment disorder secondary to intrafamilial

가 , reconstruction
restabilization phase

가 ,
traumatic reminder

5. 환경적 영향
Green Solomon¹⁸⁾

가 ,
가 .
가

가 , 가 , Breton²²⁾

3~11

가

가 , 가
23)가

4. 이차적 스트레스

가 가

(posttraumatic

stress and adversities)¹⁹⁾²¹⁾

19)

가

가

가

가

가

Nader²⁴⁾ 1990

가

가

Pfefferbaum

가

17) 1995

가

, 가

TV 가

가

가

재해 후 아동과 청소년의 정신과적 치료

가 1
가

1. 고위험군 아동의 선별

TV

가

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ABSTRACT

Korean J Child & Adol Psychiatr 13 : 38-46, 2002

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Disaster psychiatry is a new emerging area of psychiatry, in which psychiatrists help to minimize psychological impact of a disaster and to reduce secondary morbidities. In our society, more children and adolescents are facing disasters nowadays. Thus, the necessity for the disaster psychiatry is increasing.

After a trauma, children express various symptoms in relevance to their age, development, and their environmental support. The recovery from the disaster and its long-term effect are also influenced by those factors. Psychiatric intervention in a disaster consists mainly of crises intervention and supportive psychotherapy, which includes counseling the victims, educating and providing information to the public, providing support and consultation to the community, and referring of at-risk or severely impaired individuals for more intensive clinical evaluation and care. In addition to a summarized concept of disaster psychiatry, this article presents the adverse psychological effects of children and adolescents exposed to disaster and issues related to the psychiatric intervention.

KEY WORDS : Disaster psychiatry · Child & adolescent.