

令和 7 (2025) 年度

一般選抜(I期)

試験問題冊子 (英語)

注 意 事 項

- (1) 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
- (2) 解答用紙は、この冊子に挟み込んであります。
- (3) 試験開始後に、問題の不鮮明、解答用紙の汚れ等に気付いた場合、手を挙げて監督者にお知らせください。
- (4) 試験開始後に、問題冊子に受験番号及び氏名を記入してください。
- (5) 試験開始後に、解答用紙に受験番号のみを記入してください。
- (6) 試験時間は 60 分です。
- (7) 配布された問題冊子・解答用紙は、全て提出してください。

受験番号	氏 名

大阪人間科学大学 大学院 人間科学研究科

次の英文を読み、問 1～5 について、日本語で答えなさい(答えは解答用紙に記入してください)。

①Group therapy is a therapeutic method applied to clinical social work practice in which individuals are placed in a group, guided by one or more therapists or leaders for the purpose of bringing about change(s) in each individual through the various group processes. Unique to the group is that it allows for the re-creation of group members' customary roles, behaviors, and interactional patterns. The power of groups is that therapists are required to bring the underlying issues and feelings out in the open in a relatively “public way”, while building cohesion experienced as togetherness and connection. This process can be challenging for groups, especially when dealing with personal topics such as intimate relationships, problem-behaviors, parenting behaviors, and work and career-related issues, etc. Group therapy focuses on the ②“here and now”, utilizing action-oriented problem-solving and decision-making that values a range of activities including art, music, games, theater, etc.

The change process in groups refers to the dynamics of the group and the emotional and cognitive processes within each individual, that foster social and emotional functioning and more effective coping abilities. ③Irvin Yalom, an American existential psychiatrist and currently an emeritus professor of psychiatry at Stanford University, states “therapeutic change is an enormously complex process that occurs through an intricate interplay of human experiences,” which he refers to as “therapeutic factors,” initially termed “curative factors”. Yalom's eleven group therapy factors, although examined separately, are “intricately interwoven” and vary in their importance from group to group. The eleven therapeutic factors briefly described Table 1.

Table 1. The Therapeutic Factors

Therapeutic Factors	Definition
Universality	Members recognize that other members share similar feelings, thoughts, and problems
Altruism	Members gain a boost to self-esteem through extending help to other group members
Instillation of hope	Members recognize that other members' therapy success can be helpful and they develop optimism for their own improvement
Imparting information	Education or advice provided by the therapist or group members
Corrective recapitulation of primary family experience	Opportunity to reenact critical family dynamics with group members in a corrective manner
Development of socializing techniques	The group provides members with an environment that fosters adaptive and effective communication
Imitative behavior	Members expand their personal knowledge and skills through the observation of group members' self-exploration, working through, and personal development
Cohesiveness	Feelings of trust, belonging, and togetherness experienced by the group members
Existential factors	Members accept responsibility for life decisions
Catharsis	Members release of strong feelings about past or present experiences
Interpersonal learning	Members gain personal insight about their interpersonal impact through feedback provided from other members
	Members provide an environment that allows members to interact in a more adaptive manner

Source (Yalom, I., & Leszcz, M., 2005)

(出典)

Rusu, A.S., & Davis, R. (2022). Interdisciplinary approach of Yalom's group therapy factors: A theoretical model for including animal presence in social work education and practice. *Front Vet Sci*, 9,1024355

Bernard, H. Burlingame, G.; Science to Service Task Force, American Group Psychotherapy Association (2008). Clinical Practice Guidelines for Group Psychotherapy. *Int J Group Psychotherapy*, 58(4),466.

Yalom, I., & Leszcz, M. (2005). The theory and practice of group psychotherapy. New York: Basic Books.

(上記論文を一部省略、修正して作成)

問1 下線部①を和訳しなさい。

問2 下線部②の“here and now”について、どういうことなのか考えを述べなさい。

問3 下線部③を和訳しなさい。

問4 therapeutic factors について、500字以内の日本語でまとめなさい。

問5 上記英文を読み、考えられることを自由に述べなさい。