

I 期 (一般)
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受験番号		氏名	

令和 4 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 26 日)  
[ 英語 ]

次の英語の文章を読んで、問題に答えなさい。

It is important to identify how the individual perceives control in their lives and how this perception or belief affects their functioning. Control may be defined as having power over something. A common belief is that if a person views himself or herself as “being control”, they SHOULD be able to exert their power and force change. This can be very positive when the change that a person desires can become reality through their efforts. “I will find a way or make it!” is a great example of how this perception can lead to positive action. A problem arises when the situation or an individual’s response is resistant to being controlled. If they attempt to exert their power and do not get the desired result, they become polarized in their interpretation. “I failed.” “I needed to work harder or do more.” Polarized interpretations lead to all-or-nothing and black-and-white thinking. This reduces freedom of acceptable experience, restricts choices, and makes it difficult for the individual to take responsibility for their actions. This may become clearer through a common example. Many individuals believe that they can “control” their emotions. If emotions could truly be controlled, there would be no use for medication-management or psychotherapy. The individual would simply exert their power and choose not to be depressed or anxious. If this ability were true, depression and anxiety would not be related to chronic pain. The belief that things can be controlled implies that there is a clear and predictable course of action that leads to one acceptable outcome. This belief does not generalize well to the reality that most individuals experience.

Influence may be defined as producing some effect without exerting direct contrast or power. If the individual focuses their attention on exerting influence, they have more choices and possibilities. This challenges all-or nothing and black-and-white thinking. This concept can be clarified by continuing the example in the previous paragraph. Replace the belief that emotions can be controlled with the belief that emotions can be influenced. This change implies that there is no ONE clear course of action that leads to ONE acceptable outcome. The individual does not have to be perfect in their approach to the situation and can accept that change is a process that is dynamic and unpredictable at times. This shift in belief allows for flexibility in beliefs, interpretations, choices, actions, and acceptable outcomes. There is now a range of what is allowable or acceptable which makes it easier for the individual to take responsibility for their actions and involvement in the process.

出典 : Carlson, M. (2014). CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing. Wiley-Blackwell.

問題1 Chronic pain の訳語を日本語で示しなさい

問題2 本文の大意を 400 字程度で要約しなさい

問題3 この文章に対するあなたの考えを 200 字程度で書きなさい

問題4 この文章で示している内容を心理療法に応用する場合の具体例を 200 字程度で示しなさい (ただし問題文とは異なる例を示すこと)