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海巡署辦理95年下半年 心理諮商輔導知能研習

Training Camp for Psychology Consultation and Guidance for the 2nd Half of 2006 by Coast Guard Administration in Conjunction of Social Resources



◆ 海巡署心輔同仁參訪台北市心衛中心情形
Fellow workers of Psychological Counseling
Section of CGA visiting Taipei Community Mental
Health Center

海巡署95年下半年心理諮商輔導知能研習於95年7月28日假第1辦公大樓第2會議室實施，署部暨所屬機關（單位）心輔人員計76人參加。本次心理諮商輔導知能研習由主任秘書謝添進代表署長精神講話，除對各級心輔人員平日在工作崗位上的辛勞表示感謝及嘉勉外，同時期勉各級心輔同仁要善用研習機會，增進工作知能與信心，並持恆關心、愛心及耐心協助同仁解決疑難困惑。

The Training Camp for Psychology Consultation and Guidance of Coast Guard Administration (CGA) for the 2nd half of 2006 was held at the conference room at the 2nd floor of the 1st office building, and 76 psychological counseling workers from the CGA and its subordinate agencies have participated this training camp. The camp started with the speech given by the Chief Secretary Hsieh Tien-jin on the behalf of the Minister of the CGA. In his speech, the Secretary thanked and appreciated the hardworking and efforts that the counseling workers have been dedicating in their posts every day, and encouraged the participating fellow counseling workers to improve their knowledge and confidence in their daily works by exploiting this training camp while keeping in their minds care, love and patient when helping people with their doubts and problems.



研習區分2階段，上午的課程邀請歸心工作室負責人王麗文老師講授「輔導員的情緒管理及心理疾病辨識、處置」。課程內容介紹情緒的產生、情緒不佳可能引發的心理疾病、如何與情緒共處、心理疾病初步診斷及如何輔導、協助等，老師並以每天有38人自殺求助電話、8人自殺死亡、85件兒虐通報、8人被性侵害、23名國中小學生輟學、86對離婚、28%的人失眠、26%的人有心理或精神問題及25%的人吸煙等數據說明目前社會現況及背後所隱藏的問題，值得大家關注。另外，針對課程主題，教導心輔同仁平時能以靜坐及內觀方式，調整自己的情緒及態度，便於在輔導個案時，

There were 2 stages of courses in this training camp. In the morning, the person in charge of Kuei-Hsin Studio, Dr. Wang Li-wen, was invited to give a lecture titled "Emotion control of counselors and how to identify and deal with psychological disorders." The curriculum provides clear ideas on several topics, such as the generation of emotions, psychological disorders resulted from stressed emotions, how to get along with the emotions, preliminary diagnosis of psychological disorders and how to provide counseling and assistance. In her lecture, Dr. Wang has elaborated the current social status and the problems hidden behind with series of everyday statistics, e.g. 38 persons how are at the brink of suicide make phone calls for help, 8 persons committed suicides, 85 cases of child abuse are reported, 8 sexual assaults are reported, 23 students drop out of the elementary and junior high schools, 86 couples files for divorce, 28% of people have sleep disorders, 26% of people have mental or psychological problems and 25% of people are smoking, all of which are worth more attention. In addition for the course, Dr. Wang has taught the participating counselors to cope with the emotions and attitudes by meditation and Vipassana (inner looking), allowing to accept the emotions



較能接受個案情緒及尊重個別差異，同時也提醒同仁多運用傾聽、同理及陪伴等輔導技巧，冷靜辨識個案求助訊號，發現個案有心理疾病徵候，可適時運用社會資源轉介精神科或透過民俗治療協助。在老師深入淺出的分析並結合自身經驗提供實例，心輔同仁無不聚精會神的聆聽，課堂中的學習情緒及互動情形良好。

為瞭解社會資源運用情形，海巡署人事處心理諮商科特別於當日下午安排至臺北市政府衛生局社區心理衛生中心參訪，由人事處副處

of the help seekers and to respect the differences between individuals when providing counseling. Meanwhile, Dr. Wang also reminded the participants to use various counseling techniques, such as listening, feeling for the help seekers and companionship to calmly identify the signals the help seekers were trying to send. When a sign of potential psychological disorder is found, the case can be transferred to professional psychologists through social resources or to alternative therapies for further assistance. All of the participants have been charmed into the comprehensive analysis, the personal experiences of the lecturer and practical examples. The learning atmosphere in the room was boiling and the interactions between participants and lecturer were animated.

In order to understand more about the uses of social resources, the Psychological Counseling Section of Department of Personnel, CGA has made arrangement in the afternoon to visit the Taipei Community Mental



長陳培莉帶隊前往。當一行人抵達中心時，受到臺北市政府衛生局醫護管理處副處長李碧慧及心理衛生中心輔導幹部熱情歡迎，在致上歡迎詞後，展開參訪行程。首先，由執行秘書王秀雯就中心成立、服務宗旨、服務項目及聯絡方式實施簡報，在王執行秘書生動活潑的講解下，全體心輔同仁對於中心推廣心理衛生工作有了初步的認識。簡報結束後，由陳副處長代表署長致贈紀念品及旗幟以感謝中心的協助。接著，同仁分4梯次由輔導幹部就中心團體輔導室、晤談室、行為監控室及閱覽室等設施逐一介紹，參訪期間，同仁對於中心清新的環境及完善的設施均讚不絕口，且與負責解說之輔導幹部討論熱烈，參訪活動在全體心輔同仁及中心輔導幹部合影中劃下完美的句點。

海巡署心理諮商輔導研習課程，除了透過專家學者授予相關輔導知能外，更力求結合社會資源參訪心理衛生機構，正所謂「他山之石，可以攻錯」，透過觀摩學習，讓心輔同仁在執行個案輔導之餘亦能熟悉及有效運用社會資源，對增進海巡署心理諮商輔導效能助益甚鉅。

Health Center, Department of Health, Taipei City Government, and the visitors were led by the Deputy Chief of Department of Personnel, Ms Chen Pei-li. The visiting group was warmly greeted by the Deputy Division Head of Medical Affairs Division, Ms Li Pi-hui, and the counseling crew of the Health Center and started the tour of the afternoon after the welcome speech. First, Executive Secretary Wang Hsiu-wen briefed the visitors about the establishment of the Health Center, the purpose and items of services and how to make contact with the Health Center. All the visitors had a good idea about the psychological health promotion done by the Health Center after the vivid briefing of Secretary Wang. After the tour briefing, Deputy Chief Chen presented on the behalf of the Minister the souvenir and CGA banner to appreciate the assistance the Health Center had provided. Then, the visitors were divided into 4 batches. Led by the Health Center personnel, to tour the group counseling room, interview room, behavior monitoring room and library. During the tour, fellow CGA counselors spoke highly about the refreshing environment and the comprehensive facility the Health Center has. They also had an enthusiastic discussion with the tour-guiding personnel. The tour has come to a perfect ending with the group photograph of entire CGA counseling personnel and those of the Health Center.

The psychological counseling and guidance training courses of CGA not only provide counseling-related knowledge by inviting experts and scholars as lecturers, but also attempts to integrate available social resources and visits to friendly psychological health institutes, which is what is known as another's good quality, whereby one can remedy one's defects. Through series of tours and learning processes, the fellow counselors are allowed to familiarize and utilize available social resources more effectively while providing counseling and assistance to help seekers, and that helps greatly for the efficiency of psychological counseling and guidance of CGA.

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