

2021

Impact of Self and Therapists' Evaluation of Responses to Miracle Question and Goal: Survey of Japanese Undergraduate and Graduate Students

Gen Takagi

Tohoku Fukushi University Sendai, Japan, gtakagi.pr@gmail.com

Taku Hiraizumi

Miyagi University Sendai, Japan, hiraizumit@myu.ac.jp

Kazuma Sakamoto

Tohoku University Sendai, Japan, kazumokeke@gmail.com

Miki Hagidai

Shibata Gakuen University Hirosaki, Japan, m.hagidai@gmail.com

Follow this and additional works at: <https://digitalscholarship.unlv.edu/journalsfpta>

Recommended Citation

Takagi, Gen; Hiraizumi, Taku; Sakamoto, Kazuma; and Hagidai, Miki (2021) "Impact of Self and Therapists' Evaluation of Responses to Miracle Question and Goal: Survey of Japanese Undergraduate and Graduate Students," *Translated Abstracts*: Vol. 1: Iss. 1, Article 14.

Available at: <https://digitalscholarship.unlv.edu/journalsfpta/vol1/iss1/14>

This Article is protected by copyright and/or related rights. It has been brought to you by Digital Scholarship@UNLV with permission from the rights-holder(s). You are free to use this Article in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s) directly, unless additional rights are indicated by a Creative Commons license in the record and/or on the work itself.

This Article has been accepted for inclusion in Translated Abstracts by an authorized administrator of Digital Scholarship@UNLV. For more information, please contact digitalscholarship@unlv.edu.

*ARTICLE***Impact of Self and Therapists' Evaluation of Responses to Miracle Question and Goal: Survey of Japanese Undergraduate and Graduate Students**

Gen Takagi

Tohoku Fukushi University Sendai, Japan

Taku Hiraizumi

Miyagi University Sendai, Japan

Kazuma Sakamoto

Tohoku University Sendai, Japan

Miki Hagidai

Shibata Gakuen University Hirosaki, Japan

Abstract

焦点解决短期治疗此一心理治疗取向，并不关注于问题，而是关注来访者目标状态的澄清和例外的拓展。本研究目的旨在探讨：来访者和治疗师对目标澄清的评估，对于SFBT看重的一些重要变量，其影响效果为何。共有223名研究受试完成本研究所有相关变量的问卷填写。研究结果指出，自我（self）、治疗师对奇迹问句想象力的评估、目标的具体性、以及目标的现实性之间，彼此相关，然而，各变量之间的相关并不强，不过，这也证实了自我评估与治疗师的评估两者之间，存在着一定程度的差异。再者，治疗师的目标相关评估，对于解决之道的构建、解决导向、以及因果分析，有着正向影响；与奇迹问句、目标有关的自我评估，对于自我效能及问题解决（problem-solving）程度，亦有着正向影响。这些研究发现乃支持了：与奇迹问句、目标有关之自我与治疗师评估，对于解决问题，具有不同的、多元的影响效果。

Gen Takagi

Email: gtakagi.pr@gmail.com

Taku Hiraizumi

Email hiraizumit@myu.ac.jp

Kazuma Sakamoto

Email: kazumokeke@gmail.com

Miki Hagidai

Email: m.hagidai@gmail.com

Recommended citation:

Takagi, G., Hiraizumi, T., Sakamoto, K., & Hagidai, M. (2021). Impact of self and therapists' evaluation of responses to miracle question and goal: Survey of Japanese undergraduate and graduate students. *Journal of Solution Focused Practices*, 5(2).

Full-text English article available at: <https://digitalscholarship.unlv.edu/journalsfp/vol5/iss2/3>