

# 藝術治療團體運用於 偏鄉青少年生涯探索活動之經驗探究

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## 摘要

偏鄉學校因資源限制，使學生難有機會深入探索自己，而常有自我概念模糊的情況。且由於缺乏文化刺激，常導致偏鄉學生視野狹隘，使其在生涯抉擇上更容易遇到阻礙。本研究期望透過藝術治療團體，提供非語言的表達途徑，並透過媒材將抽象概念以視覺的形式呈現，幫助口語能力有限的偏鄉學生更具體敘說問題，進而協助他們表達難以說出的內在衝突，使問題可以在放鬆、安全的氛圍中加以處理，促進其發展自我概念；本研究以偏鄉地區國中九年級在校青少年為研究對象。研究過程包含事前、事後訪談與團體活動帶領三大部分，並以主題分析法對訪談資料進行分析與統整。研究結果發現：一、藝術治療團體形式提供成員安全的表達空間，並促進成員間的真誠互動，使參與者能夠安全而自在地表露自我；二、活動形式多元，幫助青少年更降低防衛、減輕焦慮，因而更加放鬆地投入活動中；三、造山活動協助青少年將抽象概念具體化，得以從客觀的角度重新審視困境、釐清抽象概念對自我之影響，重新獲得對生涯現況的掌握感；四、偏鄉青少年透過藝術創作歷程探索生涯輔導需求，達到深度輔導與探索之功效。最後依據本研究結果對實務工作者、偏鄉地區學校以及青少年生涯輔導提出建議。

**關鍵詞：**生涯探索、偏鄉青少年、團體輔導、藝術治療

# **The Study of the experience of rural youths in art therapy groups with career exploration activities**

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## **Abstract**

Due to resource constraints in rural schools, it was difficult for students to have the opportunity to explore themselves in depth, and often had chaos self-concepts. And due to the lack of cultural stimulation, rural students often had a narrow vision, making them more likely to encounter obstacles in career decisions. This research hoped to provide non-verbal way of expression through art therapy groups, and to present abstract concepts in visual form through art materials, so as to help rural students with limited oral language ability to express their problems more concretely, and then helped them express their hard-to-speak inner conflict, so that the problem could be dealt with in a relaxed and safe atmosphere, and promote the development of self-concept. There were five ninth grade teenagers participated in the study. The research process includes three parts: pre-, post- interview and group activity leadership, and the interview data was analyzed and integrated by thematic analysis method. The research results found that: First, group counseling provides participants with a safe space for expression, and promotes sincere interaction among participants, so that participants could express themselves safely and freely; Next multi-activities improve participants released anxiety, and therefore more relaxed into activities; Then, Mountain-building activities helped young people to materialize abstract concepts, re-examine predicaments from an objective perspective, clarify the impact of abstract concepts on themselves, and regain a sense of mastery of life; The last, using art materials in groups could meet the career counseling needs of rural teenagers and achieve the effect of in-depth counseling and exploration. Finally, based on the results of this study, suggestions were made for practitioners, schools in rural areas, and youth career counseling.

**Key words:** Career exploration, rural youth, group counseling, art therapy