

國立清華大學(NTHU) 教學大綱

團體諮商與治療專題研究

*Seminar and Research on Group Counseling & Psychotherapy*

授課時間：課前預備(線上)+ 馬拉松團體+ 十次 Wed 13:10-17:00+ 6/14 期末學術研討

Required / Elective: Elective

Course Category: Department Specialized

Unit: Department of Educational Psychology and Counseling

Starting class / semester (upper and lower): Doctoral/ Master

Credit: 3. Hours: 3.

Prerequisites: University-level group motivation, group counselling and psychotherapy, etc.

Instructor: Professor **Hsu, Kevin Yu-Kuang** [ykhsu@mx.nthu.edu.tw](mailto:ykhsu@mx.nthu.edu.tw) TEL : 73820 / 73801

Office hour: Mon 13:00-16:00

\* 本課程選修以博士班主修諮商專業之研究生為主，亦歡迎具備實務經驗且對於團體研究有興趣之碩士班諮商組研究生選修。

\* \* 參與之校內外研究生，均需具備基礎團體實務訓練與至少一個團體以上之領導實務經驗。

**Course objects:**

1. Advanced study on group counseling and psychotherapy related theories, frameworks and practice.
2. Paper review and focus on important research topics and methods on group work.
3. Deepen the competencies of group observation and intervention through experience and implementation
4. Primary training for the group counseling supervision
5. Develop the research proposal on group counseling and psychotherapy

**Course content:**

1. Group work form, mode and orientation longitudinal historical review
2. Type and nature of group
3. Group therapy and sensitivity training
4. Development process and goals of counseling groups
5. Member selection and group composition
6. Leadership tasks and stage development
7. Leadership philosophy and practice of un-structural counseling groups
8. Group establishment and initial issues
9. Systematic group intervention strategies practice
10. Research and Practice of Therapeutic Factors
11. Group interpersonal learning and cohesion issues
12. Therapist tasks and group process review
13. Individual-Interpersonal-Group as a whole, the empathy and transparency
14. Problem and difficult issues handling
15. Therapist Training and Professional Development
16. Use of activities and structures
17. Group Research Methods and Issues
18. Group experience integration and discussion

**Instruction Methods:**

Experience as members, book review/presentation, demo/explaining, practice/supervision, journal reading/discussion & inspire the interesting to research

**Evaluation:**

1. **Usually performance** : Ordinary homework, literature reading report discussion and course participation (40%, including group design, group experience report, etc.)

	向度/主題	說明	備註
literature reading report	Group Model 團體模式	針對選定的主題製作 ppt 與報告	20 分鐘 +10 分鐘 討論
	Theories 團體理論	同上	
	Researches 團體研究	同上	
Group Design	Post DM 團體招募廣告		
	Project/Orientation Design 團體計劃書		
Group Experience Report	Report for the group attending 參與團體心得	*參與馬拉松後繳交 1. *帶領經驗 2. <b>Group practice</b> 心得則於期末撰寫	

2. **Group practice** (Single or Co-leadership) : group implementation and record reflection (30%, the two leaders are responsible for the integration, including the complete record of records, feedback and reflection; observers need to record the supervision process and team reflection weekly)

\*Group: The implementation part uses two people to lead a ten-time adult un-structure counseling group (approximately 90 minutes each time). A group plan (which may not include projects) and a recruitment DM are proposed before the end of January. Group members will be recruited in early March, and this practice will be carried out from March to May.

3. **Individual project and research assignments** : group project development and writing (30%, can be discussed or empirical research, about 8000-15000 words, and submit to journal).

In April, we will brief the progress of the class or make an appointment with the teacher for a discussion and submit it in mid-May; after the revision in early June, there will be a presentation of external results, and a 15-minute / 20 ppt presentation required to be given on Wed. **June 14** the *Conference of Group Counseling & Therapy*. Options: can be extended by article reading, or provided by the teacher or selected topics your own.

論述型態寫作考慮/參考格式:

應用心理研究

<http://www.wunan.com.tw/p8-0.asp>

輔導季刊

[http://gq.guidance.org.tw/index.php?action=view&com\\_no=1441350332](http://gq.guidance.org.tw/index.php?action=view&com_no=1441350332)

中華團體心理治療

[http://www.cagp.org.tw/publications/publications02\\_01.asp](http://www.cagp.org.tw/publications/publications02_01.asp)

研究型態寫作/參考格式: 中華輔導與諮商學報

The Journal for Specialists in Group Work

<https://www.tandfonline.com/journals/usgw20>

Group Dynamics: Theory, Research, and Practice

## Assignment & Scheduled Plan:

Orientation – 大致訓練歷程（簡要說明）

\*將於 2022.1 月擇期舉開說明會，預備選修之碩博生，請洽系辦公室登記與等候通知

\*\*學期授課時間共同學習時間共 70 小時

期初前討論 6h+團體實務領導體驗 20h+學期密集討論與督導 40h+期末專題發表會 4h

(一) 期初研討與預備

(二) 團體實務領導體驗：馬拉松團體 **2/11(六) 13:30 - 2/13(一) 13:30** 于鄰近區域民宿

(三) 週三下午課程/報告+週三下午十次團體觀摩與督導 13:10 -17:00

3/8. 15. 22. 29. 4/12. 19. 26. 5/3. 10. 17. 共十次

(四) 個別或小組專題密集討論(自由參與與形成研究團隊)

(五) 期末專題發表會 6/14 (三) 13:10 -17:00

## Textbooks:

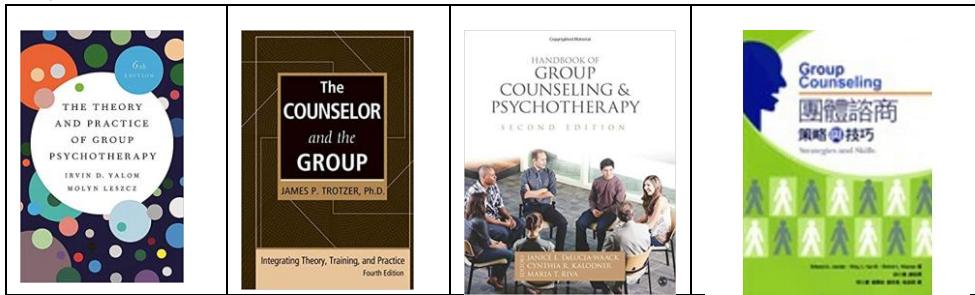
- \*\*許育光 (2013)。團體諮商與心理治療：多元場域應用實務。台北：五南圖書出版公司。[Yu-Kuang Hsu (2013). *Group Counseling and Psychotherapy: Multi-field Application Practice*. Taipei: Wu-Nan Book Inc.] \*需事先詳讀完成
- Parks, C. D., Tasca, G. A. (Editor) (2020). *The Psychology of Groups: The Intersection of Social Psychology and Psychotherapy Research*. American Psychological Association
- Kaklauskas F. J., Greene L. R. (Editor). (2019). *Core Principles of Group Psychotherapy: An Integrated Theory, Research, and Practice Training Manual* (AGPA Group Therapy Training and Practice), Routledge.
- \*\*吳秀碧 (2021)。團體諮商與治療：一個嶄新的人際-心理動力模式(三版)。台北：五南圖書出版公司。[ Wu Sophia (2021). *Group Counseling and Therapy: A New Interpersonal-Psychodynamic Model*. Taipei: Wunan Book Publishing Company. ]



## Pre-learning & Reading :

- Yalom, I. D., & Leszcz, M. (Collaborator). (2020). *The theory and practice of group psychotherapy* (6th ed.). Basic Books.
- Trotzer, J. P. (2016). *The counselor and the group: integrating theory, training, and practice*. (4th ed.). New York, NY: Taylor & Francis.

3. 夏林青等。團體治療與敏感度訓練。[ Group therapy and sensitivity training ] 台北：張老師出版社。
4. Yalom, I. D.。淑本華的眼淚。[ The Schopenhauer cure ] 台北：張老師出版社。
5. DeLucia-Waack j. L., Kalodner C. R., Riva M. T. (Editor). (2013). Handbook of group counseling and psychotherapy. (2nd ed.).. SAGE Publications, Inc.
6. Jacobs, E., Harvill, R., & Masson, R. L. (2006). Group counseling: strategies and skills (5nd ed). Pacific Grove, CA: Brooks/Cole. 程小蘋總校閱(2013)。團體諮商策略與技巧。台北:五南出版社。



### Reference/ Reading:

蔣欣欣 (2013)。團體心理治療 [ Group psychotherapy ]。台北：五南。

Chen, M. & Rybak, C. J. (2004). *Group Leadership Skills: Interpersonal Process in Group Counseling and Therapy*. Belmont, CA: Brooks/Cole.

Association for Specialists in Group Work. (2000). Professional standards for the training of group workers. *The Journal for Specialists in Group Work*, & <https://www.asgw.org/resources-1>.

Corey, M. S. Corey, G. & Corey, C. (2006). 團體諮商：歷程與實務(2014)/心理出版社. .*Groups: process and practice*, (7<sup>th</sup> ed.). Australia: Brooks/Cole.

Conyne, R. K. (Ed). *The Oxford handbook of group counseling*. (ch. 2, p.19-35). New York, NY: Oxford University Press, Inc.

DeLucia-Waack, J. L., Gerrity, D. A., Kalodner, C. R. & Riva, M. T. (Ed). *Handbook of group counseling and psychotherapy*. Thousand Oaks, CA: Sage Publications.

Gladding, S. T. (2003). *Group work: A counseling specialty* (4th ed). Upper Saddle River, NJ: Pearson Education, Inc.

Greenberg, K. R. (2003). *Group Counseling in K-12 Schools: A Handbook for School counselors*. Boston, MA: Allyn & Bacon.

Erford, B. T. (2010). *Group work in the schools*. Boston, MA: Pearson Education, Inc.

**Schedule (將于確認修課同學後再版規劃) 目前時程與地點安排**

- (一) 期初研討與預備：2023.01 線上
- (二) 團體實務領導體驗：馬拉松團體 2/11(六) 13:30 - 2/13(一) 13:30 于鄰近區域民宿
- (三) 十次課程 (新竹)：週三下午課程/報告+週三下午十次團體觀摩與督導 13:10 -17:00  
3/8. 15. 22. 29. 4/12. 19. 26. 5/3. 10. 17. 共十次 \*跨校遠距或特殊需求者可申請部分線上參與
- (四) 個別或小組專題密集討論(自由參與與形成研究團隊)
- (五) 期末專題發表會 (新竹) 6/14 (三) 13:10 -17:00