

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

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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. 6: Iss. 1, Article 13.

Available at: <https://digitalscholarship.unlv.edu/journalsfpta/vol6/iss1/13>

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*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

焦點解決短期治療此一心理治療取向，並不關注於問題，而是關注當事人目標狀態的澄清和例外的拓展。本研究目的旨在探討：當事人和治療師對目標澄清的評估，對於SFBT看重的一些重要變項，其影響效果為何。共有223名研究參與者完成本研究所有相關變項的問卷填寫。研究結果指出，自我（self）、治療師對奇蹟問句想像力的評估、目標的具體性、以及目標的現實性之間，彼此相關，然而，各變項之間的相關並不強，不過，這也證實了自我評估與治療師的評估兩者之間，存在著一定程度的差異。再者，治療師的目標相關評估，對於解決之道的構建、解決導向、以及因果分析，有著正向影響；與奇蹟問句、目標有關的自我評估，對於自我效能及問題解決（problem-solving）程度，亦有著正向影響。這些研究發現乃支持了：與奇蹟問句、目標有關之自我與治療師評估，對於解決問題，具有不同的、多元的影響效果。

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).

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