

2019 學會年會暨學術研討會壁報論文摘要

一、研究題目:新手團體領導者帶領大學生自我探索團體之省思

二、研究目的和目標:

- 1.實踐團體諮商理論，了解團體諮商過程。
- 2.以自身經驗作為分享，了解新手團體諮商員可能遇到的困境和挫折，並希望可以對其他新手諮商員有幫助。
- 3.了解新手所帶領的團體成效如何。

三、研究設計:

首先與督導討論帶團體的主題與方案內容，隨後進行成員招募，在經由海報和社群宣傳後，接著以電話訪談確認參與者動機與期待是否符合團體目標，最後決定團體成員為六員，並進行為期一天的自我探索團體工作坊。團體帶領結束後，兩位帶領者會與兩位觀察員撰寫團體紀錄和討論檢討，在一整天的團體結束後讓成員填寫回饋單和心得，並由兩位新手團體帶領者整理出成員的心得和回饋。

團體的架構主要參考以下三種理論:

- 1.完形治療-覺察:鼓勵個案透過覺察，釐清自己的問題所在。
- 2.正念-活在當下:鼓勵個案開放的思維，將注意力集中於覺察此時此刻。
- 3.敘事治療-重新建構: 鼓勵當事人改寫其生命故事，建構出一個更完整生命故事。

四、研究發現:

筆者透過團體動力和成員回饋，整理出部分的團體反思和建議，包含「沉默議題」、「部分團體成員的熟識」、「團體成員的性別比例懸殊」、「勇於嘗試」、「累積經驗」、「接納回饋與批評」，其中前三者為團體反思，而後三者為團體建議。

五、結論:

新手團體領導者帶領大學生自我探索成長團體的省思中，在團體帶領部分可以洞察團體動力與過程；對自身省思部分，則是覺察個人議題與價值觀。期待以上團體反思整理，能提供給大學生自我探索相關團體之領導者參考，並提升領導團體諮商的專業信心。

關鍵字: 新手帶領、大學生、自我探索團體

Research topic:

Novice Group Leaders' Reflection on Self Exploring Group with Colleges Students

Research purpose and goal:

1. Practice group consultation theory and understand the group consultation process.
2. Use our own experience as a share to understand the dilemmas and setbacks that novice group counselors may encounter, and hope to be helpful to other novice counselors.
3. Understand the effectiveness of the group led by the novice.

Research method:

First, discuss the theme and program content of the group with the supervisor, and then recruit members. After the poster and community promotion, then confirm by telephone interview whether the participants' motivations and expectations meet the group goals, and finally decide that the group members are six members. A self-exploration group workshop with a one-day behavior. After the group leader is over, the two leaders will write a group record and discussion review with the two observers. After the whole day, the group will let the members fill in the feedback form and experience, and the two novice group leaders will sort out the members' experience and feedback.

The structure of the group mainly refers to the following three theories:

1. Gestalt Treatment - Awareness: Encourage cases to clarify their problems through awareness.
2. Mindfulness - Living in the moment: Encourage the open thinking of the case and focus on the moment at this moment.
3. Narrative Treatment - Reconstruction: Encourage parties to rewrite their life stories and construct a more complete life story.

Results Discussion:

Through group motivation and feedback from members, the author has compiled some group reflections and suggestions, including "silent issues", "a familiarity of some members of the group", "a disparity in the gender ratio of members of the group", "a courage to try", "accumulated experience", "Receiving feedback and criticism", the first three are group reflections, and the latter three are group recommendations.

Conclusion:

Novice group leaders lead the self-exploration of growth groups in colleges and universities. In the group leadership, they can gain insight into group dynamics and processes. For those who think about themselves, they are aware of individual issues and values. Looking forward to the above group's reflection and reorganization, it can provide reference for leaders of self-exploration related groups, and enhance the professional confidence of the leadership group.

Keywords: novice leadership, college students, self-exploration groups