

中文摘要

本研究指在探討諮商師對家暴加害人抗拒行爲之理解。以分析研究者個人及一位研究參與者對於家暴加害人在強制性認知教育輔中過程中抗拒行爲之理解爲何，建構出研究者目前對於抗拒行爲的新理解。本研究以訪談法進行資料蒐集，並以歸納法進行資料分析。本研究的主要研究結果如下。

一、諮商師 R 對家暴加害人抗拒行爲之理解，其核心主題爲「不符合我的期待就是抗拒」，其中包含七個軸心主題及廿個主題。七個軸心主題爲（一）刻意呈現良好的形象、（二）不願承認自己是家暴加害人、（三）推卸責任、（四）以主動挑戰的方式來操控課程、（五）以被動配合課程的方式來表達不滿、（六）逃避面對負向情緒及（七）避免談論暴力行爲。

廿個主題爲刻意維持好的形象、刻意凸顯自己好的一面、不願承認暴力行爲、輕描淡寫暴力行爲、扮演受害者角色、合理化暴力行爲、不願意負起責任、合理化遲到行爲、操控處遇的內容、操控處遇的方向、挑戰團體規範、參與處遇的動機低、表達對處遇的不滿、不覺得需要改變、用其它情緒掩蓋真實的感覺、逃避負向情緒、迴避焦慮情境、逃避焦慮情境、轉移談論暴力行爲的焦點及逃避談論暴力行爲。

二、諮商師 P 對於家暴加害人抗拒行爲之理解，其核心主題爲「抗拒行爲是可以被理解的」，其中包含七個軸心主題及十六個主題。在七個軸心主題中，有三個軸心主題是從諮商概念出發的解釋，包括刻意呈現良好的形象、不願意承認自己是家暴加害人、推卸責任；有四個軸心主題是將心比心的解釋，包括刻意呈現良好的形象、不想要家暴加害人的標籤、對家庭暴力的錯誤認知與迷思及不信任處遇團體與帶領者。

在十六個主題中，有十個主題屬於從諮商概念出發的解釋，包括刻意維持好的形象、刻意凸顯自己好的一面、不願承認暴力行爲、輕描淡寫暴力行爲、扮演受害者角色、合理化暴力行爲、不願意負起責任、不想被貼上家暴加害人標籤、競爭團體中的權力地位及與其他成員的暴力行爲切割；及六個主題屬於將心比心的解釋，包括刻意維持好的形象、不想被貼上家暴加害人標籤、想儘快結束處遇課程、對暴力的認知錯誤、對家庭暴力法的迷思及不信任處遇團體與帶領者。

三、諮商師 R 與 P 對於家暴加害人抗拒行爲之理解中，有三個相同的軸心主題，分別爲刻意呈現良好的形象、不願承認自己是家暴加害人及推卸責任。諮商師 R 有四個獨特的軸心主題，分別爲以主動挑戰的方式來操控課程、以被動配合課程的方式來表達不滿、逃避面對個人負向情緒、避免談論暴力行爲；諮商師 P 有三個獨特的軸心主題，分別爲不想要家暴加害人的標籤、對家庭暴力與家庭暴力防治法的觀點、不信任處遇團體與帶領者。

四、諮商師 R 與 P 對於家暴加害人抗拒行爲之理解中，有七個共同主題與廿二個相異的主題。七個共同主題，分別爲刻意維持好的形象、刻意凸顯自己好的一面、不願承認暴力行爲、輕描淡寫暴力行爲、扮演受害者角色、合理化暴力行爲及不願意

負起責任。在廿二個相異的主題中，十三個主題為諮商師 R 獨特的理解，分別為合理化遲到行爲、操控處遇的內容、操控處遇的方向、挑戰團體規範、參與處遇的動機低、表達對處遇的不滿、不覺得需要改變、用其它情緒掩蓋真實的感覺、逃避負向情緒、迴避焦慮情境、逃避焦慮情境、轉移談論暴力行爲的焦點及逃避談論暴力行爲。

其中九個主題為諮商師 P 獨特的理解，其中三個是從諮商概念出發的主題，包括不想被貼上家暴加害人標籤、與其他成員的暴力行爲切割及競爭團體中的權力地位；以及六個將心比心的主題，包括想儘快結束處遇課程、對暴力的認知錯誤、對家庭暴力法的迷思、不信任處遇團體與帶領者、不想被貼上家暴加害人標籤及刻意維持好的形象。

五、諮商師 R 與 P 對家暴加害人抗拒行爲之理解出現共同主題，可能因爲家暴加害人的抗拒行爲類似，雖然所實踐的理論概念不同，但對現象場的解釋仍有相同的部份。

六、諮商師 R 與 P 對家暴加害人抗拒行爲之理解出現不同的理解，可能與實務經驗深淺、理論概念不同、專業訓練背景及個人議題所造成。

七、諮商師 R 於研究過程中，增加對於抗拒行爲的新理解爲：(一) 增加對家暴加害人抗拒行爲將心比心的解釋；(二) 家暴加害人想要好人的標籤；(三) 貼近家暴加害人對於暴力行爲的認知。

八、諮商師 R 擴大了對於抗拒行爲的認知地圖，並且有九個對於理解抗拒行爲的轉變歷程。

最後，研究者依據本研究結果加以討論，並提出具體建議，以應用在諮商師與家暴加害人的實務工作、訓練與督導方面，並作爲未來研究之參考。

關鍵字：諮商師、家暴加害人、抗拒行爲之理解

Counselor's Understanding to Resistant Behaviour of Batterers in Domestic Violence

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Abstract

The purpose of this study was to explore Counselor's Understanding to Resistant Behaviour of Batterers in Domestic Violence. Mainly in order to analyse researcher individual and one research participant understanding of the behavior while mandatory cognition educates while complementing, build and construct out a researcher to the new understanding of resisting behavior at present. This research collects the materials with the interview law, and carry on analysis with induction. The main result of study of this research is as follows.

First, it resist understanding of behavior about house inflictor not cruel at teacher R consulting, theme not key of it for ' accord with expectation of me resist ', among them include seven axis themes and twenty themes. Seven axis themes are (1) The good image appears sedulously, (2) Unwilling to admit oneself is a cruel inflictor of the family, (3) Shirk responsibility, (4) Control course by way of challenging voluntarily, (5) Complain by cooperating with course way passively, (6) Face not shouldering escape turn towards mood of and (7) Avoid talking about the act of violence.

Twenty themes, in order to maintain the good image sedulously, painstaking one's own prominent good side, unwilling to admit the act of violence, touch on lightly the act of violence, act the injured party role, rationalized act of violence, it is unwilling to shoulder responsibility, rationalized late behavior, control the content met in place, control the direction met in place, challenge group's norm, it is low to participate in the motive met in place, express the discontent met to the place, do not think that need to change, conceal the true feeling with other mood, escape shouldering to mood, avoiding the anxious situation, escaping the anxious situation, shifting focus and escape of talking about act of violence and talking about the act of violence.

Second, consulting the teacher Ps resist understanding of behavior about house inflictor not cruel, theme not key of it for ' resist behavior to be can ones that understand ', among them include seven axis themes and 16 themes. In seven axis themes, three axis themes are the explanation proceeding from concept of consulting trader, the ones that including appear sedulously well are vivid, unwilling to admit oneself is the cruel inflictor of the family, shirk responsibility; Four axis themes are the explanation of feeling for others, including present good image, label, cognition of mistake of family's violence and

myth not wanting the cruel inflictor of the family and distrust the place to meet the group and persons who lead sedulously.

In 16 themes, ten themes belong to the explanation that proceed from concept of consulting trader, including maintain the good image sedulously, painstaking one's own prominent good side, unwilling to admit the act of violence, touch on lightly the act of violence, act the injured party role, rationalized act of violence, it is unwilling to shoulder responsibility, not want to be stuck family's cruel inflictor's label, power status in the competition group and cut with the act of violence of other members; And six themes belong to the explanation of feeling for others, including maintain the good image sedulously, do not want to be stuck family's cruel inflictor's label, is it finish place meet course, cognitive mistake in violence as soon as possible to want, to family myth, violence of law and distrust place meet group and person who lead.

Third, in the understanding that consulting trader teacher R and P resist the behavior to the cruel inflictor of the family, there are three the same axis themes, it is vivid, unwilling to admit oneself is the cruel inflictor of the family and shirk responsibility in order to appear sedulously well respectively. Consulting trader teacher R has four unique axis themes, in order to control course by way of challenging voluntarily respectively, complain, escape shouldering to mood, avoiding talking about the act of violence in the face of individual by cooperating with course way passively; Consulting trader teacher P has three unique axis themes, respectively for want house cruel label of inflictor, prevent and cure to family violence and family violence view, distrust office of law meet the group and persons who lead.

Fourth, in the understanding that consulting trader teacher R and P resist the behavior to the cruel inflictor of the family, there are seven common themes and twenty two different themes. Seven common themes, in order to maintain the good image sedulously respectively, painstaking one's own prominent good side, unwilling to acknowledge act of violence, touch on lightly act of violence, act injured party role, rationalized act of violence and unwilling to shoulder responsibility. In twenty two different themes, 13 themes, for the teacher R unique understanding of consulting trader, it is a late behavior of rationalization respectively, control the content met in place, control the direction met in place, challenge group's norm, it is low to participate in the motive met in place, express the discontent met to the place, do not think that need to change, conceal the true feeling with other mood, escape shouldering to mood, avoiding the anxious situation, escaping the anxious situation, shifting focus and escape of talking about act of violence and talking about the act of violence.

Among them nine themes, for the teacher P unique understanding of consulting trader, three among them are themes proceeding from concept of consulting trader, including does not want to be stuck family's cruel inflictor's label, cut and competed for the power status in the group with the act of violence of other members; And six themes of feeling for others, including want to finish meeting course in the place as soon as possible, cognitive mistake to the violence, to family myth, distrust place meet between group and person who lead, is it stick into house cruel inflictor label and maintain good image sedulously to want, violence of law.

Fifth, consulting trader division R and P present the common theme to the understanding that the cruel inflictor of the family resist the behavior, perhaps because the behavior of resisting of the cruel inflictor of the family is similar, though theory concepts practised are different, but still have the same parts to the explanation of the phenomenon field.

Sixth, consulting trader division R and P present different understanding to the understanding that the cruel inflictor of the family resist the behavior, may be different from the depth of practice experience, theory concept, professional training background and personal topic cause.

Seventh, consulting trader division R increases and is interpreted as what has been resisted the behavior newly in studying the course:(1)Increasing will resist the explanation that the behavior feels for others to the cruel inflictor of the family;(2)Cruel inflictor wants the good person's label at home;(3)Press close to cruel inflictor's cognition of act of violence of the family.

Eighth, consulting trader division R has been expanded to the cognitive map which resists the behavior, and there are nine for understanding the transition course which resist the behavior.

Finally, the researcher discusses according to this result of study, propose the concrete suggestion, in order to apply to the practice of the teacher and cruel inflictor of family of consulting trader and work, train and supervise the respect, and as the reference of studying in the future.

Key words: Counselor 、Batterers in Domestic Violence 、Understanding to Resistant Behaviour