

中文摘要

本研究主要探討當我運用敘事治療，陪伴故事主人重寫其生命藍圖時，故事主人呈現如何的故事樣貌，以及對其產生的影響為何。

本研究透過電子信件與網路留言版等方式，招募到七位有意願的研究參與者，經過評估與實際諮商後，最後選擇一位成為本研究的研究參與者（即故事主人），彼此進行一對一的網路諮商，共收集到五種資料，分別是 21 次的網路諮商逐字稿、50 封電子信件、2 張證書、3 張相片、以及 1 篇網路故事。研究結果除了呈現故事主人的生命故事外，並採用敘事分析方法中的「整體--內容」進行諮商對話的資料分析。

研究結果分為兩大主軸，首先是故事呈現，再來是敘事治療對故事主人的影響。首先在故事部分，可以從以下三部分來呈現，一、認識 Helen；二、Helen 的婚姻故事；以及三、告別與向前。再來是對故事主人的影響部分，主要有以下 16 點：1.原來我是如此看待自己；2.我知道我是很有力量的人；3.我要的是健康的身心；4.明白自己是會找出路的人；5.看見自己的價值；6.明白事情的意義；7.珍惜擁有；8.外婆是支持自己的一個力量；9.發現心的新力量；10.感謝上帝、家人、自己與學生；11.相信人有自癒能力；12.對自己好一點；13.自己是自己生命的主角；14.對過去表示祝福；15.珍惜擁有並追求快樂；16 一切都會過去的，而自己也會再度快樂。

此外，我繪製一張故事主人生命藍圖的重寫歷程圖，也書寫我對研究的反思、故事對我的觸動，以及對未來研究者與網路諮商員提出一些我個人的淺見。

關鍵字：故事主人、重寫、共同作者／共寫、生命藍圖、敘事治療、網路諮商。

Using Narrative Therapy in Online Counseling to Join the Master of the Story in Re-Authoring her Landscape of Life

Abstract

The present study seeks to address how a counselor applies what he interprets as the essence of narrative therapy to accompany the master of the story to re-author his landscape of life. Two objectives are aimed at by the study: (1) to see to what depth a counselor can go into the psyche of the master of the story via online counseling, and (2) to see the effect of such counseling on the master of the story.

The study found seven volunteer participants by email and the Internet message board and picked one of them after evaluation and counseling. From this select participant five types of data were gathered. They are twenty-one word-for-word online counseling records, fifty emails, two certificates, three photographs, and an online story. During the research we not only elicited the life story of the participant, but also analyzed the counseling dialog in terms of overall content, a method of narrative analysis.

The research result is divided into two parts, the life story itself and the effect of narrative therapy on the participant. The story is shown thus: (1) who Helen is; (2) Helen's past marriage; (3) saying goodbye and moving on. Furthermore, there are sixteen items concerning the influence the participant has gained: (1) For the first time I realize that I have been considering myself this way; (2) I know that I am very strong; (3) Physical and mental health is what I want; (4) I am one with an ability to find a way out of the impasse; (5) I know the worth of my existence; (6) I can find the meanings of things; (7) I value what I have; (8) Grandma is one of my supports; (9) I find a new power of the mind; (10) I want to say thanks to God, my family, my students, and myself; (11) I believe in the inherent, self-restorative power; (12) I understand that I should treat myself better; (13) I find that I myself is the protagonist of my life drama; (14) I regard the past as a blessing; (15) With what I have in mind I am in pursuit of further happiness; (16) I am confident that everything will become the past and I will be happy again.

What concludes this study are the advantages and disadvantages of online counseling and some suggestions for the future research of this kind.

Key words: the master of the story; coauthor; re-authoring; landscape of life; narrative therapy; online counseling/ web counseling