

行政院海岸巡防署

97年心理諮商輔導人員知能研習

2008 Professional Conference Seminar of Psychological Consultants of Coast Guard Administration.

◎文、圖/郭人嘉

◎ Article, Photos/Kuo Jen-jia

海岸巡防署人事處為提昇心理諮商輔導人員專業素養及輔導技巧，並協助新進心理諮商輔導人員具備相關專業知能，以增進本署心理諮商輔導工作整體效能，於97年3月26、27日舉辦為期兩天的「97年心理諮商輔導人員知能研習」。

研習開始由常務副署長尤明錫對參訓學員實施勗勉，尤副署長除代表署長對所有心輔同仁平日的付出予以肯定與嘉勉外，並期許心輔同仁在2天的研習期間能專心汲取知能，且將心得帶回工作崗位，為單位內同仁服務。

In order to improve profession and consulting skills of psychological consultants, as well as assist Personnel Department of the Coast Guard Administration and eventually advance overall consulting performance of the Administration, the “2008 Professional Knowledge Conference Seminar of Psychological Consultants” was held as of March 26-27, 2008.

This seminar was started with Deputy Administer YU's encouraging speech to the trainees. Mr. YU not only praised the staff's efforts, but also revealed his expectation that the trainees may acquire professional knowledge in the two-day seminar and contribute their acquirement to daily work and service for colleagues.



國立師範大學魏秀珍副教授授課情形。

Delivery of lecturing by associate Prof. Wei Hsio-jen of National Taiwan Normal University.



海巡署常務副署長尤明錫勉參訓人員。

You Ming she, deputy Minister of the Coast Guard Administration, encourages personnel taking part in the training.

本次研習，人事處為使課程能符合各級機關（單位）與心輔同仁實際需要及擴增心輔工作服務對象與內容，除邀請耕莘醫院精神科楊聰財主任等5位老師，針對海岸巡防總局新進心輔人員講授有關「精神疾病症狀與處置」、「自我傷害防治」、「助人技巧」及「團體輔導」等課程，以加強其基本諮商輔導專業知能與技巧外；另邀請國立師範大學人類發展與家庭學系魏秀珍副教授等3位老師，針對海洋巡防總局心輔人員及海岸巡防總局具輔導實務工作經驗1年以上同仁，講授「理財規劃」、「家庭與婚姻」、「親子關係互動」、「生涯規劃」等課程，期從調整服務對象與擴增服務內容面向切入，擴充心理諮商輔導人員相關協助知能，增進心輔同仁善用內外部資源之能力。

除依心輔同仁服務背景與資歷，設計「基礎課程」及「實務課程」兩種班別外，人事處為配合本署「海巡人員身心狀況評量表」於本(97)年5月1日起全面使用，特利用本次研習邀請該量表編著者輔仁

So as to make trainings satisfy actual demands of each units and psychological personnel, as well as broaden targets and missions to serve, 5 doctors including Dr. Yang, Director of Psychiatric Department, Cardinal Tien Hospital, were invited to teach such classes as “Syndrome and treatment of psychological disease”, “Prevention of self-hurting”, “Skills of helping others” and “Group counseling” to improve basic profession and skills of psychological consultancy. Furthermore, along with tow other experts, Dr. Wei, associate professor of Department of Human Development & Family, National Taiwan Normal University, was also invited to lecture classes including “Financial management”, “Family and marriage”, “Relationship and interaction between parents and kids”, “Lifetime planning”, to expand psychological consultants’ profession by adjusting targets and missions the psychological consultancy serves. The consultancy staff is also expected to raise ability of utilizing internal and external resources well.

Besides its design of elementary and advanced classes particularly for diverse background and experiences of each psychological personnel, the human resource agency specially invited Prof. Cho of Fu Jen Catholic University, the inventor of physical and mental evaluation scale to better promote the physical and mental evaluation scale for Coast Guard staff started from May 01, 2008. Prof. Cho has taught skills to carry out an evaluation, count scores and explain. Through these trainings, the whole staff was expected to better devote to assist leaders of a variety of units, levels and colleagues to overcome difficulties of adjustment, self-hurting, tendency to psychological disease with the training specially on “evaluation scale to sergeants and solders”, continuously held in mid-April and late-April. It is predicted



心輔人員知能研習課程採分組討論方式，彼此分享研習心得，提升專業知能與技巧。

Psychological counselor makes use of group discussions for intelligence knowledge seminar, and each shares from the seminar so as to enhance professional knowledge and techniques.

大學卓淑玲教授，針對海岸巡防總局全體心輔同仁講授量表施測、計分與解釋的方式，期透過此次對於全體心輔同仁正式教育訓練及四月中、下旬陸續辦理的「士官兵行為檢核表」教育訓練，在該量表正式使用後能協助各級主官及心輔同仁掌握適應不良、自我傷害及精神疾病傾向的個案，妥採輔導處遇作為，減少危安事件發生。

雖然經驗可以彌補理論之不足，但唯有足夠的理論基礎配合經驗，才能因應複雜多變的輔導環境，在這兩天的研習不論是實務課程老師對各項議題見解與說明，或是專業課程中老師的講解與帶領，相信都讓心輔人員在理論與實務經驗方面勢將更加有所助益。😊

(本文作者任職於海巡署人事處)

adequate counseling will decrease happening of risky incidences.

Real experiences may redeem the theories, however, it is believed only cooperation of sufficient theories and experiences will solve a plenty of problems in the complicated and changing environment. In this two-day seminar, not only the viewpoints of lecturers and explanation to problems, but also their instructing made us confident of significant benefits to academic and experiential capability of the psychological consultants.

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