

國立臺北教育大學 114 學年度碩士班「考試入學」招生考試

心理與諮商學系

諮商理論與實務 科試題

一、 選擇題(正確答案可能為單一或多個(多重選擇)，需答出完整正確答案，才能獲得該題分數，每題 4 分)：

1. In Adlerian Therapy, "*lifestyle*" refers to?

- (A) Individuals' socio-economic status
- (B) Individuals' family background.
- (C) Individuals' unique patterns of beliefs, goals, and behaviors.
- (D) Individuals' occupations and leisure activities.
- (E) Individuals' personality traits.

2. The main difference between third-wave cognitive therapies (CT) and traditional Cognitive Behavioral Therapy (CBT) lies in:

- (A) Third-wave CT emphasizes acceptance and mindfulness more.
- (B) Traditional CBT focuses more on behavior change.
- (C) Third-wave CT has abandoned the technique of cognitive restructuring.
- (D) Traditional CBT does not address emotional issues.
- (E) Traditional CBT tends to focus on symptom reduction as the primary goal, while third-wave CT focuses more on enhancing individuals' psychological flexibility and quality of life.

3. Core concepts of Narrative Therapy include:

- (A) Emphasizes that problems are a direct reflection of an individual's internal traits.
- (B) Focuses on uncovering early childhood trauma as the root of current problems.
- (C) Uses techniques of deconstruction and re-authoring stories.
- (D) Emphasizes individuals' internal pathology.
- (E) Emphasizes the importance of unique outcomes or exceptions to the problem story.

4. Which of the following scenarios BEST exemplify the concept of "Unfinished Business" in Gestalt Therapy?

- (A) Emily is worried about her upcoming job interview and spends hours researching the company and practicing her responses.
- (B) John avoids expressing his anger towards his authoritative boss for fear of losing his job, but constantly replays the situations in his mind, feeling resentful.

- (C) Maria vividly remembers a traumatic car accident from her childhood and experiences recurring nightmares
  - (D) Michael is a perfectionist and constantly revises his work until it meets his extremely high standards
  - (E) Sarah carefully plans her weekly schedule, ensuring all her tasks are completed on time.
5. **Regarding the practical application of Existential Therapy, which of the following statements is/are NOT correct?**
- (A) This therapy emphasizes the meaning of life and the uniqueness of individual existence.
  - (B) Existential therapists provide clients with clear life directions and values.
  - (C) Clients need to confront their own sense of loneliness and the desire to connect with others.
  - (D) Existential Therapy emphasizes the standardization and repeatability of therapeutic techniques.
  - (E) The intervention process primarily revolves around adjusting the content of automatic thoughts.
6. **Which of the following are primary assumptions and techniques in Psychoanalysis?**
- (A) Techniques such as free association and dream analysis are used to uncover repressed material from the unconsciousness.
  - (B) The therapist's role is to provide direct solutions to the client's problems.
  - (C) Transference and countertransference are important dynamics that help understand unconscious material.
  - (D) Emphasis is placed on changing the client's current thought patterns and behaviors.
  - (E) The focus is on conscious self-reflection and personal growth.
7. **Which of the following pairings accurately describe the assumptions and commonly used techniques of Emotionally Focused Therapy?**
- (A) Assumption: Emphasizes the importance of cognition and changing maladaptive thought patterns.
  - (B) Assumption: Emotions are central to organizing experience and creating meaning, and changing emotions is key to therapy.
  - (C) Assumption: Individuals have an inherent potential for self-actualization.
  - (D) Techniques: Experiential exploration, relationship restructuring, and emotion regulation.
  - (E) Techniques: Empathetic reflection and unconditional positive regard.

8. Which of the following pairings accurately describe the basic assumptions and commonly used techniques of Cognitive Behavioral Therapy?
- (A) Assumption: Problems originate from limitations imposed by sociocultural scripts
  - (B) Assumption: Believes that individuals can improve their emotions and problems by changing their ways of thinking.
  - (C) Techniques: Empty chair dialogue and addressing unfinished business.
  - (D) Techniques: Externalization and unique outcome questions.
  - (E) Techniques: Empathetic reflection and meaning exploration.
9. In Postmodern Therapy, what is the key difference between a problem-focused approach and a strength-focused approach?
- (A) A strength-focused approach emphasizes diagnosing the client's psychopathology to identify the root cause of the problem
  - (B) A problem-focused approach tends to use a linear causal perspective to understand problems; a strengths-focused approach tends to use a circular causal perspective
  - (C) A strengths-focused approach focuses on exploring exceptions and unique outcomes.
  - (D) In a problem-focused approach, the therapist helps the client externalize the problem and reduce its dominance in their life.
  - (E) A problem-focused approach focuses on how the client influences the problem; a strengths-focused approach focuses more on how the problem affects the client's life.
10. Which of the following statements about the assumptions and techniques in Person-Centered Therapy are incorrect?
- (A) The core of Person-Centered Therapy is the belief that the client has the capacity to self-actualize and resolve their own problems.
  - (B) The therapist uses a structured, step-by-step approach to help clients identify specific goals and achieve concrete outcomes.
  - (C) The therapist's role is to interpret the client's unconscious material and offer insights into their past experiences.
  - (D) The therapist should adopt an authoritative role to provide direct guidance and solutions to the client.
  - (E) The therapist's genuineness, empathy are essential for fostering the client's growth and self-acceptance.

## 二、申論題

### (一) 請依據題意進行論述：

近年來 Evidence-Based Practice 已成重要趨勢，請說明何謂「*Evidence-Based Practice (EBP)*」？(3 分)、它通常包含哪些核心元素？(3 分)、它與心理治療工作有什麼關係？(4 分)。(共 10%)

### (二) 請依據題意進行論述 (共 25%)：

1. Lazarus 提出的多元模式治療 (multimodal therapy) 取向，建議治療師在針對案主進行治療工作時，可檢視個人 BASIC I.D. 的每個面向。請說明並簡述 BASIC I.D. 是什麼以及內涵為何？(14%)

2. 有一名藥酒癮的案主，35 歲，從國高中開始，便因為各項違法行為而多次進出少年感化院，成年後則來回進出監獄，主要行為問題都是因為案主的吸毒行為，伴隨偷竊、強盜、恐嚇取財、家暴等行為議題。近期，案主因為本次服刑期滿，離開監獄賦歸社會，希望可以重新做人。因此，除了居住在毒品的戒治機構外，也在社福單位轉介下接受諮商服務。在諮商中，案主表達想要能夠跟案母、案前妻、案子修復關係。然而，過去做了太多錯事，像是家暴、偷取家裡財物、借高利貸不還讓債主上門討債等，導致案母、案前妻、案子都不願再接受案主。案主感到相當挫敗。同時，案主也因為家人都不願意給自己機會，當出現低潮、憂鬱、不平、委屈、憤怒等情緒，並且伴隨自傷行為，覺得世界都不理他，家人也放棄他，沒人愛他，死掉可能也沒人在乎，乾脆幹一票轟轟烈烈的大事，去找以前害自己染上毒癮的那些人算帳，並且討回被騙去買毒品

的費用，回來補償家人然後自我了斷。個案目前仍持續使用酒精、香菸。身體因為過去大量吸毒而有不少的後遺症，像是部分腦傷導致言語邏輯組織失衡、心律不整、血壓、失禁等問題。請試著以多元模式治療的概念針對本案例進行概念化，或是提出治療計畫。（請從概念化或治療計畫擇一作答即可）。

（11%）

（三）請依據下述情境，回應後續的題項（共 25%）：

案主 Alan，28 歲，使用政府推展的青壯諮商方案，前來你執業的諮商所求助。你是他的諮商心理師。在第一次會談，Alan 提及，一年多前，伴侶在一場車禍意外中過世。Alan 當時騎機車載著伴侶，被貨車撞擊的當下，他和伴侶都飛了出去，他受輕傷，但卻看著伴侶當場失去呼吸心跳，到醫院後被宣告死亡。事故發生以來，Alan 每天都強烈的思念伴侶，看著手機裡和伴侶的照片，潸然淚下。回想以前和伴侶相處的點點滴滴，久久不能回神。Alan 在事件之後，覺得生命已經毫無意義感、非常孤獨。Alan 的三五好友想邀請 Alan 外出聚聚，或是跟 Alan 聊聊，但 Alan 都不願意外出或是和朋友互動。Alan 過去喜歡打羽球、爬山等興趣也不再喜歡。此外，Alan 因為狀態不好多次影響到工作績效，最近更是造成公司將近十萬元的損失。主管雖然能理解 Alan 的辛苦，但 Alan 已經犯太多錯且也一年多來都無法改善甚至越來越嚴重，提醒 Alan 如果再沒有改善的話，就會請 Alan 離職。Alan 不想讓主管為難，自行離職。離職後，每天在家耍廢，過著醉生夢死的生活，每天喝酒，除了買酒、買食物外幾乎不外出，也幾乎都沒朋友了。和原生家庭本來互動就不多，這件事

故後幾乎就沒任何互動了。

1.依據 DSM-5-TR 精神疾病診斷準則手冊，你評估 Alan 可能有哪個疾患（2 %）？你依據哪些向度，評估 Alan 有這個疾患？（8%）

2.因為 Alan 目前使用青壯諮商方案，有三次諮商次數的限制，目前尚未確定 Alan 是否後續進行自費諮商。當你與 Alan 進行諮商時，設定的目標為何？（5 %）並且，請依據前述的論述，規劃 Alan 的諮商計畫？（10%）