



TYNDALE

CANADIAN CHINESE SCHOOL OF THEOLOGY

加拿大華人神學院・天道學院



CERTIFICATE IN CHRISTIAN STUDIES

普及神学证书课程

COURSE SYLLABUS 课程大纲

Happy Family: An Alternative Perspective

幸福家庭多面观(国语)

Instructor: Dr. Xingqun Ni 倪星群医生

医学博士，道学硕士，注册心理治疗师

November 9, 16 and 23, 2019, 9:00am-1:00pm

I. Course Description

Based on the latest psychological progress, realistic family challenges, and Christian faith, this course introduces the family systems, the attachment theory, and the basic strategies for building a happy family. Its aims are recognizing family as an emotional unit, observing the interactional patterns among family members, understanding people's core emotional needs, and building a happy family. This course will also help participants to apply God's words to healthy families and individuals, for example, more understanding about the harm of knowing good and evil, and the benefit of loving God with all our heart, mind, and soul.

本课程从最新的心理学进展、现实的家庭挑战和基督教信仰出发，介绍家庭系统理论、依附理论和建立幸福家庭的基本策略。学习从整体的角度认识家庭，理解家庭成员间的互动方式，懂得个人的核心情感需要，建立幸福家庭。本课程将帮助大家更好地将圣经的教训应用到家庭建设之中，例如，分辨善恶的危害，尽心尽力爱神的益处，从而实现家庭的幸福和个人的健康。

II. Required Text 指定课本

倪星群著。亲近孩子：子女教养理论和技巧。多伦多：晨星心理咨询与心理治疗，2018。
(课本可以在开课当天购买，每本二十五元)

III. Assignment

Case Reflection Paper (6-8 pages) – Through new perspectives, the participant is expected to observe his/her own family or a family he/she is helping, to identify the family challenges, to plan a coping strategy, and then to evaluate any following changes. Physical, emotional, social, and spiritual growth is clearly described.

个案反省(共6-8页)：同学运用学习的理论和技巧观察自己的或者正在帮助的家庭，阐述面临的挑战，可以采纳的应对策略，审查和评估发生的改变或者可以预计的改变，从个人得到的身心灵的成长。