

全職實習諮商心理師同理失衡、知覺督導風格與諮商自我效能之 相關研究

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摘要

本研究目的為探究全職實習諮商心理師同理失衡、知覺督導風格與諮商自我效能之現況、不同背景變項下的影響、三者間的相關情形、同理失衡與督導風格對諮商自我效能的預測，及督導風格是否為同理失衡與諮商自我效能之中介變項。本研究以 163 名全職實習諮商心理師為研究對象進行問卷調查，研究問卷包含「同理失衡量表」、「諮商督導風格量表」、「諮商自我效能修訂量表」，並以描述性統計方法、相依樣本 t 檢定、相依樣本單因子變異數分析、獨立樣本 t 檢定、單因子獨立樣本變異數分析、皮爾森積差相關、多元逐步迴歸考驗及階層迴歸考驗方法來分析資料。研究結果如下：

- 一、全職實習諮商心理師普遍有中低程度的同理失衡及同理壓抑、中程度的同理陷入、中高程度的支持督導風格、指導督導風格及諮商自我效能。
- 二、男性實習心理師在整體諮商自我效能和助人技巧自我效能上顯著高於女性實習心理師。
- 三、全職實習諮商心理師在「同理壓抑」與「督導風格分層面」皆達顯著中度負相關；「同理失衡」、「同理壓抑」與「諮商自我效能」達顯著中度負相關。
- 四、全職實習諮商心理師同理失衡及指導督導風格可以顯著預測諮商自我效能。同理壓抑及直接指導可以顯著預測諮商自我效能。
- 五、全職實習諮商心理師的督導風格分層面在同理失衡與諮商自我效能間發揮部分中介效果。

關鍵字：全職實習諮商心理師、同理失衡、督導風格、諮商自我效能

The Study on Empathic Strain, Supervisory Style, and Counseling Self-Efficacy of Full-Time Internship Counseling Psychologists

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ABSTRACT

The present study aimed to investigate the current status of empathic strain, perceived supervisory style, and counselor self-efficacy among full-time internship counseling psychologists. In addition, it examined the correlation in difference empathic strain, supervisory style and counseling self-efficacy based on different variables. In this research, 163 full-time internship counseling psychologists were subjected as participants. The research questionnaire using the "Empathic Strain Scale", " Supervisory Style Scale", and the " the Counselor Activity Self-Efficacy Scales". The data was analyzed by descriptive statistics, paired-sample t-tests, independent sample t-tests, one-way repeated measures ANOVA, one-way independent samples ANOVA, Pearson's correlation analysis, stepwise regression analysis, and hierarchical regression analysis. The results of the study are summarized as below:

1. The full-time internship counseling psychologists generally exhibited a moderate to low level of empathic strain and empathic repression, along with a moderate level of empathic enmeshment. In combination with a moderately high level of supervisory style, direction supervisory style and counselor self-efficacy.
2. Male full-time internship counseling psychologists demonstrate significantly higher levels of counseling self-efficacy and helping skill self-efficacy compared to their female counterparts.
3. A Significant moderate negative correlations were found between empathic repression and supervisory style, empathic strain and counselor self-efficacy, as well as between empathic repression and counselor self-efficacy.
4. Empathic strain and direction were found to be effective indicators for counselor self-efficacy, while empathic repression and direct teaching subscale also demonstrated profound predictive power for counselor self-efficacy
5. Supervisory style serve as a partial mediation between empathic strain and counselor self-efficacy among full-time internship counseling psychologists.

Keyworda : Empathic Strain, Supervisory Style, Counseling Self-Efficacy, Full-Time Internship Counseling Psychologists