

表達性藝術治療兒童自我成長團體 實施歷程探討

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摘要

本研究以國小五、六年級之兒童為對象進行表達性藝術治療自我成長團體，目標在提升兒童自我概念與人際關係。本研究之結果分成兩部份：

一、 量化分析：

1. 在自我概念方面題項，成員有 81%~90%表示同意與非常同意。
2. 在人際關係方面題項，成員有 72%~81%表示同意與非常同意。

二、 質化分析：

1. 形成階段：以表達性藝術治療為號召，對成員具吸引力，增加活動參與意願。
2. 適應階段：運用藝術創作與團體創作，進行內在的探索並經驗正向的人際互動。
3. 轉銜階段：結合創作活動與團體遊戲，協助成員克服自我揭露的焦慮。
4. 工作階段：透過創作活動與遊戲，學習人際互動與自我表達的技巧。
5. 整理階段：在將團體中所學運用於生活上。
6. 追蹤與評估：分析回饋問卷與觀察報告，評估實施歷程與效果。

關鍵字：表達性藝術治療(expressive art therapy)、兒童自我成長團體

A Discussion of Expressive Art Therapy in Children's Self-Growth Groups

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Abstract

The subjects of this study are fifth and sixth graders in expressive art therapy self-growth groups; the aim of which is to increase subjects' self awareness and interpersonal relationships. Results from our studies are in two parts:

A. Quantitative Analysis

1. In question items regarding self awareness, 81%-90% of subjects selected "agree" or "strongly agree."
2. In question items regarding interpersonal relationships, 72%-81% of subjects selected "agree" or "strongly agree."

B. Qualitative Data Analysis

1. Formation: the attracting of willing participants through expressive art therapy.
2. Adaptation: using art creations and group work to explore subjects' inner selves and experience positive interpersonal interactions.
3. Transition: combining creativity with group activities to help subjects overcome the anxiety of self exposure.
4. Work: learn how to interact with others and express oneself through creative activities and games.
5. Organizing: application of group work into every day life.
6. Follow-up and evaluation: analysis of questionnaires and observation reports to evaluate the process and results.

Keywords: expressive art therapy; children's self-growth groups