

# 諮商心理師參與政策倡議與壓力調適經驗之敘事研究

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## 摘要

近幾年社會正義的概念在台灣逐漸被提及，其中的倡議也開始被重視，而諮商心理師基於社會正義、維護社會大眾的心理健康，應該替個案倡議去改變目前各種層面不平等的現況，而政策倡議則是更直接影響公共政策制定，經由政策改變去消弭那些不平等的面向。

故本研究想了解諮商心理師參與政策倡議的過程、諮商心理師在倡議過程中擔任倡議員是否可能面臨哪些壓力困境，心理師的身分對於倡議有何影響。

本研究採立意取樣後用滾雪球的方式邀請三位受訪者，用半結構的訪談方式了解他們在政策倡議過程的經驗故事，再採用質性研究的整體-內容方式去進行分析三位受訪者參與政策倡議的生命經驗，研究發現三位受訪者 1. 皆是先從身邊議題或是與自身相關的議題開始關注並投入，過程中也需要與不同社團組織或是跨領域合作；2. 政策倡議需耗時相當長的時間，會面臨極高的疲累感、無力感；3. 此時社會支持與量力而為和設立合理期待即相當重要；4. 諮商心理師與倡議者的身分上是互相有所助益的，並能運用諮商心理師專業身分更有力去進行倡議。

關鍵字：社會正義、政策倡議、壓力調適、敘事研究

# A Narrative Study of Counseling Psychologists' Participation in Policy Advocacy and Stress Adjustment Experience

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## Abstract

In recent years, the concept of social justice has been gradually mentioned in Taiwan, and its initiatives have also begun to be valued. Based on social justice and maintaining the mental health of the public, counseling psychologists should advocate for individual cases to change the current situation of inequality at various levels. Policy initiatives are more directly affecting public policy formulation, and eliminating those aspects of inequality through policy changes.

This study wants to understand the process of counseling psychologists participating in policy advocacy, whether counseling psychologists may face pressure dilemmas as advocates during the advocacy process, and what impact the status of psychologists has on advocacy.

In this study, three interviewees were invited in a snowball manner after intentional sampling, using semi-structured interviews to understand their experience stories in the process of policy advocacy, and then using the holistic-content approach of qualitative research to analyze the three interviewees. The research found that the three interviewees 1. They all started to pay attention to and invested in the issues around them or related to themselves, and they also needed to cooperate with different social organizations or cross-fields in the process; 2. Policy initiatives will take a long time, and you will face a very high sense of fatigue and powerlessness; 3. At this time, social support, doing what

you can, and setting reasonable expectations are very important; 4. The relationship between counseling psychologists and advocates In terms of identity, they are mutually beneficial, and can use the professional identity of a counseling psychologist to make more powerful advocacy.

Key word ; social justice, policy advocacy, stress adjustment, narrative study