

國立清華大學教育心理與諮商學系

進階諮商與心理治療理論 Advanced Counseling and Psychotherapy Theory

教學綱要

課程代號：10910KPC 743900

授課班級：博一

授課教師：曾文志

課程時間：星期三，上午 0900 時至 1200 時

上課地點：N205

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課程介紹

本課程旨在帶領學生如何評估諮商實務的有效性，以及如何從整合性觀點理解諮商理論和技術方面的進階知識和技能，諸如 AEDP、敘事、女權主義、LGBT 等後現代主義治療，以及神經科學、人際神經生物學和創傷知情諮商（trauma-Informed counseling）之類的當代方法。

課程內容

第 01 週 Journey toward theory integration

第 02 週 The heart and soul of change: Introduction (Duncan, Ch.1)

第 03 週 The research evidence for the common factors models (Duncan, Ch.2)

第 04 週 Client: The neglected common factor in psychotherapy (Duncan, Ch.3)

第 05 週 The therapeutic relationship (Duncan, Ch.4)

第 06 週 Putting model s and techniques in connect (Duncan, Ch.5)

第 07 週 Evidence-based practice: Evidence or orthodoxy? (Duncan, Ch.6)

第 08 週 Psychiatric drugs and common factors: An evaluation of risks and benefits for clinical practice (Duncan, Ch.7)

第 09 週 Mid-term presentation

第 10 週 Yes, it is time for clinicians to routinely monitor treatment outcome. (Duncan, Ch.8)

第 11 週 Outcomes management, reimbursement, and the future of psychotherapy (Duncan, Ch.9)

第 12 週 Transforming public behavioral health care (Duncan, Ch.10)

第 13 週 Evidence-based treatments and common factors in youth psychotherapy (Duncan, Ch.11) ; Motivational Interviewing and the Stages of Change Theory (Jones-Smith, Ch.10)

第 14 週 Common factors in couple and family therapy: Must all have prizes (Duncan, Ch.12) ; Integrating Spiritual and Religious Issues During Psychotherapy (Jones-Smith, Ch.15)

第 15 週 Delivering what works (Duncan, Ch.14) ; Strengths-Based Therapy (Jones-Smith,

Ch.18)

第 16 週 Neuroscience, Interpersonal Neurobiology, and Trauma-Informed Counseling (Jones-Smith, Ch.20)

第 17 週 Integrative Psychotherapy: Constructing Your Own Integrative Approach to Therapy (Jones-Smith, Ch.21)

第 18 週 Course summary, final term paper

註：第一次課程時，教學進度與內容將參考學生學習之建議進行適度調整

教科書

1. Duncan, B. L., Miller, S. D., Wampold, B. E., & Hubble, M. A. (2010). The heart and soul of change (2nd edition). Washington, DC: American Psychological Association.
2. Jones-Smith, E. (2020). Theories of Counseling and Psychotherapy: An Integrative Approach (3rd edition). New York, NY: SAGE.

參考資料

1. Duncan, B. L. (2014). On becoming a better therapist: Evidence-based practice one client at a time (2nd ed.). Washington, DC: American Psychological Association.
2. Wampold, B. E., & Imel, Z. E. (2015). The great psychotherapy debate: The evidence for what makes psychotherapy work (2nd edition). New York, NY: Routledge.
3. Hendel, H. J. (2019)。不只是憂鬱。台北：時報。
4. 伊蒂特·伊娃·伊格 (Edith Eva Eger) (2018)。抉擇：放下，擁抱生命無限可能。台北：平安文化。
5. 貝塞爾·范德寇 (Bessel van der Kolk) (2017)。心靈的傷，身體會記住。台北：大家出版。
6. 娜汀·哈里斯 (Nadine Burke Harris) (2018)。深井效應：治療童年逆境傷害的長期影響。台北：究竟。
7. 蔡璧名 (2016)。莊子，從心開始。台北：天下。
8. 蔡璧名 (2018)。勇於不敢，愛而無傷：莊子，從心開始二。台北：天下。
9. 蔡璧名 (2019)。學會用情：當老莊遇見黃帝內經 2。台北：平安文化。
10. 蔡璧名 (2019)。醫道同源：當老莊遇見黃帝內經。台北：平安文化。
11. 蘿蕊·葛利布 (Lori Gottlieb) (2020)。也許你該找人聊聊：一個諮商心理師與她的心理師，以及我們的生活。台北：行路。

評量方式

1. 課程出席、參與討論 20%
2. 課程報告 20%
3. 課堂或家庭作業 15%
4. 期中報告 20%
5. 期末報告 25%