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## Impact of Self and Therapists' Evaluation of Responses to Miracle Question and Goal: Survey of Japanese Undergraduate and Graduate Students

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*ARTICLE***Impact of Self and Therapists' Evaluation of Responses to Miracle Question and Goal: Survey of Japanese Undergraduate and Graduate Students**

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**Abstract**

焦点解决短期治疗此一心理治疗取向，并不关注于问题，而是关注来访者目标状态的澄清和例外的拓展。本研究目的旨在探讨：来访者和治疗师对目标澄清的评估，对于SFBT看重的一些重要变量，其影响效果为何。共有223名研究受试完成本研究所有相关变量的问卷填写。研究结果指出，自我（self）、治疗师对奇迹问句想象力的评估、目标的具体性、以及目标的现实性之间，彼此相关，然而，各变量之间的相关并不强，不过，这也证实了自我评估与治疗师的评估两者之间，存在着一定程度的差异。再者，治疗师的目标相关评估，对于解决之道的构建、解决导向、以及因果分析，有着正向影响；与奇迹问句、目标有关的自我评估，对于自我效能及问题解决（problem-solving）程度，亦有着正向影响。这些研究发现乃支持了：与奇迹问句、目标有关之自我与治疗师评估，对于解决问题，具有不同的、多元的影响效果。

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