



課 綱 Course Outline

諮商與臨床心理學系碩士班諮商心理學組

中文課程名稱 Course Name in Chinese	人本心理與諮商研究				
英文課程名稱 Course Name in English	Seminar on Humanistic Psychology and Counseling				
科目代碼 Course Code	CP__58320	班 別 Degree	碩士班 Master' s		
修別 Type	選修 Elective	學分數 Credit(s)	3.0	時 數 Hour(s)	3.0
先修課程 Prerequisite					
課程目標 Course Objectives					
本課程旨在增進同學們對人本心理學的理解，進而產生專業上的興趣，為成為一名專業諮商心理師做準備。					
系教育目標 Dept.'s Education Objectives					
1	開發處境學習場域，厚植專業素養。 The department will train students to have a good knowledge of psychology and help to place them in settings to practice this knowledge.				
2	整合心理學多元領域，進而兼具科學家與實務者的實踐能力。 The department will train students to integrate different psychological theories which will help them to achieve at both the academic and professional settings.				
3	人文關懷與知識社群的建構，落實終生學習態度。 The department will seek to enhance social awareness and knowledge and contribute to lifetime learning.				
4	拓展多元文化與國際視野，促進人類社會的尊重與合作。 The department will help students to expand their global and multicultural thinking.				
系專業能力 Basic Learning Outcomes				課程目標與系專業能力相關性 Correlation between Course Objectives and Dept.' s Education Objectives	
A	應用專業知能瞭解現象與問題解決的能力 Students should be able to apply their professional abilities to understand situations arising in the course of their work and to solve problems.			●	

B	公民關懷與倫理思考的能力 Students should develop their social awareness as well as engage in ethical thinking.	●
C	生涯規劃與自我發展的能力 Students should be able to plan their professional and academic endeavors.	●
D	傾聽、統整與溝通合作的能力 Students should have the ability to integrate their thoughts and disseminate them well	●
E	正向與創新的能 Students should have the ability to innovate and do critical thinking.	○

圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated

課程大綱 Course Outline	
一、心理學三大勢力 二、論人本心理學 三、A. H. Maslow之「需求階層論」與「自我實現」 四、C. R. Rogers之「諮商關係」、「實現傾向」與「人格改變」 五、諮商歷程中的溝通	
資源需求評估（師資專長之聘任、儀器設備的配合．．．等） Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.)	
課程要求和教學方式之建議 Course Requirements and Suggested Teaching Methods	
本課程以課堂討論、講授方式和實務演練為主。	
其他 Miscellaneous	