

社區全職實習諮商心理師

於注意力不足過動症兒童家長諮詢中之經驗探究

學生：林慧欣

指導教授：李岳庭 博士

國立臺南大學諮商與輔導學系碩士班

摘要

本研究旨在探討社區全職實習諮商心理師於注意力不足過動症兒童家長諮詢中之實務經驗與其中所遇困境及因應方式，以質性研究的角度蒐集資料，透過立意取樣三位研究參與者進行半結構式訪談，並以主題分析法進行歸納、分析與統整，研究結果分為三個部分，以下詳述：

研究結果針對社區全職實習諮商心理師於 ADHD 家長諮詢之實務經驗，分為三部分：第一部分為「實務經驗—踏上專業應用之旅」，說明社區全職實習心理師在實務歷程中，從初進實習場域到實習後之心境變化，共歸納出四項主題：一、初始接觸；二、關係建立；三、多元經驗；四、反思與成長。第二部分為「實務困境—五味雜陳甘苦談」，針對社區全職實習心理師在 ADHD 家長諮詢中所遇之困境，包含專業自信的不足、多方期待的相互影響以及全職實習的學生身分，共歸納出三項主題：一、缺乏足夠的專業自信；二、面對角色期待的溝通挑戰；三、實習身分間接影響自我效能。第三部分為「困境因應—挫折中長出力量」，說明社區全職實習心理師採取何種方式，如與督導討論、尋求人際支持與調整其帶並增強自我專業知能，因應實務歷程中所遇挑戰及因應後帶來的正向影響，共歸納出兩項主題：一、因應方式；二、因應後之影響。

最後，研究者根據研究結果與發現，對未來研究、社區全職實習諮商心理師、社區實習機構與諮商輔導相關系所提出建議，期盼對相關實務與研究領域能有所助益。

關鍵字：心理諮商所／治療所、全職實習諮商心理師、注意力不足過動症、家長諮詢

A study on the experience of community full-time intern counselors in counseling parents of children with attention deficit hyperactivity disorder

Student: Hui-Hsin Lin

Advisor: Dr. Yueh-Ting Lee

Master's Program of Counseling and Guidance, National University of Tainan

ABSTRACT

This study aims to explore the practical experiences, challenges encountered, and coping strategies of community-based full-time counseling psychology interns in counseling sessions with parents of children with Attention Deficit Hyperactivity Disorder (ADHD). Using a qualitative research approach, data was collected through semi-structured interviews with three purposively selected participants, analyzed, and synthesized using thematic analysis. The study results are divided into three parts:

1. **Practical Experiences – Embarking on the Journey of Professional Application:** Four themes were identified: Initial Contact, Establishing Relationships, Diverse Experiences, and Reflection and Growth.
2. **Practical Challenges – The Bitter and Sweet of Practice:** Three themes were identified: Lack of Professional Confidence, Communication Challenges in Meeting Role Expectations, and Indirect Impact of Internship Identity on Self-Efficacy.
3. **Coping with Challenges – Growing Strength from Adversity:** Two themes were identified: Coping Strategies and Positive Impact of Coping.

Finally, based on the findings, the researcher provides recommendations for future research, community-based counseling psychology interns, community internship institutions, and counseling-related academic departments, aiming to benefit related practices and research in the field.

Keywords: Counseling Psychology Clinics/Therapy Centers, Full-Time Intern Counseling Psychologists, Attention Deficit Hyperactivity Disorder, Parent Consultation