

序一

Foreword I



香港懲教署一直以保障公眾安全和防止罪案為己任，致力為市民締造安穩、和諧的社會。多年來，本署除了為在囚人士提供合適的羈管設施和執行監管工作外，更積極與社會不同持份者合作，推行全面的更生服務，以協助在囚人士改過自新，重投社會。同時，本署亦進行社區教育工作，提倡守法共融的觀念。

今年是本署更生事務處成立二十周年，在發展更生服務的經驗中，我們明白到，要建立安全及共融的社會，社區支持是不可或缺的關鍵。本署持續籌辦各類型的社區教育活動，希望從不同層面，讓不同界別的持份者了解在囚人士的心路歷程，以至見證和支持他們更生，幫助他們重新融入社會，成為奉公守法的市民，展開人生新一頁。

本署臨床心理學家策劃並出版本畫冊，名為《圍牆內的嬌陽》，把一羣女性在囚人士在心理治療期間創作的畫像集結成書，展示她們於生命中和更生路上面對的困難、掙扎和轉變，亦讓這些畫作替她們訴說心中最真實的感覺和想法。我們希望公眾人士可用新的角度去體會她們的經歷和感受，支持她們，讓她們在更生路上走得更好和更遠。

我誠邀大家欣賞每一幅作品之餘，細讀它們背後的故事，從中體會每一位在囚人士也有屬於她的經歷、成長和盼望，並從她們的故事得到啟發，以勉勵自己，即使身處逆境，仍可找到出路，重新出發。

香港懲教署懲教署署長
林國良先生，SBS, CSDSM

Hong Kong Correctional Services (HKCS) is committed to keep the public safe and prevent crime from happening. It has been our mission to build a safe and secure environment for Hong Kong citizens and our visitors. Throughout the years, we provide suitable custodial facilities and supervision to persons-in-custody (PICs). We also take the initiatives to work with different stakeholders in developing comprehensive rehabilitative services to help PICs reintegrate into society. At the same time, we are also keen on promoting law-abiding life and social inclusion through community education.

This year is the twentieth anniversary of the setting up of Rehabilitation Division, HKCS. We have learnt from experiences that societal support to rehabilitated persons is an integral part of a safe and inclusive society. HKCS continues its effort in organizing various community education programmes to allow participants from different walks of life to get in touch with PICs, to understand their thoughts and feelings during the rehabilitation process, and to support their transformed life in order to help them become upstanding members of the community.

This album “Women Who Shine Through the Wall” is initiated and compiled by the clinical psychologists of HKCS. It is a collection of drawings created by female PICs during psychological interventions. The drawings reveal more than the difficulties, struggles and changes these women have experienced. They also present the deepest thoughts and feelings that have been otherwise hidden under the veil of everyday problems. We hope readers would understand female PICs from a new perspective and support their reintegration into society for better futures. I sincerely urge you to look at these drawings thoughtfully and read through the accompanying stories of growth. I hope you would be inspired by their stories and find your own path, no matter where life has taken you.

Mr. LAM Kwok-leung, SBS, CSDSM
Commissioner of Correctional Services

序二 Foreword II



我們欣賞藝術畫作時，大多會關注作畫者的筆觸、用色、構圖，以至其藝術風格，但當大家翻開這本畫冊時，我更希望您能領會作畫者的心思，細閱她們的故事，感受每個故事主人翁的獨特性。這些畫作都是女性在囚人士在人生路上不同的歷練，我們可以從中了解她們不斷成長及蛻變的過程。

我在懲教署工作多年，在日常工作中經常有機會接觸女性在囚人士，自然十分關注她們的需要，我非常欣賞本署臨床心理學家為她們提供專門的心理治療服務，更因應她們獨特的需要而成立健心館—女性個人成長及情緒治療中心，積極推動女性在囚人士的更生服務不斷發展及進步。我於2013年代表懲教署接受婦女事務委員會頒發的「性別主流化嘉許獎」，這項嘉許特別點名讚揚健心館在提供心理服務時顧及到性別觀點，正視女性在囚人士特有的更生需要，這無疑肯定了臨床心理學家的工作。這次出版《圍牆內的嬌陽》是一個新嘗試，希望大眾可以認識女性在囚人士的另一面，正如當我看着編收在《圍牆內的嬌陽》中的畫作時，我對女性在囚人士有更深刻的了解和體會。

我期望在這裏展出的畫作，能成為女性在囚人士與大眾溝通的橋樑，讓大家了解她們的內心世界；另一方面，我亦希望通過展出她們的畫作，對在囚人士的能力給予肯定和鼓勵，讓她們更有自信地在更生路上走下去。

香港懲教署助理署長(更生事務)
伍秀慧女士

When appreciating drawings, we usually look at the artist's brush strokes, colouring, composition and style. While turning the pages of this album, however, you will be able to recognize the uniqueness of the stories and characters behind these drawings too. They are all created by female PICs to express their suffering, transformation and growth along with other experiences in their lives.

I have worked in HKCS for many years. As I work closely with female PICs in my daily work, I always pay attention to their needs. I highly appreciate the clinical psychologists in our department for setting up PSY GYM – Personal Growth and Emotion Treatment Centre for Women, to provide specialized and tailor-made psychological assessment and treatment for female PICs. In 2013, I had represented HKCS in receiving the Gender Mainstreaming Award from Women's Commission in recognition of our gender responsive approach to meet the needs of female PICs, particularly by PSY GYM. That is also an acknowledgement of the work of our clinical psychologists in providing psychological services that match the unique rehabilitation needs of female PICs. The publication of this album "Women Who Shine Through the Wall" is our new attempt to let the public learn about female PICs from another angle. When I am viewing this album, I feel enriched in my understanding of them.

I hope this album will serve as a bridge to enhance the public's understanding of the inner world of female PICs. At the same time, by sharing their drawings and stories with the public, I hope to give the PICs assurance and encouragement regarding their talents and abilities, with which they can continue their rehabilitation in greater confidence.

Ms. NG Sau-wai
Assistant Commissioner (Rehabilitation)
Hong Kong Correctional Services

序三 Foreword III



鐵窗之內的女性在囚人士跟你和我一樣，也有屬於自己的故事和種種經歷，當中的故事可能比電影橋段更曲折離奇和慘烈，如果因為「在囚身分」而被世界標籤和遺忘，甚至有些時候因為「被囚人士的身分」而直接令我們曲解她們，或許，我們應該用更大的同理心去聽聽她們的故事。她們當中承受了很多別人沒法承受的傷痛和傷害，犯罪(犯了事)的背後，往往有着更多的複雜原因。「健心館」的出現正好讓這些在囚女性能釋出心中的感覺，而我一向相信藝術表達(甚至藝術治療)，因為在我長達兩、三年的憂鬱病中，我自己亦是通過畫畫(畫筆和顏色)抒發內心說不出的感覺(長期壓抑的情緒)，畫畫成了我無聲的說話。畫畫能幫助消滅內心的躁動、抑鬱，也彷彿能夠代我們表達自己。看完這本畫冊，我感受很多，也許我自己也是一位女性，我好像能夠感受她們的眼淚，也感受到她們的勇敢，不貿然放棄自己。知道有終生監禁者，在鐵窗之內，仍然緊抱生命力，這點令我非常感動。我這鐵窗以外的人深深地被觸動了。

鐵窗之內就如世界的縮影，一人有一個故事，一人有一種個性，長期在如此狹小的空間生活，而且各自背負着種種的經歷(童年、成長和各種不堪的遭遇)，情緒成了最不可預知的炸藥，但畫畫是一種健康的表達，甚至是宣洩的方式，能夠打開心扉「畫」出心中感受，讓他人去瞭解你的心路，這是很健康的方式。謝謝每位作畫人，通過這本畫冊，我們能觸摸到你們的內心世界。我想說，我們跟你們一樣，都有各自的掙扎、困難，我們誰都會犯錯或做錯某些決定，但要相信，我們的過去並不能阻止我們成為一個更好的自己。

香港著名歌手演員
鄭秀文女士

Women in custody are just like you and me. They have their own stories that can be more dramatic and frenzied than what we see in movies. Their needs are easily overlooked and misunderstood when they are labelled as "Persons-in-custody (PICs)." However, if we listen empathically, we can feel the unimaginable pain and struggles they have been through and understand the complicated reasons behind their offences. PSY GYM is there exactly for them to express their feelings. I have always believed in artistic expression (and art therapy). I drew (with brushes and colours) to convey my deep emotions (feelings long suppressed) when I suffered from depression that lasted for 2-3 years. Drawing has become my silent speech. It helps relieve my agitation and depression. It helps express myself. Being a woman myself, I can feel these female PICs' tears as well as their bravery. They do not give up. They hold on dearly to their lives, even though some of them are serving indefinitely, and this touches my heart. As someone looking from outside the walls, I am tremendously moved.

The prison is a microcosm of society. Everyone has a story. Everyone has a personality. When these female PICs are burdened by their past (negative experiences of childhood and growing up) and confined in a narrow space, their suppressed emotion becomes an unpredictable time-bomb. Drawing is a healthy way of self-expression and ventilation. The artists open up their hearts to show their inside feelings, allowing us to understand them. Thank you, Artists of this album. It is through your drawings that we get to know your world. I would say that we are all the same. We have our share of struggles and difficulties. We all make mistakes or wrong decisions at some points in our lives. But please believe this: our past will never stop us from becoming a better self.

Ms. Sammi CHENG
Famous Hong Kong Singer and Actress

序四 Foreword IV



我自身經歷過大轉變。小時候遇到意外，導致失去雙手，命運重新改寫。一切都需要由零開始，日常生活更需重新適應和學習。我一方面要適應身體上的改變，還要面對大眾對身體殘缺的我不諒解和歧視的目光。有人的地方離不開是非，許多人靠講別人的是是非非過日子，也有不少人因別人的目光而活。我幸好有著看輕一切的心態，只做自己的事，安份地過自己的生活。

在看這本書之前，我猜想了一下這本書的內容，自然而然地想像到在囚人士的生活是怎麼樣的，腦海裡浮現出一些社會大眾對監獄和在囚人士的形象。之前我沒有接觸過具有這種經歷的朋友，也沒有親耳聽過他們訴說心路歷程。這本書讓我有機會瞭解她們，重新認識她們。

我認真地觀賞她們的畫，靜心地閱讀她們的文字，從中感受她們的內心世界，瞭解她們的本性。每一個故事都讓我很感動，也很心痛。感動是看見她們如何為自己而努力改變，變得更好。心痛是社會大眾對她們的誤會和不理解。這世上沒有幾個大惡不赦的人，也沒有罪有應得者。所有願意改變的人都值得被重新接納。書中故事說的都不是一些犯了什麼大罪的人。她們或是受了牽連，或是誤入歧途，在囚期間又會由於內心的掙扎而出現心理問題。面對這些心理問題，她們勇敢正視，設法克服，這是不容易的事，值得我們學習。我們都少不免犯過不同程度的錯，難得的是要能誠實面對、接受自己的錯失和改善自己。接受別人的裁判比較容易，但要自我裁判卻極為痛苦。書中故事的主人翁正經歷了這種痛苦，浴火重生。

2013香港精神大使
楊小芳女士

There have been drastic changes in my life. My destiny is rewritten when I lost both of my arms in an accident in my childhood. I had to start from ground zero all over again, in order to readapt and learn to meet the demands of everyday life. I not only needed to readjust to the changes in my body, but also had to face the intolerant or prejudiced gazes of others. Gossips are everywhere. Many people live off gossips, while not a few care too much about what others think of them. Fortunately, my attitude is not to take everything over seriously. I focus on my life and keep to my own business.

I tried to imagine the life of PICs before I started to read this book. Images of prisons and prisoners common in society began to appear in my mind. Never before had I contacted people who had been to prison, nor had I ever listened to people with such experiences. This book gives me the chance to know female PICs and to understand them anew.

I had taken the time to appreciate their drawings and read the stories carefully. I put myself into their shoes and recognized their characters. I was moved and pained by each story. I was moved because I could see how hard they tried to change for the better. I was pained because of the misunderstanding and preconceptions our society had against female PICs. No one is unforgivable or deserves to be condemned forever if they are willing to make changes. Anyone willing to change deserves to be accepted again. These women had not committed unpardonable crimes. Some of them were implicated in offences or influenced into committing offending behaviours. Many of them experienced psychological problems during imprisonment with severe struggles in their hearts. It was hard but these women had worked up the courage to face and to overcome their problems. This is something we can learn from them. We all make mistakes. The challenge lies in confronting our mistakes honestly, in accepting them and changing ourselves for the better. It may be easy for us to take the verdicts of others but is always painful when we have to judge ourselves. The women you will read about in this book are transforming from this pain. Baptized by fire, they are reborn.

Ms. YEUNG Siu-fong
2013 Hong Kong Spirit Ambassador