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教學計劃表 Syllabus

課程名稱(中文) Course Name in Chinese	夢與心理學研討		學年/學期 Academic Year/Semester	112/1	
課程名稱(英文) Course Name in English	Seminar on Dreams and Psychology				
科目代碼 Course Code	CP__55620	系級 Department & Year	碩士	開課單位 Course-Offering Department	諮商與臨床心理學系
修別 Type	選修 Elective	學分數/時間 Credit(s)/Hour(s)	3.0/3.0		
授課教師 Instructor	/李沐齊				
先修課程 Prerequisite					
課程描述 Course Description					

近來，「夢與意識」此一知識領域已成為心理學教科書的重要篇章之一，可見其已逐漸受到心理學界的重視。本課程將透過共同研讀與探討當代夢研究的趨勢、以及相關研究文獻，培養同學們對這一領域研究的更深層認識。同學們除了參與課堂報告、分享與討論，在期末需要繳交一份研究計畫、對於相關文獻的綜合評論、或者夢境分享實務設計與方案評估（三者中擇一形式即可）。

一、課程主題：

- (1) Introduction of Dream Studies
- (2) Research Methods of Dream Studies
- (3) Meaning of Dreams
- (4) Dream Functions
- (5) Dreaming and Personality
- (6) Dreaming and Cognition
- (7) Dreaming and Emotion
- (8) Dreaming and Consciousness
- (9) Dreams, Social Interaction, and Culture
- (10) Therapeutic Dream Use

二、評量標準：

(一) 平時成績：60%

1. 平時paper閱讀口頭報告、分享、討論：

第 3~13 週（共9個報告週次）為同學帶領paper 閱讀時間。導讀者可以選擇準備ppt 或講義協助帶領討論過程，無硬性規定。重點是做paper簡介並點出研究問題核心、進行評論並帶領深入討論，老師會在過程中及最後進行回饋與講評。

每人負責口頭報告約三篇。

時間規劃：

一週討論一篇paper~

paper簡介約 70 mins；評論與討論約 60 mins。

【夢境經驗分享活動】：每週視狀況彈性運用

2. 期末口頭報告（擇一形式）

研究計畫 / 綜合評論 / 夢境分享實務設計與方案評估

(research proposal / review article / dream sharing practice design and project evaluation)

第 14~16 週為個人「研究計畫 / 綜合評論 / 夢境分享實務設計與方案評估」之口頭報告分享時間。

（報告時間等規劃細節再依總修課人數而定。）

(二) 期末作業成績：40%

研究計畫 / 綜合評論 / 夢境分享實務設計與方案評估（擇一形式）

中英撰寫皆可。除了關於行高規定之外，請使用 APA 格式撰寫。

篇幅：無硬性規定，重點是能表達出你的理念與論述的完整性。

建議：單行間距—內文8-10 頁。1.5行高—內文12-15頁。

課程目標 Course Objectives

近來，「夢與意識」此一知識領域已成為心理學教科書的重要篇章之一，可見其已逐漸受到心理學界的重視。本課程將透過共同研讀與探討當代夢研究的趨勢、以及相關研究文獻，培養同學們對這一領域研究的更深層認識。同學們除了參與課堂報告、分享與討論，在期末需要繳交一份研究計畫、或者對於相關文獻的綜合評論（research proposal / review article）。

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

授課進度表 Teaching Schedule & Content

週次Week	內容 Subject/Topics	備註Remarks
1	Introduction	9/13

2	(1) Introduction of Dream Studies	9/20
3	(2) Research Methods of Dream Studies	9/27
4	(3) Meaning of Dreams	10/4
5	(4) Dream Functions	10/11
6	(5) Dreaming and Personality	10/18
7	(6) Dreaming and Cognition	10/25
8	(7) Dreaming and Emotion	11/1
9	----- Midterm Exam Week -----	11/8
10	--- Holiday ---	11/15
11	(8) Dreaming and Consciousness	11/22
12	(9) Dreams, Social Interaction, and Culture	11/29
13	(10) Therapeutic Dream Use	12/6
14	----- Final Presentation (Oral Presentation and Discussion) (I) --- ---	12/13
15	----- Final Presentation (Oral Presentation and Discussion) (II) -- ---	12/20
16	----- Final Presentation (Oral Presentation and Discussion) (III) - ---	12/27
17	----- Final Exam Week -----	1/3 (submitted by 1/6, 5:00 pm)
18	----- no class -----	-----

教學策略 Teaching Strategies

- 課堂講授 Lecture
 分組討論 Group Discussion
 參觀實習 Field Trip
- 其他 Miscellaneous: Discussion & Presentation

教學創新自評 Teaching Self-Evaluation

創新教學 (Innovative Teaching)

- 問題導向學習 (PBL)
 團體合作學習 (TBL)
 解決導向學習 (SBL)
- 翻轉教室 Flipped Classroom
 磨課師 Moocs

社會責任 (Social Responsibility)

- 在地實踐 Community Practice
 產學合作 Industry-Academia Cooperation

跨域合作 (Transdisciplinary Projects)

- 跨界教學 Transdisciplinary Teaching
 跨院系教學 Inter-collegiate Teaching

- 業師合授 Courses Co-taught with Industry Practitioners

其它 other:

學期成績計算及多元評量方式 Grading & Assessments

配分項目 Items	配分比例 Percentage	多元評量方式 Assessments							
		測驗 會考	實作 觀察	口頭 發表	專題 研究	創作 展演	卷宗 評量	證照 檢定	其他
平時成績 General Performance	60%		✓	✓	✓				
期中考成績 Midterm Exam	0%								
期末考成績 Final Exam	0%								
作業成績 Homework and/or Assignments	40%				✓				
其他 Miscellaneous (_____)									
評量方式補充說明 Grading & Assessments Supplemental instructions (詳見課程規劃介紹)									

教科書與參考書目 (書名、作者、書局、代理商、說明)
Textbook & Other References (Title, Author, Publisher, Agents, Remarks, etc.)

文獻閱讀：

(1) Introduction of Dream Studies

Kuiken, D., Lee, M.-N., Eng, T., & Singh, T. (2006). The influence of impactful dreams on self-perceptual depth and spiritual transformation. *Dreaming*, 16, 258 - 279.

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(2) Research Methods of Dream Studies

Bulkeley, K., & Graves, M. (2018). Using the LIWC program to study dreams. *Dreaming*, 28(1), 43 - 58.

(3) Meaning of Dreams

Domhoff, G. W., & Schneider, A. (2008). Similarities and differences in dream content at the cross-cultural, gender, and individual levels. *Consciousness and Cognition*, 17, 1257 - 1265.

(4) Dream Functions

Hartmann, E. (1996). Outline for a theory on the nature and functions of dreaming. *Dreaming*, 6(2), 147 - 170.

(5) Dreaming and Personality

Aumann, C., Lahl, O., & Pietrowsky, R. (2012). Relationship between dream structure, boundary structure and the Big Five personality dimensions. *Dreaming*, 22(2), 124 - 135.

(6) Dreaming and Cognition

Foulkes, D., Hollifield, M., Bradley, L., Terry, R., & Sullivan, B. (1991). Waking self-understanding, REM-dream self representation, and cognitive ability variables at ages 5 - 8. *Dreaming*, 1(1), 41 - 51.

(7) Dreaming and Emotion

Schredl, M., Anders, A., Hellriegel, S., & Rehm, A. (2008). TV viewing, computer game playing and nightmares in school children. *Dreaming*, 18(2), 69 - 76.

(8) Dreaming and Consciousness

Skrzypińska, D., Hołda, M., Szmigielska, B., & Słodka, M. (2018). The phenomenology of dream-reality confusion: A quantitative study. *Dreaming*, 28(3), 245 - 260.

(9) Dreams, Social Interaction, and Culture

Revonsuo, A., Tuominen, J. & Valli, K. (2015). The avatars in the machine: Dreaming as a simulation of social reality. In T. Metzinger & J. M. Windt (Eds), *Open MIND: 32(T)*. Frankfurt am Main: MIND Group.

(10) Therapeutic Dream Use

Davis, T. L., & Hill, C. E. (2005). Spiritual and nonspiritual approaches to dream work: Effects on clients' well-being. *Journal of Counseling & Development*, 83(4), 492 - 503.

The Research Paper List will be announced in class.

課程教材網址(含線上教學資訊,教師個人網址請列位於本校內之網址)
Teaching Aids & Teacher's Website(Including online teaching information.
Personal website can be listed here.)

Please see the Dong Hwa e-Learning website: <http://www.elearn.ndhu.edu.tw/moodle/>

其他補充說明 (Supplemental instructions)

* Any information in this Syllabus is subject to change and will be announced in class.