

國立屏東大學 110學年度第1學期 教學課程綱要

※為保護智慧財產權，請勿非法影印教科書。

課程學分數：3.00(3.00小時)

授課老師：邱珍琬(396000)

必選修：選

開課序號	1372
科目名稱	諮商理論與技術(PSC2220)
科目英文名稱	Theories and Skills of Counseling
授課語言	英語/全外語授課
主要教學型態	課堂教學&小組討論
教學目標	<p>Teaching Goals:</p> <ol style="list-style-type: none"> 1. Get familiar with basic counseling schools, understand their bases and interpretations of problems. 2. Understand counselors' requirements and desired qualities. 3. Understand personal issues and their relationship with counseling theories and practice. 4. Apply and practice counseling theories in daily life.
每週課程內容及教學方法	<p>Teaching processes and approaches:</p> <ol style="list-style-type: none"> 1. Get familiar with theories by lectures, readings, guiding-report and question-respond etc. 2. Discuss counseling theories, counselors' characters and possible interventions by film-reviewing. 3. Understand counselors' personal issues and improvement by writing awareness-journals. 4. Experiment counseling ideas and skills by assigned-homework and opinions sharing. <p>Class agenda:</p> <p>9/15 Self-awareness and counseling (Behavioral modification project, setting baseline) (行為改變技術計畫與執行，建立基準線)</p> <p>9/22 Counseling profession (View「心靈鑰匙」, prepare Chaps.2 & 3)</p> <p>9/29 Humanistic/person-centered psychology (View「想愛趁現在」凱特·哈德森主演) Chap.7</p> <p>10/6 Existential psychology Chap.6</p> <p>10/13 Gestalt Chap.8</p> <p>10/20 Individual/ Adlerian psychology (View「心靈捕手」) Chap.5</p> <p>10/27 Psychoanalysis (View「犯罪心理」one episode) Chap.4</p> <p>11/3 Group report presentation (Hand in written paper, oral presentation time limit is 15' -20')</p> <p>11/10 Group report presentation</p> <p>11/17 Behavior therapy (View「春風化雨Dead poet society」) Chap.9</p> <p>11/24 Cognitive-behavioral therapy (Including Reality therapy) Chaps.10 & 11</p> <p>12/1 Cognitive-behavioral therapy (Submit Behavioral modification</p>

	<p>paper)</p> <p>12/8 Feminist therapy (View 「蒙娜麗莎的微笑」 or 「北國性騷擾」) Chap. 12</p> <p>12/15 Post-modernism therapy (Narrative therapy and SFBT) Chap. 13</p> <p>12/22 Post-modernism therapy (Submit awareness journals plus a review)</p> <p>12/29 Family therapy (View 「愛在屋簷下」 or 「亨利之書」)</p> <p>1/5 Family therapy Chap. 14</p> <p>1/12 make-up and review Chap. 15 (由我負責)</p>
核心能力	
預期學習成果	<p>Teaching Goals:</p> <ol style="list-style-type: none"> 1. Get familiar with basic counseling schools, understand their bases and interpretations of problems. 2. Understand counselors' requirements and desired qualities. 3. Understand personal issues and their relationship with counseling theories and practice. 4. Apply and practice counseling theories in daily life.
與預期學習成果搭配的多元評量	<p>Rating criteria:</p> <ol style="list-style-type: none"> 1. Participation and guiding-report 20% 2. Group paper 30% (Choosing counseling related topic and interviewing target population, and submit paper-report) 3. Personal term-paper 20% (Behavioral modification project—execution, progress and results) 4. Awareness journals 30% (Each journal cannot exceed more than 1000 words with a final review. Total journal number is 11) 5. Bonus (Please discuss with the teacher first)
主要讀本	<p>Corey, G. (2017). Theory & practice of counseling & psychotherapy (10e.). Singapore: Cengage Learning Asia Pte Ltd.</p>
參考書目	<ol style="list-style-type: none"> 2. 楊蓓校閱(2013) 助人工作者的養成歷程與實務(Becoming a helper, 6th ed., by Corey, M. S., & Corey, G., 2011)。台北：心理。 3. 邱珍琬 (2009) 傾聽——讓關係更美好 (增訂版)。台北：遠流。 4. 鄭納無 (譯) (2002) 意義的呼喚 (Men' s searching for meaning, By V. Frankl)。台北：心靈工坊。 5. 王學富、王學成 (譯) (2013) 歐文。亞隆的心靈地圖 (On Psychotherapy and the human condition, By R. Josselson, 2008)。台北：心靈工坊。 6. 侯維之 (譯) (2000) 當尼采哭泣(When Nietzsche wept: A novel of obsession, by I., Yalom, 2000)。台北：張老師文化。 7. 張珍麗、張海琳 (譯) (1994) 父母效能訓練(Parent effectiveness training, by T. Gordon, 1975)。台北：新雨。 8. 蔡美玲 (譯) (1998)。了解人性(Nenschenkenntnis, by A. Adler)。台北：遠流。 9. 盧娜 (譯) (2002) 你的生命意義由你決定(What life could mean to you, by A. Adler)。台北：人本自然。 10. 唐子俊、唐慧芳、孫肇玠、黃詩般 (譯) (2006) 阿德勒諮商(Adlerian counseling: A practitioner' s approach, by T. Sweeney, 1998)。台北：

	<p>五南。</p> <ol style="list-style-type: none"> 11. 從排行看性格 (Kevin Leman) 12. 李瑞玲 (譯) (2003) 熱鍋上的家庭。台北：張老師。 13. 吳就君 (譯) (1994) 家庭如何塑造人。台北：張老師。 14. 吳就君 (2002) 婚姻與家庭。台北：華騰。 15. 鄭維瑄等 (譯) (2004) 家庭壓力。台北：五南。 16. 李維榕 (2001) 家庭舞蹈。台北：張老師。 17. 譚智華、李瑞玲 (譯) (2003) 你在做甚麼? (What are you doing? How people are helped through reality therapy. By W. Glasser & N. Glasser, 1980)。台北：張老師文化。 18. 曾璿憶 (譯) (2004) 是你選擇了憂鬱(Choice theory, By W. Glasser, 1998)。台北：商周。 19. 蘇元良(譯) 桃源二村。台北：張老師文化。 20. 易之新 (譯) (2004) 敘事治療(Narrative therapy, by J. Freedmnan & G. Combs, 1999)。台北：張老師文化。 21. 陳增穎(譯)(2008) 敘事治療入門(Narrative therapy: An introduction for counselors, by M. Payne, 2006)。台北：心理。 22. 邱珍琬 (譯) (2000)。焦點解決在國高中的運用。台北：天馬。
其他事項	Be prepared before you attend the class.