２０２４年度大学院博士前期課程学内選考試験問題

研 究 科 名	科 目 名
教育学研究科 教育学専攻 臨床心理学専修	英 語 （No.1）

以下の英文を全訳しなさい。

Characteristics of an Effective Crisis Helper

When working with a client in crisis, counselors do not always have the time to reflect on which techniques and theories would be the most beneficial for the client. For this reason, counselors should be introduced to and have a basic understanding of crisis theory and intervention techniques. Additionally, it is helpful if the counselor possesses some of the following characteristics: life experience, poise, creativity and flexibility, energy and resiliency, and quick mental reflexes.

Experiencing a situation similar to the client's can help counselors gain emotional maturity and enhance the depth and sensitivity of their interactions with clients. While personal experience can be beneficial, it is also important for the counselor to be aware of and manage counter transference as it arises. Poise refers to the counselor maintaining internal and emotional responses and appearing stable and in control for the client. A calming presence may help bring the client's emotional level down and can serve as a model for highly reactive clients.

Creativity and flexibility refers to the counselor's ability to adapt to the crisis situation. There is no "right" way to approach a crisis situation, and counselors must be willing and able to draft a tentative course of treatment and then get rid of it if it is not working. If counselors attempt to adhere to a formula approach to crisis intervention, then they will likely be doing clients a disservice. Energy and resiliency refers to the counselor's personal wellness. Crisis work can be exhausting and can have many downs. It is important that counselors practice wellness to promote resiliency, which will be discussed further below. Lastly, crisis counselors must possess quick mental reflexes. Crisis work requires more activity and directiveness. Counselors need to be comfortable and assured in making quick decisions, especially in the assessment and action phases.

出典
Pau, K., Ahmad, A., & Tang, H. Y. (2020). Crisis, disaster, and trauma counseling: implication for the counseling profession. Journal of Critical Reviews, 7(8), 736-39.

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This book is for therapists who wish to develop specific techniques for solving human dilemmas and for teachers of therapy who wish to teach specific skills. The therapy approach focuses on solving a client's presenting problems within the framework of the family. The emphasis is not on a method but on approaching each problem with special techniques for the specific situation. The therapist's task is to formulate a presenting symptom clearly and to design an intervention in the client's social situation to change that presenting symptom. Although the book focuses on problems, the approach here differs from other symptom – oriented therapies in that it emphasizes the social context of human problems.

In recent years there has been a debate between therapists who prefer to define a symptom in precise behavioral terms, such as a specific avoidance behavior, and those who use a more general category like "anxiety" or a "feeling of helplessness." Some therapists prefer to formulate symptoms in ways that can be counted as acts, while others prefer to formulate a problem as a state of mind or as a character disorder. The approach in this work differs from both such approaches insofar as the emphasis is not on an individual. Even though this approach assumes that the therapist has failed if he or she does not solve the presenting problem, and even though the symptom is defined in operational terms that are as precise as possible, the therapy focus is on the social situation rather than on the person. It is possible to define a "problem" in different social units. In this book a problem is defined as a type of behavior that is part of a sequence of acts among several persons. The repeating sequence of behavior is the focus of therapy. A symptom is a label for, a crystallization of, a sequence in a social organization. Thinking of such symptoms as "depression" or "phobia" as a contract between people and therefore as adaptive to relationships leads to a new way of thinking about therapy.