

台灣社區精神醫學發展的重要里程碑： 邁向整合與以人爲本的照護模式

精神醫學的發展乃奠基於精神病理學和深化臨床實務經驗的累積。在此歷程中，「社區精神醫學」的發展是「以人爲本」爲核心理念，並強調「在社區脈絡中實踐」精神醫療照護、復健與復元。社區精神醫學的發展不僅需要醫療技術的革新，更仰賴跨領域觀點的整合與協作，包括生物學、行爲科學、心理學、社會-文化相關學科、倫理學與哲學等領域，正是這種多元的學術匯流，構築了社區精神醫學穩健發展的根基。

相較於精神醫學其他次專科領域，社區精神醫學的複雜性與跨學科特性更爲顯著。此一特性使其理論建構與臨床實踐均面臨高度挑戰，因此學術與實務的發展步調更需謹慎且條理分明。所幸，「台灣社會暨社區精神醫學會(Taiwanese Society of Social and Community Psychiatry, TSSCP)」自2006年創建20年來，持續扮演推動此領域發展的關鍵角色。透過TSSCP逐年舉辦學術會議，不僅促進了長期穩定的學術對話與交流，更致力於跨專業人才的培育與專業社群的形成，對我國社區精神醫學的建構與深化貢獻良多。

終於，在今年2025年「精神健康與社區精神醫學期刊(Journal of Mental Health and Community Psychiatry, JMHCP)」創刊，這不僅是台灣精神醫學發展歷程中的一大里程碑，更推動社會與社區精神醫學在「綜論(Review Articles)、原著(Original Articles)、專案報告(Project Reports)、簡報(Brief Communications)、專題論壇(Forum)、個案報告(Case Reports)、致編者函及專欄(Letters-to-the

editor & Columns)」等中英文論文的出版，也希冀整合預防、治療、社區精神復健與回歸社會等各個層面的臨床經驗與研究創見，加速精神醫學及社區實務知識的應用。

JMHCP不僅標誌著臨床實務與照護哲學的深刻轉變，更象徵著我國精神醫學邁向理論與實踐並重的新階段。此一發展促使台灣精神醫學逐步建構起具備多元性、整體性及以病人爲中心(person-centered care)之『全人醫療照護』，展現出精神醫療在臨床實務與照護理念上的深度轉化，亦標誌著臺灣精神醫學邁向嶄新階段，帶領台灣精神醫學進入一個嶄新的境界。

我們深感榮幸能共同擔任《精神健康與社區精神醫學期刊》之總編輯，謹此恭賀本學術期刊正式發刊，並誠摯期盼和學術與實務界諸先進攜手共進，促進精神健康與社區精神醫學之持續發展與創新。

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A Milestone in the Development of Community Psychiatry in Taiwan: Advancing Toward an Integrated, Person-Centered Model of Care

The development of psychiatry has been fundamentally shaped by the cumulative growth of psychopathological insight and empirical clinical experience. This particularly evident in the development of community psychiatry is grounded in “person-centered mental health care, rehabilitation and recovery” delivered within community contexts. Its advancement necessitates the integration of multiple disciplinary perspectives, including biology, behavioral science, psychology, socio-cultural context and studies, ethics, and philosophy, into both the theory and practice of psychiatry. The aggregation of such diverse and multidimensional experiences forms the cornerstone of progress in community psychiatry.

Community psychiatry is distinguished by a level of complexity and multi-discipline that surpasses other subspecialties within psychiatry. As a result, its theoretical foundations and clinical implementations present significant challenges, leading to a more deliberate and methodical pace of development in both academic and practice domains. Since its founding in 2006, the Taiwanese Society of Social and Community Psychiatry has played a central role in advancing the discipline by convening annual conferences fostered sustained scholarly dialogue and exchange, while also contributing substantially to the cultivation of expertise and the formation of a professional community committed to social and community psychiatry in Taiwan.

In 2025, the launch of the “Journal of Mental Health and Community Psychiatry (JMHCPC)” marks a significant milestone in the advancement of psychiatry in Taiwan. JMHCPC aims to accelerate the dissemination of high-quality scholarship, both in Chinese and English, across a broad range of formats, including review articles, original research, project reports, brief communications, thematic forums, case reports, and letters to the editor or opinion columns. JMHCPC reflects a renewed vision for

psychiatry in Taiwan, encompassing clinical innovation and experiential insight across the full continuum of care, from prevention, treatment, community-based psychiatric rehabilitation, and social re-integration.

This development has enabled the gradual establishment of a holistic model of psychiatric care in Taiwan—one that is multidimensional, integrated, and firmly rooted in “person-centered care” principles. It signifies a substantive paradigm shift in both clinical practice and the philosophy of care, and marks a pivotal moment in the evolution of Taiwanese psychiatry as it enters a new era of conceptual and practical maturity.

Professor Hwu and I both are deeply honored to serve as the Editors-in-Chief of the JMHCPC. We extend our heartfelt congratulations on the official launch of this academic journal and sincerely look forward to collaborating with distinguished scholars and professionals from both the academic and practical realms to advance the continued development and innovation of mental health and community psychiatry.

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