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## Leave No Trace, Willful Unknowing, and Implications from the Ethics of Sustainability for Solution-Focused Practice Outdoors

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## ARTICLE

# Leave No Trace, Willful Unknowing, and Implications from the Ethics of Sustainability for Solution-Focused Practice Outdoors

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### Abstract

由於人們越來越意識到在大自然戶外活動的好處，因而在戶外進行談話治療，也就越來越流行，尤其新冠病毒出現的引動，更為限制了本可在室內進行的面對面交流（Ewert & Davidson, 2021）。在本文中，我們引用戶外活動領域中關於永續性的相關倫理，以發展戶外治療實務的隱喻，特別是關於焦點解決短期治療。首先，我們介紹了目前被認為是保護人們經常光顧的環境以及保存棲息地的一些良好作法。接著，我們研發相關倫理原則，特別考量到對當事人心聲的尊重，希望謹慎地發展出焦點解決戶外治療工作的隱喻，例如：不留痕跡。提供這些隱喻，期望能說明戶外治療實務工作者為什麼及應該如何致力在“不留痕跡”於服務人群的生活裡，同樣的，也不應在周遊的土地上，留下任何人們曾出現的痕跡。同時，我們還解說了我們的實務工作如何引用永續性的倫理原則，來實現焦點解決戶外工作的去殖民化（Mlcek, 2017），包含我們如何運用特權意識的實踐方法，來幫助“去殖民化”治療實務的進行。最後，以焦點解決取向進行戶外治療時，為提昇戶外治療領導者的勝任資格，我們亦針對諮商理論和倫理方面一些額外工作，提出相關建議

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