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How Do You View Your Clients in Couple Therapy?

在夫婦輔導中如何看待接受輔導的夫婦？

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Abstract

Does gender bias exist in couple therapy? The author, a marriage and family clinical supervisor, presents his applications to augment the recent study by Ro, H.S. & Wampler, R.S. (*Journal of Marital and Family Therapy*, 2009). Their findings have suggested that gender bias is alive and well in couple therapy, with bias also existing among MFT university faculty. The author offers ways for the clinician to examine their own beliefs before they become "self-fulfilling prophecies" with their clients.

羅和萬培勒在 2009 年的研究中指出，在夫婦輔導中，不同性別的輔導員常會對夫婦中的丈夫和妻子存有偏見，例如，丈夫往往會被輔導員描述成有負面行為，男輔導員對妻子也會有一定的成見。作者指出，如果輔導員發現自己對尋求輔導的夫婦有偏見，可以嘗試以下的一些策略來發現和克服偏見：在準備輔導時，思考克服偏見的策略；策劃一些可以挑戰偏見（至少不會使輔導員自己容易陷入偏見）的問題；盡可能詳盡地記錄輔導過程，以便重新檢視；如果你有參與督導，可在督導環節留心偏見是否出現。

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