

表達性書寫對準諮商員在自我覺察的影響 之探究

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摘要

本研究旨在探討表達性書寫對準諮商員在自我覺察的變化，以質性半結構式的深度訪談，瞭解準諮商員在進行為期一個月表達性書寫的經驗後，對其自我覺察的影響為何。本研究結果發現準諮商員在自我覺察方面的影響包括：(一)增進覺察敏銳度及對自我的探索與瞭解；(二)書寫中的自我對話有益於思緒整理；(三)能坦誠地面對自我的想法和感覺，使其更清楚、堅定；(四)檢視過去生命經驗，獲得新的洞察；(五)有助於情緒宣洩，抒發後能平靜地思考；(六)轉化負面情緒，給予自我接納與正向支持。

關鍵字：表達性書寫、書寫治療、準諮商員、自我覺察、質性研究

The Study of the Effect of Expressive Writing on the Counselor's Self-awareness

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Abstract

This study goal is to understand how the expressive writing influences the beginning counselors' self-awareness. Qualitative research was adopted to understand the beginning counselors after doing the expressive writing of a month-long of their self-awareness. Semi-structured questionnaire interview was employed to understand the influences.

The main findings of the beginning counselors' self-awareness could be concluded as follows: (1) to promote awareness and sensitivity of self-exploration and understanding; (2) writing self-dialogue benefits from self-organize thoughts; (3) candid self-face makes ideas and feelings more clearly and firmly; (4) reviewing the past life experiences can gain new insight; (5) to vent their emotions, after abreacting can think calmly; (6) to transfer the negative emotions into self-acceptance and positive support.

Keyword: expressive writing, writing therapy, self-awareness, beginning counselor, qualitative research