

## Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	STUDIES IN THEORIES OF COUNSELING & PSYCHOTHERAPY	Instructor	HSU, CHE-HSIU
Course Class	TDCXM1A MASTER'S PROGRAM, GRADUATE INSTITUTE OF EDUCATIONAL PSYCHOLOGY AND COUNSELING, 1A	Details	◆ General Course ◆ Required ◆ One Semester ◆ 3 Credits
Relevance to SDGs	SDG4 Quality education SDG5 Gender equality SDG16 Peace, justice and strong institutions		
D e p a r t m e n t a l   A i m   o f   E d u c a t i o n			
I . To foster prospective practitioners with disciplines of Educational Psychology and Counseling Psychology. II. To train students with disciplines and research specialization. III. To nourish students' disciplines in interacting with settings of various levels of schools and other related agencies. IV. To enhance students' competitiveness via incorporating studies of Educational Psychology and Counseling Psychology. V . To integrate theory and practice in diversifying the horizons for students. VI. To well-prepare students with competence in their certifying by the public agencies.			
Subject Departmental core competences			
A. Well-equipped with disciplines of Educational Psychology and Counseling Psychology. (ratio:30.00) B. Competent for conducting research on the fields of Educational Psychology and Counseling Psychology.(ratio:30.00) C. Competent for acting as a specialist in Educational Psychology and Counseling Psychology. (ratio:20.00) D. Well-specialized in ethics of Educational Psychology and Counseling Psychology. (ratio:20.00)			
Subject Schoolwide essential virtues			
1. A global perspective. (ratio:10.00) 2. Information literacy. (ratio:5.00) 3. A vision for the future. (ratio:5.00) 4. Moral integrity. (ratio:10.00)			

5. Independent thinking. (ratio:20.00)
6. A cheerful attitude and healthy lifestyle. (ratio:20.00)
7. A spirit of teamwork and dedication. (ratio:20.00)
8. A sense of aesthetic appreciation. (ratio:10.00)

### Course Introduction

This course aims to introduce the perspectives of contemporary counseling and psychotherapy theories, including human nature (or philosophical foundation), theoretical framework, and therapeutic process and techniques. It also seeks to train students to be able to understand, distinguish, compare, and integrate different theoretical perspectives to enhance their understanding of clients in a diversified and comprehensive way, and to construct a prototype of their own counseling theoretical orientation.

### The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.

Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.

- I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.
- II. Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.
- III. Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.

No.	Teaching Objectives	objective methods
1	This course introduces contemporary counseling and psychotherapy theories, covering views on human nature, theoretical frameworks, and therapeutic techniques. It aims to help students understand, compare, and integrate diverse perspectives, enhancing their ability to comprehend clients holistically and begin forming their own theoretical orientation.	Cognitive

### The correspondences of teaching objectives : core competences, essential virtues, teaching methods, and assessment

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1	ABCD	12345678	Lecture, Discussion	Study Assignments, Discussion(including classroom and online), Report(including oral and written)

Course Schedule			
Week	Date	Course Contents	Note
1	114/09/15 ~ 114/09/21	Course Description and Introduction, Grouping	
2	114/09/22 ~ 114/09/28	Psychologist as a Person and Counseling Theory	
3	114/09/29 ~ 114/10/05	Psychodynamic Psychotherapies	
4	114/10/06 ~ 114/10/12	Interpersonal Process Therapy	reflections1
5	114/10/13 ~ 114/10/19	Existential Psychotherapy & Logotherapy	
6	114/10/20 ~ 114/10/26	Gestalt Therapy	reflections2
7	114/10/27 ~ 114/11/02	Behavior Therapy & Cognitive Behavior Therapy	
8	114/11/03 ~ 114/11/09	Mindfulness-based therapies(MBSR 、MBCT 、DBT)	
9	114/11/10 ~ 114/11/16	Mindfulness-based therapies(ACT) 、Motivational Interviewing	reflections3
10	114/11/17 ~ 114/11/23	Family Therapy	
11	114/11/24 ~ 114/11/30	Family Therapy & Feminist Therapy	
12	114/12/01 ~ 114/12/07	Multicultural Theories of Psychotherapy & Social Justice Approach	
13	114/12/08 ~ 114/12/14	Integrative Psychotherapies & Emerging Psychotherapies	reflections4
14	114/12/15 ~ 114/12/21	Personal Counseling Theory Presentation	
15	114/12/22 ~ 114/12/28	Xmas	
16	114/12/29 ~ 115/01/04	New Year	
17	115/01/05 ~ 115/01/11	Personal Counseling Theory Presentation	
18	115/01/12 ~ 115/01/18	Final Course Summary	
Key capabilities			
Interdisciplinary			

Distinctive teaching	
Course Content	Gender Equality Education
Requirement	<p>Generative AI Ethical Statement</p> <p>This course adopts the following policy: Prohibited use.</p> <p>Students taking this course should be aware that course assignments, reports, or personal reflections may not use content generated by generative AI. If it is found that there has been a violation, the instructor, the university, or related units have the right to reevaluate the assignment of report or withhold scores. Students enrolled in this course agree to the above ethics statement.</p>
Textbooks and Teaching Materials	<p>Using teaching materials from other writers:Textbooks</p> <p>Name of teaching materials:</p> <p>Corsini, R. J., &amp; Wedding, D.(eds.) (2019). Current Psychotherapies (11th ed.). Peacock Publishers.</p>
References	<p>Corey, G. ( 2024 ) 。諮商與心理治療：理論與實務（五版）（修慧蘭等譯）。雙葉書廊。（原著出版年：2024）</p> <p>姜兆眉、蘇盈儀、陳金燕（2019）。諮商理論與技術導讀：諮商學習者的入門地圖。雙葉書廊。</p> <p>姜兆眉、蘇盈儀、陳金燕（2023）。諮商理論與技術導讀：諮商學習者的入門地圖第二冊。雙葉書廊。</p> <p>駱芳美、郭國禎（2018）。諮商理論與實務：從諮商學者的人生看他們的理論。心理出版社。</p> <p>駱芳美、郭國禎（2023）。諮商理論與實務：從後現代與家族系統的觀點著手。心理出版社。</p> <p>張勻銘、林家興、鮑順聰、管貴貞、施香如、黃素菲、鄧志平、吳怡珍、張傳琳、曹淑華、喬虹、許維素、王玉珍（2021）。諮商理論與技術。華格納。</p> <p>吳麗娟、蔡秀玲、杜淑芬、方格正、鄧文章譯（2017）。人際歷程取向治療—整合模式。雙葉書廊。（原著出版年：2017）</p> <p>Corey G. (2024). Theory and practice of counseling and psychotherapy (11 ed.). Cengage.</p> <p>Halbur, D. A., &amp; Halbur, K. V. (2019). Developing your theoretical orientation in counseling and psychotherapy (4th ed.). Pearson.</p>
Grading Policy	<p>◆ Attendance： 10.0 %    ◆ Mark of Usual：40.0 %    ◆ Midterm Exam： 20.0 %</p> <p>◆ Final Exam： %</p> <p>◆ Other〈PCT Report〉：30.0 %</p>
Note	<p>This syllabus may be uploaded at the website of Course Syllabus Management System at <a href="https://web2.ais.tku.edu.tw/csp">https://web2.ais.tku.edu.tw/csp</a> or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at <a href="http://www.acad.tku.edu.tw/CS/main.php">http://www.acad.tku.edu.tw/CS/main.php</a>.</p> <p><b>※"Adhere to the concept of intellectual property rights" and "Do not illegally photocopy, download, or distribute." Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b></p>