

 國立東華大學  
教學計劃表 Syllabus

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|-----------------------------|---------------------------------|------------------------------------|-----------|
| 課程名稱(中文)<br>Course Name in Chinese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 客體關係理論與治療                                |                             | 學年/學期<br>Academic Year/Semester |                                    | 113/2     |
| 課程名稱(英文)<br>Course Name in English                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Object Relation Theory and Psychotherapy |                             |                                 |                                    |           |
| 科目代碼<br>Course Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | CP__55300                                | 系級<br>Department & Year     | 碩士                              | 開課單位<br>Course-Offering Department | 諮商與臨床心理學系 |
| 修別<br>Type                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 選修 Elective                              | 學分數/時間<br>Credit(s)/Hour(s) |                                 | 3.0/3.0                            |           |
| 授課教師<br>Instructor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | /林繼偉                                     |                             |                                 |                                    |           |
| 先修課程<br>Prerequisite                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                          |                             |                                 |                                    |           |
| 課程描述 Course Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                          |                             |                                 |                                    |           |
| <p>一、課程綱要</p> <p>(一) 緒論：</p> <p>1. 客體關係理論與治療概論</p> <p>(二) 客體關係理論</p> <p>1.Klein: Subject relations</p> <p>2.Mahler: The psychological birth of the individual</p> <p>3.Fairbairn: The dynamic structure of the self</p> <p>4.Winnicott: The emerging self</p> <p>5.其他重要理論選讀 (Bollas, Kernberg, Kohut, Guntrip, Bowlby)</p> <p>(三) 客體關係治療實務：治療階段與技術</p> <p>二、教學方法</p> <p>1. 講述與討論</p> <p>2. 閱讀討論</p> <p>3. 模擬操作</p> <p>4. 影片討論</p> <p>三、教學評量</p> <p>1. 課程參與 (10%)：出席狀況 (5%)、隨堂活動作業。</p> <p>2. 課程引言與導讀 (20%)：針對單元課程進行引言並帶領讀書討論 (請準備課程講義與PPT，每位分組成員並於期末加入約1000字評述)。報告時程與主題參見※號。</p> <p>3. 期中考試 (30%)：選擇與綜合類題</p> <p>4. 期末考試 (40%)：選擇與綜合類題</p> <p>四、參考書目</p> <p>1. 陳登義譯 (2006) 客體關係入門：基本理論與應用。台北市：五南。</p> <p>2. 林秀慧、林明雄譯 (2001) 客體關係治療 --- 關係的運用。台北：心理。</p> <p>3. St. Clair, M. &amp; Wigren, J. (2004). Object relations and self psychology: An introduction (2nd ed.). Pacific Grove, CA: Brooks/Cole.</p> <p>4. Bollas, C. (1979). The transformational object. International Journal of Psychoanalysis, 60, 97-107.</p> <p>五、修課學生需配合政府與學校之防疫相關措施，共同維護健康與安全。</p> |                                          |                             |                                 |                                    |           |
| 課程目標 Course Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                          |                             |                                 |                                    |           |
| <p>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。</p> <p>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。</p> <p>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</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                          |                             |                                 |                                    |           |

| 系專業能力<br>Basic Learning Outcomes |                                                                                                                                                                     | 課程目標與系專業能力相關性<br>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                                | 正向與創新的能力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

| 授 課 進 度 表 Teaching Schedule & Content |                                                            |           |
|---------------------------------------|------------------------------------------------------------|-----------|
| 週次Week                                | 內 容 Subject/Topics                                         | 備註Remarks |
| 1                                     | 2/18 課程說明；客體關係理論與治療概論，Ch. 1                                |           |
| 2                                     | 2/25 客體關係理論與治療概論，Ch. 1                                     |           |
| 3                                     | 3/04 Klein的客體關係理論，Ch. 2                                    |           |
| 4                                     | 3/11 Klein的客體關係理論，Ch. 2； Kernberg：客體關係與精神分析的綜合理論           |           |
| 5                                     | 3/18 Kernberg：客體關係與精神分析的綜合理論                               |           |
| 6                                     | 3/25. Self Psychology and Narcissism                       |           |
| 7                                     | 4/01 Self Psychology and Narcissism；Fairbairn的客體關係理論，Ch. 3 |           |
| 8                                     | 4/08 Fairbairn的客體關係理論，Ch. 3                                |           |
| 9                                     | 4/15 期中考試                                                  |           |
| 10                                    | 4/22 Winnicott的客體關係理論，Ch 4                                 | ※閱讀討論     |
| 11                                    | 4/29 Mahler：個體的心理誕生                                        | ※閱讀討論     |
| 12                                    | 5/06 Bollas的轉化性客體 ※期刊論文閱讀討論                                |           |
| 13                                    | 5/13 Balint：和諧而相互穿透的混合，Ch. 5                               | ※閱讀討論     |
| 14                                    | 5/20 客體關係理論的實務應用（陳登義 ch. 8）                                |           |
| 15                                    | 5/27 客體關係的治療階段（上）（林秀慧、林明雄譯，Ch. 4、5）                        |           |
| 16                                    | 6/30 客體關係的治療階段（下）（林秀慧、林明雄譯，Ch. 6、7）                        |           |
| 17                                    | 6/10 期末考試週 Final Exam                                      |           |
| 18                                    | 6/17 彈性補充教學：客體關係治療期刊論文閱讀討論                                 |           |

教學策略 Teaching Strategies

- ☒ 課堂講授 Lecture      ☒ 分組討論 Group Discussion      ☐ 參觀實習 Field Trip
- ☒ 其他 Miscellaneous: 專題報告；課程習作

教學創新自評 Teaching Self-Evaluation

創新教學(Innovative Teaching)

- ☐ 問題導向學習(PBL)      ☒ 團體合作學習(TBL)      ☐ 解決導向學習(SBL)
- ☐ 翻轉教室 Flipped Classroom      ☐ 磨課師 Moocs

社會責任(Social Responsibility)

- ☐ 在地實踐 Community Practice      ☐ 產學合作 Industry-Academia Cooperation

跨域合作(Transdisciplinary Projects)

- ☐ 跨界教學 Transdisciplinary Teaching      ☐ 跨院系教學 Inter-collegiate Teaching

- ☐ 業師合授 Courses Co-taught with Industry Practitioners

其它 other:

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| 學期成績計算及多元評量方式 Grading & Assessments                                                                                                                                                                                                                                                                                                        |                    |                    |          |          |          |          |          |          |          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------------|----------|----------|----------|----------|----------|----------|----------|
| 配分項目<br>Items                                                                                                                                                                                                                                                                                                                              | 配分比例<br>Percentage | 多元評量方式 Assessments |          |          |          |          |          |          |          |
|                                                                                                                                                                                                                                                                                                                                            |                    | 測驗<br>會考           | 實作<br>觀察 | 口頭<br>發表 | 專題<br>研究 | 創作<br>展演 | 卷宗<br>評量 | 證照<br>檢定 | 其他       |
| 平時成績(含出缺席)<br>General Performance<br>(Attendance Record)                                                                                                                                                                                                                                                                                   | 5%                 |                    | ✓        |          |          |          |          |          | 出缺席與課程參與 |
| 期中考成績 Midterm Exam                                                                                                                                                                                                                                                                                                                         | 30%                | ✓                  |          |          |          |          |          |          |          |
| 期末考成績 Final Exam                                                                                                                                                                                                                                                                                                                           | 40%                | ✓                  |          |          |          |          |          |          |          |
| 作業成績 Homework and/or<br>Assignments                                                                                                                                                                                                                                                                                                        | 20%                |                    |          | ✓        | ✓        |          |          |          |          |
| 其他 Miscellaneous<br>(_____)                                                                                                                                                                                                                                                                                                                | 5%                 |                    |          |          |          |          | ✓        |          |          |
| 評量方式補充說明<br>Grading & Assessments Supplemental instructions                                                                                                                                                                                                                                                                                |                    |                    |          |          |          |          |          |          |          |
| 教科書與參考書目(書名、作者、書局、代理商、說明)<br>Textbook & Other References (Title, Author, Publisher, Agents, Remarks, etc.)                                                                                                                                                                                                                                 |                    |                    |          |          |          |          |          |          |          |
| 1. 陳登義譯(2006) 客體關係入門：基本理論與應用。台北市：五南。<br>2. 林秀慧、林明雄譯 (2001) 客體關係治療 --- 關係的運用。台北：心理。<br>3. St. Clair, M. & Wigren, J. (2004). Object relations and self psychology:<br>An introduction (2nd ed.). Pacific Grove, CA: Brooks/Cole.<br>4. Bollas, C. (1979). The transformational object. International Journal of Psychoanalysis, 60, 97-107. |                    |                    |          |          |          |          |          |          |          |
| 課程教材網址(含線上教學資訊,教師個人網址請列位於本校內之網址)<br>Teaching Aids & Teacher's Website(Including online teaching information.<br>Personal website can be listed here.)                                                                                                                                                                                      |                    |                    |          |          |          |          |          |          |          |
| 其他補充說明 (Supplemental instructions)                                                                                                                                                                                                                                                                                                         |                    |                    |          |          |          |          |          |          |          |