



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	客體關係理論與治療				
英文課程名稱 Course Name in English	Object Relation Therapy and Psychotherapy				
科目代碼 Course Code	CP__55300	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					
1. 使學生進深研習客體關係治療模式與方法，提昇助人工作效能。 2. 使學生探索分析客體關係對個體人際關係、人格發展與適應之影響。 3. 協助學生建立統整與應用精神分析與客體關係理論之能力					
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) 緒論：

1. 精神分析與心理動力模式：Freud理論綜觀
2. 客體關係理論與治療概論

(二) 客體關係理論

1. Klein: Subject relations
2. Mahler: The psychological birth of the individual
3. Fairbairn: The dynamic structure of the self
4. Winnicott: The emerging self
5. 其他重要理論選讀 (Bollas, Kernberg, Kohut, Guntrip, Bowlby)

(三) 客體關係治療實務：治療階段與技術

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.)

多媒體教學設備

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，輔以課堂討論、分組報告和實務演練

其他

Miscellaneous