

藝術塔羅：以圖卡進行自我成長團體之經驗初探

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摘要

本研究以中部某大學輔導中心主辦之「藝術塔羅：自我成長團體」之成員為研究對象進行研究。研究結果分為量化與質化兩部分。一、量化部分：回饋問卷五分量表之平均分數為 4.503 分，顯示成員對自我成長的滿意度極高。二、質化部分內容分析如下：

- 一、**放鬆與抒壓**：圖卡之應用一如遊戲，可產生放鬆與抒壓的效果。
- 二、**自我覺察**：透過圖卡敘說自身的生命故事，成員對置身的所在有所覺察。
- 三、**問題具體化**：透過圖像聚焦與治療者的引導，成員逐漸釐清並具體化問題。
- 四、**潛意識喚醒與直覺思考**：對象徵符號的投射，喚醒成員的潛意識與內在直覺。
- 五、**內在意義的探索**：重新詮釋符號對個人的意義，解構並探索不同的生命面向與觀點。

根據研究結果，研究者在實務以及未來研究上提出討論與建議。

關鍵字：藝術塔羅(Art tarot)、自我成長團體(Self-Growth Groups)

Art Tarot: A Preliminary Investigation of Self-Growth Groups with Artistic Cards

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Abstract

This study observed the participants of “Art Tarot: Self-Growth Group”, which was hosted by a counseling center of a university in central-Taiwan. The results of the observation were divided into quantitative and qualitative parts. 1. Quantitative: The average score of the Likert scale questionnaire was 4.503, indicating the high satisfaction of participants with the event. 2. Qualitative: The content was as follows:

- 1. Relaxing and Stress Relieving:** The application of artistic cards was similar to a game and generated relaxing and stress relieving effects.
- 2. Self-Awareness:** Through narrating their own life stories with the cards, the participants became aware of their place in life.
- 3. Materialization of Problems:** Through the focusing on card images and the guidance of the therapist, the participants gradually clarified their problems.
- 4. Awakening of the Subconscious and Instinctive Thinking:** The projections of the symbolic card images awoke the subconscious and the instincts of participants.
- 5. Positive Views and Meaning Exploration:** The participants reinterpreted the meaning of the symbols to themselves as well as deconstructed and explored different life aspects and perspectives.

We proposed discussions and suggestions for practical application and future research based on the results of this study.

Keywords: art tarot, self-growth groups