

運用解釋性現象學分析以探討治療性的沙圖之 表達與意義

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摘 要

本文主要的目的是希望透過文獻索驥，以發展一個治療性的沙圖的表達與意義之研究方法。其中內容包含：人本取向心理治療的主要理念與發展、人本取向沙盤治療的發展、人本取向沙盤治療對治療性的沙圖之分析的知識論，最後嘗試提出以藝術認知與綜合直覺為基礎結合解釋現象學分析的研究方法，並說明其具體的研究步驟。

關鍵字：人本取向沙盤治療 沙圖的表達與意義 解釋性現象學分析

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Use interpretative phenomenological analysis for discovering the meaning and expression of therapeutic sand scene

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Abstract

The aim of this research is to develop a research method for discovering the meaning and expression of therapeutic sand scene by reviewing literature. It contains, from the perspective of humanistic sandtray therapy, the core concept and development of humanistic psychotherapy, the development of humanistic sandtray therapy, and epistemology on the research of therapeutic sand scene analysis. Also, this research tries to propose the approach of interpretative phenomenological analysis based on combining artistic knowing with synthetic intuition, and elaborates on the specific steps of this research method.

Keywords : Humanistic sandtray therapy, meaning and expression of sand scene, Interpretative phenomenological analysis