

一、專有名詞解釋(5 題，每題 5 分，共 25 分)

1. 榮格的個體化(individuation)
2. 早期回憶(early recollections)
3. 抗拒接觸(resist contact)
4. 存在的罪惡感(existential guilt)
5. 聯盟攻擊(detouring)

二、情境題(25 分)

你是某大社區諮商心理所的心理師，請針對下列來訪伴侶狀況，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】：

有一對伴侶來到心理所表示他們已經相識並交往 5 年之久，打算要進入婚姻，但是在同居的這段期間他們愈來愈發現彼此有很多差異難以磨合，最後總是經歷一場激烈的爭辯並不歡而散，但一段時間後又重複同樣的狀況。他們對於是否要結婚突感開始感到害怕與猶豫，特別是男方覺得女方在生活相處上很“龜毛”，很多規定與要求，他經常動則得咎，感到彼此相處很不舒服，並且女方常常要求他陪伴她逛街與談心，即便他配合了，總還是會有毛病讓她可挑剔，他感到非常不開心。女方則表示男方對他很冷淡，無論兩人一起做什麼，他總是一副提不起勁的委屈，讓她原本的好心情一下就跌落谷底。她懷疑他是不是不愛自己？是不是跟她在一起感到很勉強與委屈？特別是過去他確實曾經想回去與前女友復合，這件事很傷害她，這也是他們經常吵架的原因之一。男友則回應表示如果她還是那麼在意這件事，不斷翻舊帳，他也覺得沒意思，還不如早早結束這段關係。

三、請閱讀以下英文文章後，回答下面問題，請用中文回答（25 分）

The rapid growth of employee assistance Programmes (EAPs) has not been matched by the accompanying research base of their efficacy. Given the inconsistent information relating to the effectiveness of EAPs in enhancing employee and organizational outcomes, the present review systematically appraised available evidence from organizational psychology and business databases and grey literature sources. A total of 17 studies examining the impact of EAPs, met the inclusion criteria. These were mostly from North America and utilized quantitative methodology and pre- and post-intervention designs. The majority of studies focused on EAPs offered by external providers and the counselling service, with the most common limitations being discrepancies in variable definitions and an absent comparable control group. Overall, this review found that utilizing EAPs enhanced employee outcomes, specifically improving levels of presenteeism and functioning. Absenteeism was most commonly investigated but produced mixed results. Presenteeism demonstrated a stronger effect size and greater improvement than absenteeism, suggesting presenteeism as a better variable for assessing EAP effectiveness. This review clarified parameters of existing evidence and highlighted the narrow range of measures used to date, omitting important constructs such as health and well-being and productivity. A broader evaluation capturing a wider range of variables is urgently needed.

1. 請問何謂 EAP，請就 EAP 內容與在國內企業推動的重點，試說明。(5%)
2. 請用中文敘述本段摘要內容。(10%)
3. 請問對於目前國內 EAPs 推動限制與不足，試說明。(10%)

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1. 目前教育部研議中小學納入「心理健康假」，甚至部分大學已通過心理健康假的假別，請從三級預防的角度論述。(15%)
2. 並請說明各級學校（國中小、高中、大學）如何利用「心理健康假」，才能真正幫助到有心理健康需求的學生，避免假別汙名化。(10%)