



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	表達性藝術治療				
英文課程名稱 Course Name in English	Expressive Arts Therapy				
科目代碼 Course Code	CP__58560	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>1、認識表達性藝術治療理論、媒材與運用方式。</p> <p>2、學習運用各種表達藝術治療方法進行自我探索與療癒工作。</p> <p>3、認識不同身心症狀適用的藝術媒材與治療方法。</p> <p>4、體驗多元藝術治療的過程中探索與發展個人的專業方向。</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. 表達性藝術治療理論與實務
 - (1) 表達性治療連續系統：運用於藝術治療的理論架構
 - (2) 個人中心表達性藝術治療理論與實務介紹
2. 表達性藝術治療媒材與形式介紹
不同對象適用的媒材：陶土、蠟磚、蠟筆、色鉛筆、音樂、戲劇
3. 敘事取向的表達性藝術治療
4. 藝術與戲劇的結合
5. 心理劇導論

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

本課程以講授方式進行，輔以分組討論、參觀、創作展演等。

其他
Miscellaneous