

心理輔導與靈命導引

異同與整合

譚淑貞博士

(先定義/看過程)

Life is not just 生命不單:

- a problem to be solved (counselling)

是一難題有待解決 (輔導學)

(Who I am? 我是一個怎樣的人?)

亦是 *but also*

- a mystery to be lived (spiritual direction) 是一奧秘去活(靈命導引)

(How God wants me to be? 上帝想我怎樣?)

Pierre Teilhard de Chardin

- We are not just **Physical Beings** 不只肉身 encountering **spiritual experiences** 靈性的體驗

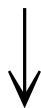
But

- We are **Spiritual Beings** 有靈性的人經歷 encountering **physical experiences** 肉身的體驗

- 神學 (theology) - 認識上帝



靈修學 - 人如何自己經驗上帝



- 心理學 (psychology) - 認識自己

Definition of Counseling/Guidance

何謂輔導

- 輔導 (Counseling) 是一個過程 (Process), 透過輔導者 (Counselor) 與當事人 (Client) 構成一種情況 (situation), 建立一種關係 (relationship); 讓當事人能開放自己 (Self disclosure), 正視困擾 (disturbance), 好去作出回應 (reaction), 從而產生改變 (change), 或發揮更新的生命力 (life power) . [好去回應基督的大愛] 。

What is Spirituality?

何謂靈命

- A person's search for meaning of life beyond one's immediate context?? 人尋找存活意義
- A person's awareness of one's finitude and thus a Cosmic Power (Ultimate Source of Life) in the Universe?? 人發現自己的限制->宇宙的超然能量
- An authentic quest for Ultimate Value (to be at Home) 真實地尋找終極價值/意義 (家的感覺)

The Study of Spirituality

- Theological 神學— Biblical / Historical
- Hermeneutical 傳釋學— Cross Cultural / Anthropological / Interpretive / Exegetical
- Formative 塑造學—Experiential/Transformational / Appropriate to the Individual / (Ignatian)

(Informed->conformed->transformed->Formed)

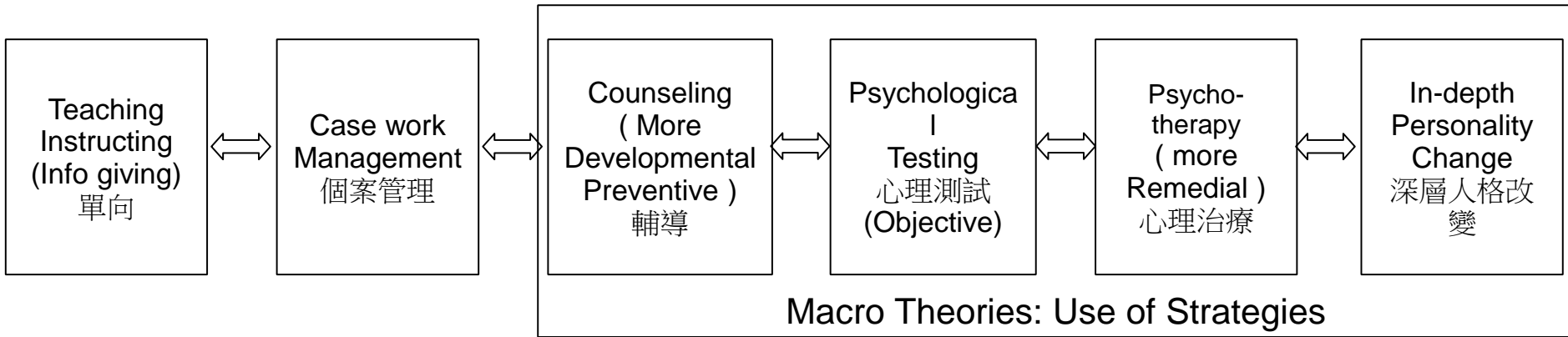
A Continuum of Helping 助人向度

- Teaching, instructing, guiding (info-giving) 單向
- Case work management # 個別情況
[Spiritual Direction 靈性導引?]
- Counselling (developmental & preventive) # *輔導
- Psychological testing # 心理測試 (個別中的客觀性)
- Psychotherapy (more remedial) # *心理治療
- In-depth personality change # *深層人格改變

(# the use of micro skills 微型技巧)

* the use of counselling theories 輔導理論-人觀)

A Continuum of Helping 助人向度



Micro Skill: The Process of Managing a Case (i.e. Case Management)



Emphases of a Case Manager:
個案管理

Assessment: Client's needs 評估
Resources: External / Internal 內外資源
Impediments to resources: 阻力 / 助力



The Process of Managing a Case

個案處理過程

(The Use of Micro – Skills 微型輔導技巧)

- Engaging skills for rapport building 建立關係
- Focusing skills for problem exploration 聚焦
- Contracting skills for priority setting 共識契約
- Intervention skills for using of strategies 推行策略
- Termination skills for evaluation & disengagement 評估/結束

The Use of Counselling Theories

輔導理論-人觀

- Psychoanalytic Theories (Freud, Jung, etc.)
心理分析理論 (佛洛伊德)
- Cognitive & Behavioral Theories (Skinner, Ellis, Beck, etc.) 認知行為理論 (史堅納)
- Humanistic & Existential Theories (Rogers, Frankl, etc.) 人文實存理論 (羅傑士)
- Transpersonal Theories (Maslow, Benner, etc.) 超個人理論 (馬斯勞)
- The family Systems (Haley, Minuchin) 家庭理論 (米納慶)

基督教人觀

- 本有 上帝的形象 (創1:26,27; 2:7)
- 喫分別善惡樹上的果子...必定死... (創2:17)
- 罪.....(羅3:23)
- 救贖...(約3:16)
- 聖靈....(約14:16-20)

基督徒輔導

- 祈禱的地位.....
- 聖靈的工作...
- 人的參予.....(輔導員與被輔導者)

The Process of Spiritual Direction

靈命導引進程

- Engaging with attentive listening 接觸/聆聽
- Focusing on Religious Experiences
聚焦-宗教體驗
- Discerning God's will for one's life
分辨上帝對一己之心意
- Proceedings – Prayer, Bible Study, 透過
Fasting, Worship, etc. 禱告, 讀經, 禁食, 敬拜

Christian Counseling & Spiritual Direction

輔導與靈命導引的比較

- Engaging (Rapport)接觸
- Focusing (Human Problem)聚焦-解決問題
- Contracting (Priority)共識
- Intervening (Strategy)策略
- Terminating (Evaluation)評估
- Engaging (Rapport)接觸
- Focusing (Religious Experiences)聚焦-宗教體驗
- Discerning分辨
- Proceeding過程
(Prayer 祈禱
Bible Study 讀經
Worship 敬拜
Fasting 禁食)

The Way of Spiritual Direction

靈命導引的特性

- Mutual understanding / Self awareness of one's role & function 共識 / 彼此的角色
(i.e. Growth oriented in Relation w/ God) 在上帝裡的成長
- Focusing on what happens when a person listens and responds to God 聚焦聆聽
(i.e. Religious Experiences – encounter with the Awesome of Life) 宗教體驗
- Discerning God's will on a person's life/ willing to let go (& let God) 分辨(放下主權)
(i.e. Examination of Conscience/Consciousness) 良知/意識¹⁶

Practice of Spiritual Direction

靈命導引的實踐

- Listening is basic 細心聆聽
- Discernment is essential 分辨上帝的心意
- Soul friendship is the relationship 靈友關係
- Confidentiality is a must 保密 (w/ limitations 限度)
- Contemplation is important 默觀
(i.e. disposing one's heart before God 身心靈)
- Looking for signs of walking with God (Grace!)
與上帝同行的印記
- End result - shaping of a Christian character
結果—孕育基督的生命

Psychology ← Spirituality → Theology

Christian Counseling

- “Western Medicine” - by scientific method
- Life Story – A problem to be solved.
- Professional – W/ training & accountability. Clients may not have the same faith.

Spiritual Direction

- “Oriental Herbal Care” – by experiential knowledge
- Faith Journey – A mystery to be lived.
- Soul Friend – A trustworthy person w/ discernment. Usually with the same faith.

Christian Counseling

- The use of Psychology (Objective Knowledge – Four forces: Psychoanalysis, CBT, Humanistic/Existential, Transpersonal & Family)
- 與真我相遇
- 人的經驗 – Head-Hand-Heart-Higher Power
- Living & Doing
- Change – Freedom with self knowledge to choose from....

Spiritual Direction

- The use of Formative Theology (Subjective Experiences --- Quietness, Prayer, Bible, Discernment, Fasting & Worship)
- 與真神相遇
- 宗教體驗 – Higher Power (Holy Spirit)
- Life & Being
- Growth – Freedom with faith to be transformed....

基督教輔導與靈命導引 異同與整合

- Mindfulness-based (stress-reduction)
Cognitive Therapy 專心認知 (此時此地)
- Centering Prayer 歸心禱告
- Narrative Therapy 重述史蹟

Attentive Listening 專注聆聽練習

Soul Friend Sharing

(Pray that we'll be a channel of God's messages to others)

- 多聆聽, 少說話 (可以問, 請精簡)
(Attentive Listening – S-O-L-E-R)
- 請一方先講(約5分鐘); 另一方聚焦聆聽.
(Focused Listening - 4 H - Consistency)
- 聆聽者用不多於10字回應:(我覺得)你..(感受)
(Crystallized Response – 精簡回應)

<Change Role & Repeat>