

津巴布韦的祖母疗法 Grandma therapy in Zimbabwe

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语频道的六分钟英语。我是内尔。

And I'm Sam.

我是萨姆。

Sam, have you ever heard the expression 'a problem shared is a problem halved'?

萨姆，你有没有听过这个表达，“把问题与他人分享，问题就会减半”。

Yes, Neil, I have.

是的，内尔，我听过。

Doesn't it mean that people often feel better after talking about their problems with someone?

这是否意味着人们常常会在跟他人讲述他们的问题后感觉好一点呢？

Right, in this programme, we'll be hearing the extraordinary story of how these ideas were taken up by a team of community grandmothers in Zimbabwe.

是的，在本期节目中，我们会听到一个精彩的故事讲述这些想法如何被津巴布韦的一队社区祖母运用的。

Zimbabwe has over 14 million people but fewer than 20 psychiatrists.

津巴布韦拥有1400万人口，但是精神科医生不到20人。

After years of economic turmoil, unemployment and HIV, mental health is a huge challenge, and doctors estimate that one in four Zimbabweans suffers from depression or anxiety.

经过多年的经济动荡、失业和 HIV 病毒，心理健康成为了一个巨大的挑战，而医生们估计四分之一的津巴布韦人都遭受着抑郁或焦虑。

When it proved impossible to find free space to use in hospitals, psychiatrist Dr Dixon Chibanda, came up with the idea of turning public park benches into spaces for therapy.

当在医院要找到自由的空间来使用被证明是不可能的时，精神科医生 Dixon Chibanda 想出了把公园长凳变成治疗场地的点子。

He recruited grandmothers, who have both free time and plenty of life experience, to talk with individuals struggling with mental health issues like depression, anxiety, and trauma.

他招募了祖母们，她们即有空闲时间，也有很多人生经验，来跟有心理健康问题，如抑郁，焦虑和精神创伤，的人聊天。

The grandmothers are drawn from the local community and trained over several weeks in a talking therapy called CBT-but what does that abbreviation, CBT, stand for?

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祖母们来自当地的社区并且进行了为期几周的做法 CBT 的谈话治疗——但是 CBT 这个缩写代表什么呢？

That's my quiz question.

这就是我的问题。

Is it a) Chatting Based Therapy, b) Conversation Brain Therapy or, c) Cognitive Behavioural Therapy?

是 A. 闲谈疗法，B.对话大脑疗法，还是 C. 认知行为疗法？

Well, I think I'll say c) Cognitive Behavioural Therapy.

嗯，我要选 C. 认知行为疗法。

OK, Sam, we'll find out later.

好的，萨姆，我们稍后会揭晓答案。

Now, although the recent history of Zimbabwe has left millions struggling with mental health issues, at the start of his project, Dr Dixon Chibanda was the only psychiatrist working in public health in the whole country.

尽管津巴布韦最近的历史使得几百万人遭受心理健康问题，在他开始项目的时候，Dixon Chibanda 医生是整个国家里唯一一个从事公共健康的精神科医生。

And as well as a lack of provision, many villagers were suspicious of talking therapy, preferring to rely on traditional faith healers instead.

而且缺乏供给，很多村民对谈话疗法表示怀疑，更倾向于依赖传统的信仰疗法治疗者。

Which is why when Kim Chakanetsa, of BBC World Service's The Documentary Podcast, spoke to Dr Dixon Chibanda, she started by asking him whether people were supportive of his idea.

这就是为什么 BBC 世界服务节目《纪录片播客》的 Kim Chakanetsa 对话 Dixon Chibanda 的原因，她一开始就问他人们是否支持他的想法。

Initially there was a lot of scepticism, a lot of resistance, particularly from colleagues who thought this was not evidence-based, and it wasn't going to work.

刚开始有很多质疑和抵制，尤其是来自认为这个没有证据支撑，并且不会起作用的同事。

The whole idea of training grandmothers-I mean, this has not been done anywhere else in the world so naturally there was resistance.

整个训练祖母的想法——我的意思是，这个从未在世界其他任何地方实施过，所以很自然会有抵制。

Were you at all apprehensive?

你担忧吗？

I was, to be quite honest.

老实说，我担忧过。

At first, Dr Dixon Chibanda's ideas were met with scepticism-an attitude of doubting whether something is useful or true.

刚开始 Dixon Chibanda 医生的想法遭到了质疑——怀疑某物是否有用或真实的态度。

'Grandma benches' were a totally new idea, never seen before anywhere in the world and so his colleagues naturally felt some resistance-refusal to accept a change or new idea.

“祖母长凳”是一个全新的想法，从未在世界任何地方见到过，所以他的同事们很自然地就会抗拒——拒绝接受改变或新的想法。

Which left Dr Dixon Chibanda feeling a little apprehensive-worried that something bad was going to happen to his project.

这让 Dixon Chibanda 医生感到有一点担忧——担心不好的事情会发生在他的项目中。

Fortunately, as it turned out, Dr Dixon Chibanda's apprehensions were wrong.

幸运的事，Dixon Chibanda 医生的担忧被证明是错的。

Grandmothers are highly respected in Zimbabwean society and as they started listening, people began opening up and telling their stories.

祖母们在津巴布韦社会中很受尊重，而且当她们开始倾听，人们开始敞开心扉并讲述他们的故事。

The 'grandma benches' have empowered over 50,000 people to deal with their life problems and Dr Dixon Chibanda even has plans to move his idea online, giving the world access to a virtual Friendship Bench.

“祖母长凳”已经让超过 5 万人有能力处理他们的生活问题，并且 Dixon Chibanda 医生甚至计划把他的想法移植到网络上，让全世界都能够获得一个虚拟的友谊长凳。

Here he is again, explaining on the BBC World Service's The Documentary Podcast why he believes his ideas have been so successful.

以下还是他在 BBC 的世界服务节目《纪录片播客》中解释为什么他认为他的想法如此成功。

It works because it's simple, it's cheap and it's run by communities, particularly grandmothers who are in essence a resource in African communities—you know, they are the custodians of local culture and wisdom—that's why it works, and I guess, it does away with western concepts, which remove the stigma that is normally associated with mental illness.

这个方法奏效了，是因为它很简单、很廉价，而且由社区运作，尤其是祖母，她们本质上是非洲社区中的资源——你知道的，他们是当地文化和智慧的监护人——这就是这个方法能奏效的原因，而且我认为它打消了西方的观念，这样消除了通常跟心理疾病联系在一起的羞耻。

Clients are willing to share their problems with the grandmother-therapists because they are respected as cultural custodians—people with responsibility for taking care of something or trying to protect ideas or principles, in this case local customs and wisdom.

客户们愿意和祖母治疗师们分享他们的问题，因为她们被尊称为文化监护人——有责任照顾某事或努力保护想法或原则的人，在这里指的是当地的习俗和智慧。

This helps do away with, or remove, the stigma attached to mental health, strong feelings of shame or disapproval which most members of a community have towards something, such as psychological illness.

这有助于打消或消除这种附加在心理健康上的羞耻，某个群体里的大部分成员对于某件事情强烈的羞耻感或不认同感，比如心理疾病。

For Zimbabweans suffering domestic violence, unemployment and dealing with HIV, having a grandmother to talk to really can change their perceptions about how problems can be managed.

对于遭受了家庭暴力、失业和 HIV 的津巴布韦人来说，拥有一个可以聊天的祖母真的能够改变他们对于如何应对问题的想法。

So it seems true that 'a problem shared is a problem halved', which reminds me of our quiz question, Sam.

所以“与他人分享问题，问题就会减半”这句话是真的，这让我想起了今天的问题，萨姆。

Yes. You asked me what the talking therapy abbreviated to CBT stands for.
是的，你问我缩写为 CBT 的谈话疗法代表什么。

And I said c) Cognitive Behavioural Therapy.

我说的是 C. 认知行为疗法。

Which is absolutely right!

完全正确！

CBT-a way of managing problems by changing ways of thinking and behaving.

CBT——一种通过改变思考和行为方式来应对问题的方式。

So this week we've been hearing the inspiring story of Zimbabwean Dr Dixon Chibanda's 'grandma bench' therapy-an idea which was initially met with scepticism-a doubtful attitude, and resistance-refusal to change and accept new ideas.

所以本周我们一直在听关于津巴布韦的 Dixon Chibanda 医生的“祖母长凳”疗法的鼓舞人心的故事。这个想法刚开始遭到了质疑——一种怀疑的态度，和抵制——拒绝改变和接受新想法。

Dr Dixon Chibanda's feelings of apprehension-worries that the project would fail, proved false when his team of grandmother therapists were treated as custodians-or protectors, of wisdom and life experience who really could help people suffering depression, poverty and trauma.

Dixon Chibanda 的担忧——担心项目会失败，被证明是错误的，当他的祖母治疗师团队被当作充满了智慧和人生经验的监护人——或者说保护者，她们可以帮助那些遭受抑郁、贫穷和精神创伤的人。

The success of the project helped do away with-or remove-strong feelings of shame or disapproval felt by many people regarding mental health, known as stigma.

这个项目的成功帮助打消或移除了很多人强烈的羞耻感或不认同感，这叫做羞耻。

To hear more inspiring, topical stories, join us again soon here at 6 Minute English.

要想听到更多鼓舞人心的话题故事，请再次收听六分钟英语。

Bye for now!

再见。

Goodbye!

再见。