國立中正大學社科院心理系教學大綱

114學年度第1學期

編 號 : 3656101

授課老師 : 鄧閔鴻

科目名稱 : 認知治療 助教：無

英文譯名 : Cognitive Therapy

學 分 數 : 3 修別：選修(臨床課群)

時 間：週四。9:10-12:00

**教學目標**：協助學生瞭解認知治療原理與技術，並認識治療者、個案、治療關係等三元素的互動關係。藉由認知治療技術演練，學習認知治療的實際執行程序。課程內容將會以介紹Ellis的理情治療法(rational-emotive therapy)理論與技術為主，並輔以臨床案例討論及技術演練。

**授課大綱：**

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| 日期 | 內容 | 備註 |
| 9/11 | 課程簡介 |  |
| 9/18 | Rational-Emotive theory & Rational-Emotive Philosophy | Walen: Ch. 1, 2  Therapist’s guide: Ch. 2 |
| 9/25 | Rational-Emotive Therapy | Walen: Ch. 3  Therapist’s guide: Ch. 3 |
| 10/2 | Basic Therapeutic Skills | Ch. 5 |
| 10/9 | Getting Therapy Off to a Good Start | Ch. 4 |
| 10/16 | Case formulation: the A-B-C’s of REBT (1) : the A | Ch. 6 |
| 10/23 | Case formulation: the A-B-C’s of REBT (2) : the C | Ch. 7 |
| 10/30 | Case formulation: the A-B-C’s of REBT (3) : the B | Ch. 8 |
| 11/6 | Case formulation: the A-B-C’s of REBT (4) : more about B | Ch. 9 |
| 11/13 | **期中考** |  |
| 11/20 | Getting down to disputation(D): Cognitive, Emotive, and Behavioral Strategies | Walen: Ch. 10  Therapist’s guide: Ch.5, 6 |
| 11/27 | Getting down to disputation(D): the effective new belief (EB)  ＆  Getting down to disputation(D): evocative, imaginal, and behavior change strategies | **Digiuseppe: Ch. 12, 13** |
| 12/4 |
| 12/11 | Getting down to disputation(D): problems and solutions  ＆  Getting down to disputation(D): active directive styles | **Digiuseppe: Ch. 14, 15** |
| 12/18 |
| 12/25 | 放假 |  |
| 1/1 | 放假 |  |
| 1/8 | **期末考** |  |

**成績考核標準：**

1. 期中考 50%
2. 期末考 50%

**教科書目：**

1. Wallen, S. R., DiGiuseppe, R., & Dryden, W. (1992). A practitioner’s guide to Rational-Emotive Therapy. (2nd edition)
2. DiGiuseppe, R. (2014). A practitioner’s guide to Rational-Emotive Therapy. (3rd edition)
3. Ellis, A., MacLaren, C. (2004) Rational Emotive Behavior Therapy: A Therapist's Guide, Second Edition.

**參考書目：**

1. Ellis, A., Dryden, W. (2007) The Practice of Rational Emotive Behavior Therapy.
2. Corey, G. (2009). Theory and practice of counseling and psychotherapy. Belmont (CA) : Thomson Brooks/Cole.
3. Dryden, W. (1999). Rational Emotive Behavior Therapy: A training manual.
4. Beck, J. S. (1995). Cognitive Therapy: Basics and Beyond. New York: Guilford Press.
5. Beck, J. S. (2005). Cognitive Therapy for Challenging Problems. New York: Guilford Press.
6. Leahy,R. and Holland, S. (2000) Treatment Plans and Interventions for Depression and Anxiety Disorders. New York: The Guilford Press.