

2025 年度 常葉大学大学院 健康科学研究科 修士課程
＜臨床心理学専攻＞
一般入試 I 期 【英語】

問題 次の全文を和訳しなさい。

The psychodynamic approach attempts to reintegrate the traumatic experience using a variety of techniques geared to specific stages of the disorder or the therapeutic process, as well as to the personality development of the client. Therapeutic interventions include “covering” techniques such as stress management for stages involving intrusive memories and “uncovering” techniques such as psychodrama during denial stages. Unfortunately, studies that have investigated the effectiveness of the psychodynamic approach remain hampered by the lack control groups and the mixed-subject pool in which only a portion of the clients are diagnosable as having PTSD. The one exception is a controlled study that reported moderate effects with approximately 60% of the participants. However, the “completion tendency” theory is clearly compatible with EMDR’s blocked-processing paradigm, and the utilization of various strategies for effective relief is consistent with the multifaceted approach of EMDR, which includes self-control techniques, the incorporation of stages of imagined reenactment, and the adoption of alternative behaviors. EMDR, which employs free associative processes similar to psychodynamic therapy, appears to enhance the “working through” of the memory through both insight and integration. The recent study have also reported that EMDR is fully compatible with the newer brief psychodynamic models.

注：EMDR 眼球運動による脱感作と再処理法

[出典：Francine Shapiro “*The Eye Movement Desensitization and Reprocessing*”, Guilford Press, New York・London, p.21, 2001 より一部改変]