

# 諮商心理師去集中化反思與諮商自我效能之相關研究

學生：陳思璇

指導教授：連廷嘉

國立臺南大學諮商與輔導學系碩士班

## 摘 要

本研究旨在編擬一份具信、效度之諮商心理師去集中化反思量表，以探討諮商心理師去集中化反思與諮商自我效能之現況，瞭解不同背景變項的諮商心理師在去集中化反思與諮商自我效能上的差異情形，並進一步分析諮商心理師的去集中化反思與諮商自我效能之相關情形。本研究使用問卷調查法，共取得 154 份有效問卷。研究工具包含「諮商師去集中化反思量表」與「諮商自我效能量表」。研究統計結果描述統計、獨立樣本  $t$  檢定、單因子變異數分析、Pearson 積差相關、項目分析與因素分析進行統計分析。

本研究結果如下：

- 一、諮商心理師去集中化反思量表之信度考驗  $\alpha$  值為 .89，具有可接受之信度。  
效度考驗以因素分析法進行因素結構考驗，具有可接受之建構效度。
- 二、在去集中化反思方面，全職實習諮商心理師傾向中等程度，兼職實習及現職諮商心理師傾向中等程度；諮商工作年資均傾向中等程度，以年資 10 年以上者為最高。
- 三、諮商自我效能個層面與整體層面均傾向中高程度。
- 四、在去集中化反思方面，生理性別無差異；現職諮商心理師高於全職實習諮商心理師；諮商工作年資十年以上高於三年以下，五年以上高於無年資者。
- 五、生理性別在諮商自我效能無差異。
- 六、現職諮商心理師的諮商自我效能高於全職實習諮商心理師。
- 七、諮商工作年資長的諮商心理師之諮商自我效能高於年資短的諮商心理師。

最後根據本研究結果之實務應用層面以及未來研究方向題出相關建議，以作為諮商相關領域之諮商心理工作者、教育者、督導及研究人員之參考。

**關鍵字：**諮商心理師、實習諮商心理師、去集中化反思、諮商自我效能

# The Relationship Between Decentralized Reflection and Counseling Self-Efficacy of Counselor

Student: Chen, SSU-HSUAN

Advisor: Lien, Ting-Chia

Department of Counseling and Guidance, National University of Tainan

## Abstract

This study aimed to develop a reliable and valid instrument, the Decentralized Reflection Scale of Counselor, to investigate the current status of decentering reflection and counseling self-efficacy among counseling psychologists. The study further examined the differences in decentering reflection and counseling self-efficacy based on various background variables and analyzed the relationship between decentering reflection and counseling self-efficacy. A questionnaire survey method was employed, and a total of 154 valid responses were obtained. The research instruments included the "the Decentralized Reflection Scale of Counselor" and the "Counseling Self-Efficacy Scale." Statistical analyses conducted in this study included descriptive statistics, independent samples t-tests, one-way analysis of variance (ANOVA), Pearson's correlation coefficient, item analysis, and factor analysis.

## Results:

- 1) The Counseling Therapists' Decentering Reflection Scale demonstrated acceptable reliability with a Cronbach's alpha coefficient of .89. Construct validity was supported by factor analysis.
- 2) Regarding decentering reflection, full-time intern counseling therapists showed a moderate level, while part-time intern and practicing counseling therapists displayed a similar moderate level. Counseling work experience was generally at a

moderate level, with those having more than 10 years of experience exhibiting the highest level.

- 3) Counseling self-efficacy was found to be at a moderate to high level across all dimensions and overall.
- 4) In terms of decentering reflection, no significant differences were found based on biological sex. Practicing counseling therapists scored higher than full-time intern counseling therapists. Counseling therapists with more than 10 years of work experience scored higher than those with less than 3 years of experience, and those with more than 5 years of experience scored higher than those without any work experience.
- 5) Biological sex did not significantly affect counseling self-efficacy.
- 6) Practicing counseling therapists exhibited higher counseling self-efficacy compared to full-time intern counseling therapists.
- 7) Counseling therapists with longer work experience demonstrated higher counseling self-efficacy than those with shorter work experience.

In conclusion, this study provides practical implications and suggestions for future research in the field of counseling. These findings can serve as a reference for counseling psychologists, educators, supervisors, and researchers in the counseling field.

**keywords: counselor, decentralized reflection, counseling self-efficacy**