

## 课程详述

### COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	<b>课程名称 Course Title</b>	医学心理学
2.	<b>授课院系 Originating Department</b>	医学院 School of Medicine
3.	<b>课程编号 Course Code</b>	MED315
4.	<b>课程学分 Credit Value</b>	2
5.	<b>课程类别 Course Type</b>	专业基础课/ Major Basic Courses
6.	<b>授课学期 Semester</b>	夏季/ Summer
7.	<b>授课语言 Teaching Language</b>	中英双语 English & Chinese
8.	<b>授课教师、所属学系、联系方式 (如属团队授课, 请列明其他授课教师) Instructor(s), Affiliation &amp; Contact (For team teaching, please list all instructors)</b>	张迎黎, 深圳市康宁医院, <a href="mailto:yinglizhang2000@163.com">yinglizhang2000@163.com</a> Zhang Yingli, Shenzhen Kangning Hospital, yinglizhang2000@163.com
9.	<b>实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact</b>	/
10.	<b>选课人数限额(可不填) Maximum Enrolment (Optional)</b>	/

11. 授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other (Please specify)	总学时 Total
	32	/	/	/	32
学时数 Credit Hours					
12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements	无/NA				
13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite	待定/To be determined				
14. 其它要求修读本课程的学系 Cross-listing Dept.	待定/To be determined				

### 教学大纲及教学日历 SYLLABUS

#### 15. 教学目标 Course Objectives

本课程是面向临床专业本科生的基础课，旨在引导学生学会运用心理诊断和治疗等技术为临床服务，从而真正作到医学模式从单纯的生物医学模式转变为生物-心理-社会医学模式，进一步改进疾病的防治措施，提高医疗质量，促进人类的身心健康。

This course is a basic course for clinical undergraduates. It aims to guide students to learn to use psychological diagnosis and treatment technology to serve the clinic, so as to change the medical model from a simple biomedical model to a bio-psycho-social medical model. Further improve disease prevention and treatment measures, improve medical quality, promote human physical and mental health.

#### 16. 预达学习成果 Learning Outcomes

1. 了解医学心理学的基本理论、基本原则和基本方法；
2. 初步掌握心理治疗理论及技术方法学；
3. 提高学生的人文医学素养。

1. Understand the basic theories, principles and methods of Medical Psychology;
2. Improve students' ability of theories and skills of psycho-therapy;
3. Improve students' Humanistic Medical literacy.

#### 17. 课程内容及教学日历（如授课语言以英文为主，则课程内容介绍可以用英文；如团队教学或模块教学，教学日历须注明主讲人）

**Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)**

##### 1. 绪论 INTRODUCTION

医学心理学概述；医学模式的转变；医学心理学研究方法；医学心理学的现状与发展

Medical psychology overview; transformation of medical model; research methods of medical psychology; status quo and development of medical psychology

## 2. 心理学基础 BASIC PSYCHOLOGY OF PSYCHOLOGY

心理的现象及其本质；认知过程；情绪和情感过程；意志过程；人格

Psychological phenomenon and its essence; cognitive process; emotional and emotional process; will process; personality

## 3. 心理评估 PSYCHOLOGICAL ASSESSMENT

心理评估概述；智力测验；人格测验；神经心理测验；评定量表

Psychological Assessment Overview; intelligence test; personality test; neuropsychological test; rating scale

## 4. 心理应激 PSYCHOLOGICAL STRESS

应激过程的中介机制；应激反应；应激的医学后果；应激的管理

The mediating mechanism of stress process; stress response; medical consequence of stress; management of stress

## 5. 心身疾病与异常心理 PSYCHOSOMATIC DISEASES AND ABNORMAL PSYCHOLOGY

心身疾病概述；常见心身疾病

A summary of psychosomatic diseases; common psychosomatic diseases

## 6. 病人心理 PATIENT PSYCHOLOGY

病人心理概述；病人的一般心理特征余基本干预办法；各位病人的心理特征

The main contents are as follows: the general psychological characteristics of the patients, the basic intervention methods, and the psychological characteristics of the patients

## 7. 医患关系与医患沟通 DOCTOR-PATIENT RELATIONSHIP AND DOCTOR-PATIENT COMMUNICATION

医患关系；医患沟通；我国的医患关系

Doctor patient relationship; doctor-patient communication; doctor-patient relationship in China

## 8. 心理干预总论与各论 THE THEORY OF PSYCHOLOGICAL INTERVENTIONS

心理干预；心理治疗

精神分析与心理动力学治疗；行为疗法；认知疗法；以人为中心疗法；森田疗法；暗示和催眠疗法；

家庭治疗；团体治疗；正念疗法；危机干预；其他疗法；临床心理会诊服务

Psychological intervention; psychotherapy

Keywords psychoanalysis and psychodynamic therapy; behavioral therapy; cognitive therapy; human centered therapy; Morita therapy; suggestive and hypnotic therapy;

Family therapy; group therapy; mindfulness therapy; crisis intervention; other therapies; clinical psychological consultation service

Section	Topic	Hours
1	绪论INTRODUCTION	2
2	心理学基础 BASIC PSYCHOLOGY OF PSYCHOLOGY	2
3	心理评估 PSYCHOLOGICAL ASSESSMENT	4
4	心理应激 PSYCHOLOGICAL STRESS	4
5	心身疾病与异常心理 PSYCHOSOMATIC DISEASES AND ABNORMAL PSYCHOLOGY	4
6	病人心理 PATIENT PSYCHOLOGY	4
7	医患关系与医患沟通 DOCTOR-PATIENT RELATIONSHIP AND DOCTOR-PATIENT COMMUNICATION	4
8	心理干预总论与各论 THE THEORY OF PSYCHOLOGICAL INTERVENTIONS	8

#### 18.教材及其它参考资料 Textbook and Supplementary Readings

1. 《医学心理学》 主编 姚树桥 人民卫生出版社第5版
2. 《医学心理学》 主编 姜乾金 人民卫生出版社第4版
3. 《医学心理学》 主编 马存根 人民卫生出版社第2版
4. 《普通心理学》 主编 彭聃龄 北京师范大学出版社

#### 课程评估 ASSESSMENT

19. 评估形式 Type of Assessment	评估时间 Time	占考试总成绩百分比 % of final score	违纪处罚 Penalty	备注 Notes
出勤 Attendance		10		
课堂表现 Class Performance		10		
小测验 Quiz				
课程项目 Projects				
平时作业 Assignments		30		
期中考试 Mid-Term Test				
期末考试 Final Exam				
期末报告		50		

**Final Presentation**

其它（可根据需要  
改写以上评估方  
式）

**Others (The  
above may be  
modified as  
necessary)**


20. 记分方式 **GRADING SYSTEM**

- A. 十三级等级制 **Letter Grading**  
 B. 二级记分制（通过/不通过） **Pass/Fail Grading**

**课程审批 REVIEW AND APPROVAL**

21. 本课程设置已经过以下责任人/委员会审议通过  
**This Course has been approved by the following person or committee of authority**

本课程已经医学院教学副院长张文勇教授审核通过。