



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	心理衛生研究				
英文課程名稱 Course Name in English	Seminar in Mental Health				
科目代碼 Course Code	CP__58460	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					
心理衛生運動已有百年歷史，豐富的臨床實證研究，提供專業人士建構良好生活習慣的參考。於本課程中，除辨識危害心理健康因素外，更積極地思索如何能有效率的將心理衛生的認知，推展及應用於社區居民(residence)日常生活中。					
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

Is unmoral or abnormal not normal?

心理衛生研究的歷史與展望
正向心理學的研發展與課究課題
正向心理學的研發展與課究課題
積極性的心理衛生工作發展
健康的心理習慣發展與實務
社區心理衛生工作發展與研究課題
壓力適應與心理衛生
失落與困境的因應
性、愛、親密關係與心理衛生
心身疾病與身心適應
負面情緒與心理困境
人生意義與靈性成長/創傷後心靈重建

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

1. 課程主要以Positive Psychology為架構，討論未來心理衛生研究方針。
2. 另以習慣心理學、短期焦點解決諮商模式，做為心理衛生行動推展參考。
3. 以社區為主要對象，討論及設計適合之心理衛生教育方案。
4. 文獻討論、問題分析與研擬對策

其他 Miscellaneous