

I 期 (一般)

令和 8 年度

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(9 月 21 日)

【 英語 】

以下の英文を読み，各設問に日本語で回答しなさい

The process of psychotherapy is guided by theory; without theory, there is no psychotherapy. The theory provides the road map for the therapist. An understanding of the client's problems is saturated with theory, and, consequently, case conceptualizations are theoretically based. Treatment actions similarly are derived from theory used. In a profound way, the entire enterprise of psychotherapy from the case conceptualization and treatment planning to each therapist response emanates from therapy.

Given the importance of theory and the multitude of the theories, how does one choose a theory one? There are two perspectives from which to find the answer to this question. The first is the therapist's perspective. Each therapist needs to select a theory that he or she finds comfortable and appealing. An intellectual appeal flows, most likely, from a philosophy of science that forms the basis of theory. Furthermore, each theory has a worldview, which should be compatible with the therapist's attitudes and values. ①Moreover, each theory demands a skill set to deliver it; cognitive behavior therapy (CBT) involves structure, whereas humanistic theories require a presence in the here and now – and therefore a match between therapist characteristics and theory is needed. ②The theory used must be effectively enacted; that is, it is essential that the treatment delivered benefits the client. The therapist perspective can be summarized thusly: The therapist should be passionate about the therapy and be able to deliver the corresponding treatment effectively.

There are different considerations from the client perspective. Any person presenting to a healer expects an explanation and corresponding actions in the frame of the healing practice. That is to say, the psychotherapy clients expect a psychological explanation for their difficulties and some psychological intervention consistent with that explanation. ③However, not all psychological explanations are equally acceptable to a given client – and acceptance by the client is critical. Concordance with the client's worldview, culture, and preferences needs to be considered. For example, some clients will respond well to the structure of the CBT and

prefer the teacher / consultant role of the therapists. Others might expect therapy to involve introspection and benefit from the emotional connection to the therapist and thus respond better to an experiential / humanistic therapy. Multicultural counseling and psychotherapy recognize all therapy must be culturally relevant and sensitive. The therapist must assess the acceptance of the treatment by the client and be sensitive to client resistance to the treatment; if the client does not respond to a particular theoretical approach, then the therapist must adjust the therapy accordingly.

Wampald, W, E. (2018). The Basics of Psychotherapy: An Introduction to Theory and Practice (Theories of Psychotherapy) American Psychological Association. Washington, D. C.

問 1 下線部①を日本語で訳しなさい

問 2 下線部②を日本語で訳しなさい

問 3 下線部③を日本語で訳しなさい

問 4 本文全体の主旨をふまえ、Psychotherapy をあなたが実施する場合、何を重要と考えるか 200 字以内で述べなさい