

中國文化大學 111 學年度碩士班考試入學招生考試試題

系組：心理輔導學系碩士班

節次：第 1 節

科目：諮商理論與實務

一、專有名詞解釋(5 題，每題 5 分，共 25 分)

1. 分化 (differentiation)
2. 投射 (projection)
3. 陰影 (shadow)
4. 反移情 (counter-transference)
5. 外化 (externalization)

二、情境題

你是某大學諮商中心的心理師，請針對下列個案狀況，進行個案概念化，並提出你工作的探索與處遇方向、以及未來工作的規劃。

【案家描述】：

學生很焦慮告訴你，她從男友的 FB 發現男友劈腿了，與另一位女性出遊，並有親密的照，她非常錯愕與傷心，覺得自己怎麼這麼狼狽總是不斷地在親密關係上遇到渣男。她的好幾段戀情都是被男友的劈腿不得已而分手。無論她多小心謹慎的挑選伴侶，男人不是劈腿就是把她當玩物，從來沒有認真對待她，她從憎恨這些男人到現在開始懷疑自己是不是很糟？談起自己的親密關係，她發現自己一但與異性有了曖昧關係，就會忍不住趕緊想確認男女朋友關係，並義無反顧全心全意投入這段親密戀情，燃燒自己配合對方，並為雙方的未來做出很多的規劃與安排，但不知道為何男友們總是愈來愈冷淡，甚至嫌她煩，最後竟然偷偷在她透背後捅她一刀，讓她非常難過與憤怒，最終大家總在大吵後結束關係。她哭著問你她自己究竟出什麼問題？該怎麼做才能挽回或擁有親密的伴侶關係？

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三、請閱讀以下文章後，中文摘要本文重點，並說明何謂 psycho-oncology，以及如何應用在治療實務中。(25 分)

Too few cancer patients and survivors receive evidence-based interventions for mental health symptoms. This review examines the potential for Internet interventions to help fill treatment gaps in psychosocial oncology and presents evidence regarding the likely utility of Internet interventions for cancer patients.

The authors examined available literature regarding Internet interventions tailored to cancer patients' mental health needs and reviewed elements of Internet interventions for mental health relevant to advancing psycho-oncology Internet intervention research.

Few rigorous studies focusing on mental health of cancer patients have been conducted online. A growing body of evidence supports the efficacy, accessibility, and acceptability of mental health Internet interventions for a variety of general and medical patient populations. The authors present recommendations and guidelines to assist researchers in developing, testing, and disseminating Internet interventions for cancer patients and survivors, to manage and improve their mental health. Issues unique to Internet interventions—including intervention structure, customization, provider interaction, and privacy and confidentiality issues—are discussed. These guidelines are offered as a step toward establishing a set of “best practices” for Internet interventions in psycho-oncology and to generate further discussion regarding the goals of such interventions and their place in cancer care.

The prevalence and impact of depression and anxiety in cancer patients demand greater access to mental health interventions. Internet interventions aimed at helping cancer patients and their providers identify and manage the most prevalent emotional symptoms (i.e., depression and anxiety) have the potential to help address the enormous unmet need for mental health services. These interventions, as applied specifically to cancer patients, are worthy of systematic, well-designed, and rigorously conducted studies.

取自 Leykin, Y., et al. (2012). Internet interventions for improving psychological well-being in psycho-oncology: review and recommendations. *Psycho-Oncology*, 21, 1016-1025.

四、有鑑於元宇宙 (Metaverse) 時代的來臨，虛擬實境 (Virtual Reality, VR)、擴增實境 (Augmented Reality, AR) 及人工智慧 (Artificial Intelligence, AI) 的興起，說明 VR 如何結合認知行為治療 (CBT)，克服心理疾病 (15 分)；及 AI 如何解決心理健康問題 (10 分)。