



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	心理健康學專題研究				
英文課程名稱 Course Name in English	Special Topic Research in Mental Health				
科目代碼 Course Code	CP_58570	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. 瞭解心理健康的發展與健康照護的角色。
2. 瞭解與健康行為和導致身心疾病有關的主要生物、社會心理因素。
3. 學習將全人心理健康的觀點應用於身心健康發展、心理健康評估、諮商實務之擬定與介入。
4. 瞭解精神醫學對心理健康的分類與診斷，以及對健康照護的影響。
5. 學習對各種心理疾病的病理評估與健康照護。

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
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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	
課程導論：從精神醫學史看心理健康照護與心理治療	
精神疾病診斷手冊 (DSM5) 的編製歷程及對心理治療的影響	
從心理健康照護探討治療性教育與有效的心理治療方法	
*全人療癒：身體系統與心理健康的關係	
一、壓力、疾病與因應	
二、促進健康與預防疾病的生活型態	
三、慢性與威脅生命健康問題	
四、展望：心理健康的未來	
*各類精神疾病的歷史、流行病學、病因、症狀、診斷、治療、預後	
一、思覺失調及其他精神疾病	
二、情感疾患	
三、自殺與刻意自傷	
四、精神官能症、壓力相關疾病	
五、人格疾患	
六、器質性疾患、物質濫用	
七、飲食疾患、睡眠疾患與性疾患	
八、兒童與青少年精神醫學	

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，輔以課堂討論、方案設計、機構參訪和實務演練。
其他 Miscellaneous