



## 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