
ABSTRACT

Development of a therapist self-understanding scale

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A therapist's self-understanding is an important factor in clinical practice and development of a therapist. Therefore, it is necessary to develop a scale to measure therapist-specific self-understanding and to clarify the concept of a therapist's self-understanding. In this study, based on the data obtained from 168 therapists, the author developed a therapist self-understanding scale and examined the relationship between the constructs. Following an exploratory factor analysis, 20 items were extracted from five factors: "degree of self-knowledge," "attempts at self-knowledge," "attempts at self-awareness/self-monitoring," "self-reflection tendency," and "degree of self-awareness/self-monitoring." Confirmatory factor analysis deemed the model fit. Furthermore, Cronbach's alpha coefficient and correlation analysis confirmed its reliability and validity. In addition, covariance structure analysis was conducted, which suggested that "self-reflection tendency" influences both "attempts at self-knowledge" and "attempts at self-awareness/self-monitoring," "attempts at self-knowledge" influences "degree of self-knowledge," and "attempts at self-awareness/self-monitoring" influences "degree of self-awareness/self-monitoring."

Key Words: therapist self-understanding scale, self-knowledge, self-awareness, self-monitoring, self-reflection
