



## 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	諮商理論與技術研究				
英文課程名稱 Course Name in English	Seminars on Counseling Theory and Practice				
科目代碼 Course Code	CP_51400	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					
<p>(一)、能深入瞭解各種諮商模式的建構背後所涉及的基本議題。</p> <p>(二)、能深入瞭解主要諮商理論的歷史背景、重要概念、諮商歷程及技術。</p> <p>(三)、能經由案例的分析與研討，比較各諮商理論在主要概念、諮商歷程及技術應用上的異同及特色。</p> <p>(四)、能認識各種諮商理論相關研究所涉及的基本議題、方法及趨勢。</p> <p>(五)、能經由信、解、行、證的學習歷程，形成個人對特定或整合的諮商取向的認同基礎。</p>					
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

1. Counseling Psychology in Context
2. Introduction: A Framework for the Study of Personality)
3. 精神分析治療法
4. 阿德勒學派治療法
5. Theory-Construction Issues in Classical Psychoanalysis
6. 行為治療法
7. 認知行為治療法
8. 現實治療法
9. Theory Construction Issues in the Behavioral Outlook  
The Constructivist Paradigm
10. 存在主義治療法
11. 個人中心治療法
12. 完形治療法
13. Theory Construction Issues in the Phenomenological Outlook
14. 女性主義治療或家庭系統治療
15. 統整各取向並發展個人的治療風格 (10)
16. The Eclectic and Integrative Approach  
(Integrating Spirituality with Psychotherapy、Mindfulness and Psychotherapy)

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. 教師講述與引導討論。
2. 學員輪流進行口頭報告與引導討論。報告內容與問題討論的重點以參考Corey的諮商與心理治療理論與實務及諮商與心理治療理論的案例應用二本書為主。教師將?助引導問題的討論及補充說明，並於最後作綜合歸納及講評。  
本課程以講授方式進行，輔以課堂討論和實務演練

其他  
Miscellaneous