一、解釋名詞（共 20 分，每題 5 分）

1. structuring
2. intake
3. case manager
4. I and thou

二、Rogers 人本治療的「成為一個人(on becoming a person)」和 Perls 完形治療的「撥除精神官能症的五個層面」，其主要精神有何相似之處，請分析之？（20 分）

三、以下是一則分手暴力的社會新聞，在分手或離婚後的重要調適方法之一，就是尋求婚姻諮商專家的協助，若該兇嫌（加害者）轉介給您進行諮商治療，請針對此個案進行人格動力分析？並提出您的諮商治療計畫？（30 分）

【社會新聞】：

　　一名莽夫憤恨妻子離婚後立刻搭上一名小男友，還接到小男友挑釁簡訊：「要拼我不會輸你，我準備好在等！」昨日他回前妻住處，發現小男友竟睡他的床位，憤怒情緒瞬間爆發，涉嫌持刀將情敵砍成重傷。莽夫氣憤說：「讓我戴綠帽，他還敢睡我的床位。」

　　警方說，昨日上午十時許，兇嫌預藏摺疊式水果刀回前妻住處，按鈴後是兒子開門，兇嫌直接走進臥室，赫見前妻新男友竟睡在他床位上，憤怒瞬間爆發，掏出水果刀朝該男胸前猛刺一刀，該男轉身逃跑卻被兇嫌拉住，背部又中四刀，前妻為保護小男友意圖阻攔，導致手臂和眉頭也遭砍傷，幸傷勢輕微，小男友則重傷住院。兇嫌行兇後奪門而出，警方接獲前妻報案，立即前往將兇嫌逮捕。他行兇落網後還嗆：「一月才離婚，現在就交男友，還帶回家睡我的床位，也不怕小孩問，擺明早就討客兄（台語，指外遇）了！」（修改自蘋果日報 2010.03.08 A3 版）

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雙面印刷

四、下面是一則個案和治療師的部份對話內容，請討論個案可能的心理困擾為何？以及分析治療師目前的治療理念或方法？（30 分）

Client	Most days, I feel completely worthless. I just sit around the house and nothing seems to get done.
Therapist	Let's look at the word "worthless." Exactly what does that word mean to you?
Client	Well, I suppose that a worthless person is someone who doesn't contribute to society and doesn't do anything—someone like me.
Therapist	Can you think of anyone else who you would describe as worthless?
Client	Actually, no. I can't.
Therapist	If you were to meet someone else who is worthless, how would you know it?
Client	I don't really think of other people as being worthless.
Therapist	What if you met a person who, like yourself, was unemployed and not spending time with friends? Would you consider that person to be worthless?
Client	Not at all. If anything, I would feel empathy for that person.
Therapist	It seems that you have different standards for yourself than you do for other people. Is it possible to change your view of yourself to match the view that you might have of another person who is similar to you?
Client	I guess it's possible that I am not worthless, although I still believe that there are lots of things in my life that need to change.

(data from: Antony & Swinson, 1997)

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