

**國立中正大一0九學年度第二學期
認知科學博士學位學程暨心理學系**

Research on Theories of Counseling Psychology (諮商理論研究)

Course ID: 3169505, 3157305

Credits (學分數): 3

Course type (修別): Elective (選修)

Course purpose (教學目標)

The course covers major theories of counseling and psychotherapy, including psychoanalytic therapy, Adlerian therapy, existential therapy, person-centered therapy, Gestalt therapy, behavior therapy, cognitive behavior therapy, choice therapy/reality therapy, feminist therapy, postmodern approaches, family systems therapy, and an integrative perspective. The course can serve as a foundation for discussion of the findings of counseling psychology and future research.

本課程以探討諮商與心理治療理論，內容涵蓋主要諮商與心理治療理論及其應用，包括精神分析治療、阿德勒治療、存在主義治療、現實治療、個人中心治療、完形治療、行為治療、認知行為治療、現實治療、女性主義治療、後現代取向等，作為探討諮商心理學之研究發現與未來研究導向的基礎。

授課綱要與時間

Week	Date	Topic	Readings	Assignments
1	02/24	Course introduction		
2	03/03	Introduction and overview 諮商實務的基本議題		Ch1
3	03/10	The counselor: Person and professional 諮商心理師的養成		Ch2
4	03/17	Ethical issues in counseling practice 諮商倫理		Ch3
5	03/24	Psychoanalytic therapy 精神分析治療		Ch4
6	03/24	Adlerian therapy 阿德勒治療		Ch5
7	03/31	No class		
8	04/7	Existential therapy 存在主義治療		Ch6
9	04/14	Person-centered therapy 個人中心治療		Ch7
10	04/21	Gestalt therapy		Ch8

		完形治療		
11	04/28	Behavior therapy 行為治療		Ch9
12	05/5	Cognitive behavior therapy 認知行為治療		Ch10
13	05/12	Choice therapy/reality therapy 現實治療		Ch11
14	05/19	Feminist therapy 女性主義治療		Ch12
15	05/26	Postmodern approaches 後現代取向		Ch13
16	06/2	Family system therapy 家庭系統治療		Ch14
17	06/9	An integrative perspective 整合式觀點		Ch15
18	06/16	Presentation	Term papers due (as font-embedded PDF, emailed to the instructor)	

指定書籍：

Gerald Corey (2017) Theory and practice of counseling and psychotherapy
(10th ed.) Cengage Learning: Boston, USA.

評分標準：

出席與參與活動 70%

期末報告 30%