

國立臺北教育大學 99 學年度研究所在職進修碩士學位班招生考試  
【心理與諮商學系碩士學位在職進修專班】

諮商理論與實務 試題

◎注意事項：

- 一、本試題全部題目均須作答，總分 100 分。
- 二、請於答案卷中作答，否則不予計分。
- 三、答案卷上請用藍色或黑色筆繕寫，不得使用鉛筆。
- 四、作答時請先標明題號，橫式書寫。

- 一、“Attending skills are comprised of a series of complex proficiencies that cut across the verbal and nonverbal domains of communication. Attending represents the basis of all therapeutic encounters; without attending skills, the establishment of therapeutic rapport is most likely difficult, if not impossible.”

請就這段文字內容所表達的概念，予以申論之。(10%)

- 二、Psychodrama has been defined as a way of practicing living without being punished for making mistakes. The action that takes place in a group is a way of looking at one's life as it moves. It's a way of experiencing what happened and what did not happen in a given situation. All scenes take place in the present, even though a person may want to enact something from the past or something in the future. The group enacts a portion of life seen through the eyes of the protagonist. The personal representation of truth by protagonist can be eye-opening for someone else watching, who may see themselves reflected in the struggle to express what is real.

The psychodrama session has three parts: the warm-up, the action and the sharing. A fourth part, which is used for training purposes, is called processing.

1. 請敘述 Psychodrama 的創始人。(5%)
2. 從上述描述來說明 Psychodrama 的治療觀點。(10%)
3. 說明 warm-up, action, sharing and processing 的內涵。(10%)
4. 請說明 psychodrama 的五個要素成分。(5%)

※尚有試題，請翻頁繼續作答※

三、 “It might be suggested, therefore, that in order to find out where a child’s interest lies, we need only to ascertain which organ is defective. But things do not work out quite so simple. The child does not experience the fact of organ inferiority in the way that an external observer sees it, but as modified by his own scheme of apperception.”

1. 關於這段敘述，出自哪位心理治療大師的概念？（5%）
2. 請針對上述概念，從理論與實務的角度加以申論之。（15%）

四、 “Contact is possible only to the extent that support for it is available...Support is everything that facilitates the ongoing assimilation and integration of experience for the person, relationship or society.”

1. 關於這段敘述，出自哪位心理治療大師的概念？（5%）
2. 請針對上述概念，從理論與實務的角度加以申論之。（15%）

五、 Influenced by social constructivism, this approach’s therapists view language as the medium through which personal meaning and understanding are expressed and socially constructed in conversation.

From this approach, facilitators are more interested in assessing the observable surface behaviors of individual participants that are relevant in their search for and accomplishment of personally meaningful goals than in using diagnoses for determining treatment.

This approach begins with the intake process when the facilitator asks specific questions related to client strengths, such as the following: “What are some of your recent successes? What have you done that you are proud of? What have you done that took a lot of hard work? Have you ever broken a habit that was hard to break? What kinds of things do people compliment you on?” These questions give the potential participant and the facilitator an opportunity to begin assessing potential strengths and resources with clients.

Utilizing and building on participants’ strengths and exceptions is a more efficient and effective way for them to develop solutions that are relevant to and viable in their unique life circumstances. The task for the facilitator is to elicit, trigger, reinforce, expand, and consolidate exceptions the participant generates.

1. 上列敘述是哪一派心理師會使用的觀點？（4%）
2. 簡要敘述此學派對問題觀（8%）
3. 簡要敘述此學派的治療觀（8%）

※本試題紙請隨答案卷繳回※