

## I 期 (一般)

平成 31 年度

武蔵野大学大学院 人間社会研究科 人間学専攻 臨床心理学コース 入学試験問題 (9 月 23 日)

[ 英語 ]

下の英文を読んで次の問題 1、2 に答えなさい。

問題 1 この文章の大意を 400 字以内で書きなさい。

問題 2 この文章に対するあなたの意見を 400 字以内で述べなさい。

Clinical psychologists and psychotherapists live their day-to-day at the interface of their clients' most difficult emotions and recollections, so it is no surprise that burnout is a leading cause of problems for those in the profession.

Gabrielle Simionato and Susan Simpson of the University of South Australia gathered 40 articles in English on the topic, involving a total of almost 9,000 psychotherapists. On average, participants expressed a low to moderate degree of occupational stress, with just over half of those canvassed reporting moderate to high burnout. Burnout is often broken into three elements, and of these, the one most prevalent for therapists was emotional exhaustion - feeling physical and emotional fatigue while at work. Also prevalent to a lesser degree were the other two aspects: depersonalisation and a reduced sense of personal accomplishment.

Burnout rates were higher in psychologists who were less experienced, and also in those with less subjective confidence in their professional ability. Several studies showed a lack of social support in or outside the workplace was associated with burnout. However, other studies showed that frequent discussion of work frustration with others was itself associated with higher burnout.

Based on their findings, Simionato and Simpson make some specific recommendations for ways of approaching work that may be useful: maintaining boundaries, seeking support, staying in touch with humour. There is also some general evidence that mindfulness may be an effective route to reducing rumination and unrealistic expectations.

depersonalization : 非人格化、個人のアイデンティティが失われてる感覚