每個人都是精神官能症
一位精神科醫師的
成長筆記

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EVERYONE HAS NEUROSES:
A PSYCHIATRIST'S
JOURNEY OF GROWTH

Professor Jia-shin Chen
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我們並沒有不同

生而為人，或多或少都曾面臨讓自己糾結或困擾的情緒，可能身邊有些人幽微點，有些人外顯些，甚至情緒困擾程度再強烈的，就會出現像是憂鬱症、恐慌症、強迫症等等，這些一般則統稱為「精神官能症」。科技與社會研究所所長陳嘉新教授書寫出版《每個人都是精神官能症——一位精神科醫師的成長筆記》，記錄自己從醫學生踏入精神科醫生的過程，藉由跟病人互動的過程，也幫助自己人生觀與世界觀的養成。他說：感謝那些曾照顧過的病人，因為如果沒有這些病人，將無法成為更好的醫生，希望過去那些病人都能過得好。

We are more alike than we think

At some point in life, everyone faces emotional struggles, some subtly, some intensely. For some, these emotions intensify and develop into conditions categorized as "neuroses," such as depression, panic disorder, or obsessive-compulsive disorder.

Professor Jia-shin Chen, director of the Institute of Science, Technology and Society, published *Everyone Has Neuroses: A Psychiatrist's Journey of Growth.* In the book, he reflects on his journey from medical school to psychiatry, revealing how working with patients shaped his outlook on life. He expresses deep gratitude to those he has treated, acknowledging that their experiences helped him become a better doctor. Above all, he hopes they are now living well.

書名「每個人都是精神官能症」，源自陳嘉新老師在 25 歲任職精神科住院醫師時的體悟：「我們一般人跟那些患者其實只是程度上的差異，並不是本質上的差異」，而這樣的體認，對他最大的影響在於「正視自己作為人的一般性，並且以對稱的態度審視患者和自己。」患者和自己僅是同一條光譜上的不同點，而非類別上的相異或差距。進而在治療的意義上，與其提出解方，更相近的是陪伴病患走過這段療癒與再生歷程，「倘若有幸，患者和醫者都能夠同受療癒」。陳嘉新老師補充：「時至今日，我依然相信醫者與患者並沒有本質上的不同；只要願意聆聽、體會與理解，醫者便能夠在患者身上看見自己的片斷倒影。」

The book *Everyone Has Neuroses* reflects an insight Professor Chen gained at 25 as a psychiatric resident: "The only difference between 'ordinary people' and psychiatric patients is a matter of degree, not nature." This realization reshaped his approach to psychiatry. He no longer saw patients as belonging to a fundamentally different category but simply as individuals positioned at different points on the same spectrum.

Rather than simply diagnosing and prescribing treatments, Professor Chen believes the true role of a psychiatrist is to walk alongside patients on their journey toward healing. "If we're lucky," he says, "both doctor and patient grow from the process." Even now, he stands by this belief: "Doctors and patients are not fundamentally different. If we take the time to listen, empathize, and understand, we will find reflections of ourselves in the people we treat.

第一天上工與地下室裡的病歷表

善以細膩筆調描述過程細節的陳嘉新老師，寫下了讓他無法忘掉醫師生涯的第一天，以及病歷表全面電子化前的手寫文字符碼時代，而存放病歷的病歷室也像是被時間魔法凝固住的空間。

第一天看診的菜鳥醫師，一個早上就看了四、五十個病人，精實忙亂地連午餐都沒吃又趕往下個任務；當天晚上值班還遇上憂鬱症想自殺病人的急診，跟著學長與病人在深夜會談到天色將明，隔日才想到自己竟然連回到座位坐下來的時間都沒有，便度過了他的第一天上班。看完陳嘉新老師的菜鳥醫生第一天，相信許多人也會不禁回憶起自己初出社會的第一天，在忙亂中度過，也會同他一樣在多年後心裡想著「是阿，怎麼忘得掉那一天！」

書中關於病歷的形容，則讓人印象深刻。他說由於病歷是手寫的，可能會有污漬或不通的語句，「閱讀病歷就是一連串的解讀嘗試」，透過這些記錄去拼湊、判讀病人過往的病史，也去思考之前不同醫師們的醫囑為何這樣判斷。還有病歷外的文字註記，閱讀下來，就像是「透過幾副或幾十副有色眼鏡」去理解這個病人的生命歷程與過往的人生故事那般，雖然無法全面性的了解，但也已經是相對現實中最好的選擇。有些醫師在病歷的邊上記錄下與病況無關的生活瑣事，如娶了媳婦或生了孫子，這些記錄與寒暄對話似乎成為醫師跟病人之間在醫病關係外，另外一種有溫度的存在。

Day one on the job and the medical records in the basement

With his signature attention to detail, Professor Chen vividly recounts an unforgettable moment from his early days as a doctor—his very first day on the job. He also reflects on an era before the full digitization of medical records, when handwritten notes and symbols filled patient files. The records room, where these files were stored, felt frozen in time, untouched over the years.

As a new doctor on his first day in the clinic, he saw 40 to 50 patients in just one morning. The fast-paced, overwhelming workload left him no time for lunch before he had to rush to his next task. That evening, while on call, he encountered an emergency—a patient struggling with depression and suicidal thoughts. He stayed up through the night, sitting in on a serious conversation between an attending physician and the patient. It wasn't until the next day that he realized he hadn't even had a single moment to sit down at his own desk.

Reading about Professor Chen's first day as a doctor, many will likely recall their own first day stepping into the professional world, caught up in a whirlwind of responsibilities. Time seemed to pass in a blur, yet years later, just like him, they might still look back and think, ***How could I ever forget that day?***

His description of medical records in the book is equally striking. Before digitization, patient records were handwritten—stained, smudged, or occasionally illegible. "Reading a medical record was a process of constant interpretation," he writes. Piecing together a patient's medical history from these notes meant deciphering not only the diagnoses but also the reasoning behind different doctors' treatment decisions.

Beyond the formal medical notes, there were often handwritten comments in the margins—personal anecdotes, small details about a patient's life, like a doctor noting that a patient had just married off a child or welcomed a new grandchild. These informal notes, seemingly unrelated to the illness itself, became a quiet testament to the human connection between doctor and patient, adding warmth to what might otherwise have been a purely clinical relationship.

The black spiral staircase at Zhi Xing Building, known as Truthing, is an art installation that represents the pursuit of knowledge described in Plato's Allegory of the Cave. Climbing symbolizes the search for enlightenment, while descending reflects the responsibility to help others find understanding. The staircase may look like it leads somewhere, but it has no final destination. Instead, it represents the never-ending process of reflection and discovery.

Professor Jia-shin Chen's life and academic journey reflect a similar path, constantly shifting between knowledge and practice. From psychiatrist to sociologist, from clinical work to academic research, he has never been confined to a single field. Instead, he has continuously explored new ideas and expanded his perspective. Just as the staircase spirals upward through light and shadow, Professor Chen's pursuit of understanding is an ongoing journey, always looking forward, learning from the past, and inspiring others to seek knowledge.

位於學校知行樓的黑色旋轉樓梯，是藝術裝置「來回於真」，展現柏拉圖「洞穴寓言」中的求知旅程：向上攀登，追尋光明；向下回返，引領仍在黑暗中的人邁向理解。這座樓梯看似通往某處，卻沒有終點，恰似一場不斷往返的省思與追尋。陳嘉新教授的人生經歷，就像這座階梯，在知與行之間不斷穿梭。從精神科醫師到社會學者，從臨床實務到學術研究，他的選擇從未受限，而是持續跨越領域，拓展視野。樓梯在光影間盤旋而上，陳老師的求知之路亦然，不斷前行，回望來時路的思考與啟發，並引領更多人走向理解。

從臨床現場轉身

身為精神科醫師，總會遭遇勉力去拯救病人生命卻未成或病人反覆自殘。面對這樣的挫折，醫者如何釋懷？陳嘉新老師說，在精神科中，病患的治療是長期抗戰的過程，可能療程許久未見起色的情況所在多有，因此必須修改自己無所不能的想像，畢竟醫者也不是神，當醫師治不好病人時，還可以做什麼。精神科醫師必須去想，病者起因為何，去了解背後更大的問題，然而醫療很有限，只能做一小部分。陳嘉新老師說，在住院醫師訓練中學到的最大的功課是「聆聽」，他因此產生了和患者的連結，也讓他從中得到自我的養成，這是雙向的過程，然而也是這個階段，接觸了社會學，觸發後來的轉向投入社會學研究的遠因之一。

回顧精神科住院醫師的四年訓練，當年陳嘉新老師並沒有在第四年的專科考試上一次通過，反而因為需等待第二次重考，轉準備進修研究所投入精神醫學史領域，改變他後續的人生選擇。這本書的尾聲停留在住院醫生訓練階段的結束，讀者也像是跟著陳嘉新老師走過一遭，對於未來「還可以怎麼樣」，繼續探索著。

Zhi Xing Building 知行樓

Stepping away from clinical practice

As a psychiatrist, one often faces the painful reality that not every patient can be saved. Some may self-harm repeatedly, while others may not survive despite their doctors' best efforts. How does a psychiatrist come to terms with such setbacks? Professor Chen reflects that psychiatric treatment is a long and uncertain journey. Progress is often slow, and in some cases, it may not happen at all. Because of this, doctors must learn to let go of the illusion that they can fix everything.

After all, doctors are not all-powerful. When treatment alone isn't enough, what else can they do? A psychiatrist must look beyond the symptoms to uncover the deeper causes of a patient's distress. Yet medicine has its limits; it can only address part of the problem.

For Professor Chen, the most valuable lesson he learned during his residency was the importance of listening. Through listening, he built meaningful connections with his patients and, in turn, developed a deeper understanding of himself. This two-way process not only shaped his approach to psychiatry but also led him toward sociology, eventually inspiring his transition into academic research.

Looking back on his four years of psychiatric residency, Professor Chen recalls that he didn't pass his board certification exam on his first attempt. However, this delay turned out to be a pivotal moment. While preparing for his second attempt, he took the opportunity to pursue graduate studies in the history of psychiatry, an academic shift that ultimately changed his career path. His book ends at the conclusion of his residency, leaving readers on the cusp of his next chapter, prompting them to reflect on their own possibilities and the question: **What comes next?**

What the book doesn't cover is the path Professor Chen took after leaving residency. He later worked at Kafka Hospital on the

書中沒有寫到的部分是後來陳嘉新老師在陽光海岸的卡夫卡醫院任職、出國讀社會學博士、回台後回鍋當精神科醫生，再轉到學界來到陽明交大科技與社會研究所。陳嘉新老師從精神醫學史的研究跨足社會學領域，意識到許多議題其實橫跨不同領域，也從日常去思考科學知識背後的邊界。例如他曾因孩子的出生，在月子中心看到嬰兒床邊號稱可以刺激腦部發展的「黑白圖卡」，促發他去研究黑白圖卡與嬰兒腦神經發展的關連，以及在國內月子中心廣為流傳的知識，其來源依據為何。如同這樣的科學與社會的知識研究，其實皆已彼此跨界，沒有邊界的不斷叩問與追索，而這也是陳嘉新老師持續探索未知的動力。

期待陽光海岸之書

打開陳嘉新老師研究室的門之前，心情略為忐忑，想著該是怎樣的智慧心靈，寫下《每個人都是精神官能症——一位精神科醫師的成長筆記》，這樣一部人生回顧之書，也是一本職場養成之作。雖然陳嘉新老師說，這本書的書寫與出版，是一連串的機緣巧合與偶然。但大學時期即參與台大現代詩文學社，也曾擔任社長，是別人眼中的文青，寫詩也寫散文，書寫對他而言本已是日常。然而作為「前」精神科醫生，新科「作家」的陳嘉新老師，藉由本書寫出了許多關於人生的困頓跟思索，讓不僅從事醫學工作的讀者，甚至其他領域的朋友，也能從中得到省思。詢問陳老師是否已有下一本書的題材？他笑笑回，應該會是這本書裡所提及，那一片陽光海岸的海邊卡夫卡醫院階段吧！我們且等且期待，在時間沉澱後，陳嘉新老師將鋪寫另一段人生故事。

Sunshine Coast, pursued a PhD in sociology abroad, returned to Taiwan to practice psychiatry again, and eventually transitioned into academia at the Institute of Science, Technology and Society at National Yang Ming Chiao Tung University (NYCU).

Through his research in the history of psychiatry, Professor Chen ventured into sociology and realized that many issues transcend disciplinary boundaries. He also began to examine the limits of scientific knowledge from an everyday perspective. For instance, after his child was born, he noticed that postnatal care centers in Taiwan widely promoted black-and-white visual stimulation cards as a tool for enhancing infant brain development. This prompted him to investigate the connection between these cards and infant neurodevelopment, as well as to trace the origins and scientific basis of such claims, which had become widely accepted in postpartum care centers across Taiwan.

Research at the intersection of science and society often crosses disciplinary boundaries, leading to an ongoing process of inquiry and re-examination. For Professor Chen, this relentless questioning, constantly pushing against and redefining knowledge, has become the driving force behind his academic exploration.

Looking forward to the new book

As I stood outside Professor Chen's office, I felt a mix of excitement and curiosity. What kind of mind had written *Everyone Has Neuroses: A Psychiatrist's Journey of Growth*, a book that blends personal reflection with professional experience?

Although Professor Chen describes the writing and publication of this book as a series of coincidences, his background suggests otherwise. During his university years, he was an active member, and later the president, of National Taiwan University's Modern Poetry Society. Poetry and prose have long been an integral part of his life, making writing feel as natural to him as thinking itself.

Now, as a former psychiatrist stepping into the role of an author, Professor Chen uses this book to reflect on the struggles and complexities of life. His insights extend beyond the medical field, offering meaning to readers from all walks of life. When asked about his plans for another book, he smiles and hints that if there is a next one, it will likely focus on his time at Kafka Hospital on the Sunshine Coast—a chapter of his journey briefly mentioned in this book. For now, we wait with anticipation. With time and reflection, Professor Chen will once again bring to life a compelling story shaped by his experiences.