

課程名稱：高等心理治療理論與實習 (I)

Advanced Psychotherapy & Practicum (I)

課程編號：227 M6041 學分：3

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修課條件：修過高等心理衡鑑與實習 (I) (II) 的臨床組研究生

上課方式：1. 講演與書報討論，輔以隨堂作業。

2. 臨床案例選讀並討論。

3. 角色演練或觀看相關之錄影帶並討論。

4. 就修課之研究生所提供之個案從心理治療學派的觀點進行個案研討與督導。

5. 就個案研討所衍生的議題進行課堂講演，輔以隨堂作業。

6. 由博班研究生助教配合授課教師課程進度帶領學生每週定時演練或討論，完成各主題之指定作業。

課程內容：1. 當代主要心理治療學派的哲學基礎及其理論回顧 (基礎篇)。

2. 專業倫理課題與個案概念化。(基礎篇)

3. 經由討論擇治療學派就其理論、治療技術及臨床應用進行深入討論。(基礎篇)

4. 行為治療簡介與綜觀，兼談本課程之授課目標。(基礎篇)

5. 行為治療學派的基本精神，行為治療的過去、現在與未來。

6. 行為衡鑑。(基礎篇)

7. 逐一深入介紹各主要的行為治療技術、其基本原理、衡鑑方法、臨床應用、專業倫理課題、常見的問題及實徵研究，並配合課程性質輔以臨床案例之說明、臨床案例選讀、角色演練、或指定觀看相關之錄影帶並討論。(基礎篇)

8. 在前述基礎下，再就個案變項 (如某種心理疾患、困難個案等) 的心理處遇加以討論。(進階篇)

9. 依需要經由學生所提報的個案進行督導，逐一深入探討所運用的心理治療學派之理論、重要觀念之釐清、治療過程、治療技術的使用時機及其評估，並配合課程性質輔以臨床案例之說明、臨床案例選讀、角色演練、或指定觀看相關之錄影帶並討論。(進階篇)

10. 就該領域當前的一些重要議題進行主題探索。(加強篇)

主要教材：

1. Corey, G. (2009). *Theory and practice of counseling and psychotherapy* (8th ed.).

2. Wolberg, L. R. (2005). *The technique of psychotherapy*. Grune & Stratton: New York.

3. Spiegler, M. D., & Guevremont, D. C. (2010). *Contemporary behavior Therapy*. (5th ed.).
4. Wolpe, J. (1990). *The practice of behavior therapy* (4th ed.).
5. Martin, G. & Pear, J. (2010). *Behavior modification: What it is and how to do it* (8th ed.).
6. Kirsch, I., Lynn, S. J., Vigorito, M., & Miller, R. R. (2004). The role of cognition in classical and operant conditioning. *Journal of Clinical Psychology*, 60(4), 369-392.
7. McNally, R. J. (2007). Mechanisms of exposure therapy: How neuroscience can improve psychological treatments for anxiety disorders. *Clinical Psychology Review*, 27(6) 750-759.
8. Hofmann, S. G. (2008). Cognitive processes during fear acquisition and extinction in animals and humans: Implications for exposure therapy of anxiety disorders. *Clinical Psychology Review*, 28, 199-210.
9. Richard, David C. S., Lauterbach, D. L. (Eds., 2007). *Handbook of exposure therapies*. Academic press: MA.
10. Hayes, Sarah A; Hope, Debra A; Heimberg, Richard G. (2008). The pattern of subjective anxiety during in-session exposures over the course of cognitive-behavioral therapy for clients with social anxiety. *Behavior Therapy*, 39(3), 286-299.
11. Clinical Psychology Review (Editorial, 2007). Towards an understanding of the process and mechanisms of change in cognitive behavioral therapy: Linking innovative methodology with fundamental questions. *Clinical Psychology Review*, 27, 679-681.
12. Tryon, W. W. (2008). Whatever happened to symptom substitution? *Clinical Psychology Review*, 28, 963-968.
13. Wolitzky-Taylor, K. B., & Horowitz, J. D., Powers, M. B., & Telch, M. J. (2008). Psychological approaches in the treatment of specific phobias: A meta-analysis. *Clinical Psychology Review*, 28, 1021-1037.
14. Steven G., Benish, S. G., Imel, Z. E., & Wampold, B. E. (2008). The relative efficacy of bona fide psychotherapies for treating post-traumatic stress disorder: A meta-analysis of direct comparisons. *Clinical Psychology Review*, 28, 746-758.
15. Askew, C., & Field, A. P. (2008). The vicarious learning pathway to fear 40 years on. *Clinical Psychology Review*, 28, 1249-1265.
16. Persons, J. B. (2008). *The case formulation approach to*

cognitive-behavior therapy. Guilford Press.

17. Kopp, R. R. (1995). Metaphor therapy: Using client-generated metaphors in psychotherapy.
18. Kazantzia, N., Deane, F. P., Ronan, K. R., & L'Abate, L. (Eds., 2005). Using homework assignments in cognitive behavior therapy.
19. Slagle, D. M., & Gray, M. J. (2007). The utility of motivational interviewing as an adjunct to exposure therapy in the treatment of anxiety disorders. *Professional Psychology: Research and Practice*, 38, 329-337.
20. Orsillo, S. M., Roemer, L., & Holowka, D. W. (2005). Acceptance-based behavioral therapies for anxiety: Using acceptance and mindfulness to enhance traditional cognitive-behavioral approaches. In S. M. Orsillo & L. Roemer. (Eds.). *Acceptance and mindfulness-based approaches to anxiety, Part I, Integrating acceptance and mindfulness and existing psychological tradition*, pp. 3-36.
21. Barlow, D. H. (Ed., 2001). *Clinical handbook of psychological disorders*. 潘正德等人譯 (2004)。心理疾患臨床手冊。心理出版社。
22. Barlow, D. H. (Ed., 2008). *Clinical handbook of psychological disorders: A Step-by-step treatment manual (4th Edition)*. The Guilford Press: New York.
23. 臨床案例 (取材自書籍、期刊或錄影帶)。
24. 其他補充教材：視學生上課狀況提供。

預期目標：經由課堂講演討論與臨床實務督導，讓修習此門課程之研究生對心理治療學派的知識有更進一步的瞭解、判斷、掌握與應用，並作為日後修習其他心理治療進階課程或心理治療實習的基楚。

成績評量：根據專業倫理、敬業精神(15%)與知識技能(上課表現、角色演練、隨堂作業 30%、期中考 30%與主題報告 30%) 評分。

課程進度：

| Date | Contents |
|------|---|
| 9/16 | Introduction |
| | Part I: BASIC PRINCIPLES |
| 9/23 | What is Behavior Therapy? Antecedents of Contemporary Behavior Therapy The Behavioral Model |

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| 9/30 | | 教師出國開會 |
| 10/7 | | The Process of Behavior Therapy Behavioral Assessment |
| 10/14 | | Acceleration Behavior Therapy: Stimulus Control and Reinforcement Therapy |
| 10/21 | | Deceleration Behavior Therapy: Differential Reinforcement, Punishment, and Aversion Therapy |
| 10/28 | | Combining Reinforcement and Punishment: Token Economy, Contingency Contract and Behavioral Parent Training -1 |
| Part II: BEHAVIOR THERAPY | | |
| 11/4 | | Combining Reinforcement and Punishment: Token Economy, Contingency Contract and Behavioral Parent Training -2 |
| 11/11 | | The Role of Cognition in Classical and Operant Conditioning |
| 11/18 | | Mid-term Examination |
| 11/25 | | Mechanisms and process of exposure therapy |
| 12/2 | | Brief/Graduated Exposure Therapy-1 |
| 12/9 | | Brief/Graduated Exposure Therapy-2 |
| 12/16 | | Prolonged/Intense Exposure Therapy <i>Video & Discussions</i> |
| 12/23 | | <i>Video & Discussions</i> |
| 12/30 | | Modeling Therapy and Skills Training [+ Ch12, 21optional] |
| 1/6 | | <i>Video & Discussions</i> 本學期上課最後一週 |
| 1/13 | 補課 | Contemporary Behavior Therapy in Perspective: 2 nd & 3 rd Generation Behavior Therapies; Past, Present & Future (S14, 35) Wrap-up |
| 1/18 | | Term Paper Due |
| 1/24 | | 公布成績~心想事成、萬事如意 |