心理師遇見 BDSM 族群案主的內在反應與策略之研究

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摘　要

　　本研究之研究目的為了解諮商心理師與 BDSM 族群案主晤談時會有的內在反應與策略，研究採立意取樣，邀請三位執業時間 1 至 10 餘年的心理師為研究對象，以半結構式訪談收集資料，並以敘事認同分析法進行資料分析。

　　研究結果發現，心理師在晤談 BDSM 族群案主時會有的內在反應包括：(1)感受到案主的測試但願意等待與接受測試(2)時刻在晤談中裝備好對議題的敏感度(3)感受案主跨出櫃子時的感動(4)斟酌如何以自身的出櫃行動來照顧案主(5)不怕碰觸 BDSM 的實踐經驗，反而將之視為引導案主自我探索的路徑。而在晤談時心理師會以以下的方式建構諮商策略：(1)日常即抱持開放態度，持續接觸 BDSM 相關資訊(2)運用心理師已具備的 BDSM 知能以促進諮商中的溝通(3)細思心理師向案主出櫃的目的及執行策略(4)新手心理師能從資深督導身上借鑒並寫紀錄來加強反思。

　　最後，本研究根據晤談敘事的發現，針對心理師與專業助人者及未來的研究提出具體建議與研究限制。

關鍵字：心理師、BDSM、內在反應、敘事認同分析

Psychologists' Inner Reactions and Strategies When Working with BDSM Clients

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Abstract

The purpose of this study is to understand the inner reactions and strategies of counseling psychologists when working with BDSM clients, inviting three psychologists with 1 to over 10 years of professional experience as research subjects.

Research Findings, the study found that the inner reactions of psychologists when interviewing BDSM clients include: (1)Willing waiting for client's testing (2)Being prepared for sensitivity to issues during the interview. (3) Feeling moved when the client comes out. (4)Considering how to care for the client through their own coming out actions. (5)Not being afraid to discuss BDSM practices Psychologists establish counseling strategies through the following ways: (1)Maintaining an open attitude and continuously accessing BDSM information. (2)Using BDSM knowledge to facilitate communication in counseling. (3)Considering the purpose and execution of the psychologist's coming out to the client. (4) Learning from experienced supervisors and enhance reflection by writing records.

Based on the findings from the analysis of narrative identity, this study provides specific recommendations and research limitations for psychologists, professional helpers, and future research.

Keywords: Psychologists, BDSM, Inner Reactions, the Analysis of Narrative Identity