

一位女性諮商師諮商性侵害加害人經驗之敘說研究

摘要

本研究旨在理解一位女性諮商師諮商性侵害加害人的經驗，包含個體主觀知覺的心理衝擊、調適與突破困境的歷程，以及此經驗對她的專業工作以及個人生活上的影響。

研究的開端，是由研究者到監獄觀察性侵害加害人團體所經驗到的心理衝擊出發，逐漸聚焦至關注女性諮商師與性侵加害個案工作的經驗。

本研究採用敘說研究方法，以「整體—內容」分析法將研究參與者「白菜」的工作經驗彙整成一篇故事，並進行後續的詮釋與討論。

從白菜的敘說中可以發現到，由於工作所帶來的碰撞，其個人內在的經驗可區分為兩大主題：「內在自我間的分裂與衝突」以及「在性侵害工作中所引發的性焦慮」，而白菜一直不斷努力地進行自我的接納與整合的調適。同時，在此調適過程中，也看見白菜在她的工作場域中進行著「外在性別角色的覺察與改變」的歷程。此外，本研究並以「諮商師的專業發展與成長」之軸線來討論白菜的經驗敘說，研究者看見一位女性諮商師投注在性侵害治療工作中，每當面臨到心理衝擊或「卡住」時，就不斷地向內反覆思索並向外尋求可幫助自己繼續前行的出口，然後再整合成新的觀點，回到實務工作或私人生活中嘗試突破，而這歷程是來來回回，循環不息地發生的。

研究之末，依循研究結論並綜合白菜所述及研究者個人的認識與體悟，對性侵害治療工作人員所需要的後續關懷，提出建議。而研究者也由自己身為一位研究者與一位諮商工作者的角色進行反思對話，研究者並體認到，研究的歷程其實也是一段貼近自己的歷程，接觸性侵害加害人，無論是對研究者或參與者來說，都開啟了對另一個世界的認識，這個經驗震盪了她們的生命信念，幫助她們看見了自己在「性」、「罪惡」和「犯罪」等議題上的限制，但也同時為她們指引了成長的方向。

關鍵字：女性諮商師、性侵害治療、性侵害加害人、敘說研究

The narrative study of the experience of a female counselor who counsels the sex offenders

Abstract

The purport of this study is to understand the experience of a female counselor who works with sex offenders, including the psychological impact that the individual has perceived subjectively, and her course of self-adjustment and breaking through the predicament, and furthermore these experiences influence her professional work and personal life.

The beginning of this study is to describe the psychological impact that the researcher perceived while going to the jail for observing the group composed by sex offenders, and gradually to focus on the experience of the female counselor who counsels the sex offenders.

The study adopts narrative research approach. The researcher wrote down the study participant's work experience as a story in the "holistic-content" analytic method, and then interpreted and discussed it.

From the narrative of the study participant, Cabbage, the researcher discovered that because of the conflict the work brought, her internal experience was divided into two themes: "internal division and conflict" and "sexual anxiety caused from the sex offenders treatment". However, Cabbage engaged in the adjusting course of self-admittance and self-integration hard. At the same time, the researcher also observed that Cabbage went through "the awareness and change of the external sex role". In addition, this study discusses the narrative of Cabbage with the axis of "professional

development and growth of the counselor” . The researcher saw a female counselor working on the treatment of sex offenders, whenever suffered psychological impact or impasse, she considered inwards and looked for the method to continue going ahead, and integrated into a new viewpoint to get back to the practice work or the private life for trying to break through predicament. The course happened circularly.

In the end of the study, relying on the conclusion of the study, the synthesis of Cabbage’ s narrative and the researcher’ s personal understanding, the researcher proposed some suggestions to the demand of the people who work with sex offenders. The researcher also introspected from taking as a researcher and a counselor’ roles, and realized that the study was actually a journey towards herself. The experience of getting along with sex offenders, no matter for the researcher or the participant, has opened another world. It shakes their life faith, but also helps them to see their own restriction on such topics as “the sex “, “the guilt” and “the crime” , etc., as well as guided them the direction of growing up.

key words : female counselor 、 treatment of sex offenders 、 sex offenders 、 narrative research