

原著

# 学生相談における早期中断例についての一考察

西村智代 島田 修

川崎医療福祉大学 医療福祉学部 臨床心理学科

1995-10-18 00:00:00+09受理

## Speculation on the Two Cases of Student Counseling which were Discontinued at an Early Stage

Tomoyo NISHIMURA and Osamu SHIMADA

*Department of Clinical Psychology Faculty of Medical Welfare Kurashiki, 701-01, Japan*

*(Accepted 1995-10-18 00:00:00+09)*

**Key words:** student counseling, counselor, client, discontinued case

### Abstract

I have considered the cause, the reason and the meaning of the discontinuity at an early stage in the two cases of student counseling. They were studied from the following viewpoints: the counselor's factor, the clients' factor and the factor of the structure of the student counseling. At first, I have discussed that the structure of the interview was unclear and that there was not enough agreement on the contract for the interview between the clients and the counselor. Then it was noticed that there was a gap between the counselor understanding of the clients' needs and what they really expected of the counselor. Also, it was necessary to consider how mentally healthy those clients were. Furthermore, it was pointed out that the system of the student counseling overall in our university should be reorganized including intakes.

### 要約

学生相談において早期に中断に至った二例について、中断の原因や理由、その意味などを、治療者側の要因、来談者側の要因、学生相談室の構造的な側面から考察した。まず、面接の構造化が明確になされておらず、面接の契約について相互理解が不十分であったことが挙げられた。また治療者は、来談者の期待とずれたところで関わっていたことが様々な点から明らかになった。来談者については、その「健康さ」が考えられた。さらに本学の学生相談のあり方について、インタビュー機能の充実の必要性を始め、十分に整備されていない点が指摘された。

