(040200)心理学 2024 级全日制硕士研究生培养方案

2024 Full-time Master's Degree Program for Psychology

一、基本信息 Basic Information

院系名称 School	心理学院 School of Psychology			**适用年级** Grade	2024 级 Class		
适用专业 Major	心理学 Psychology			**标准学制** Duration	2.5年 Years		
学习形式 Study Mode	全日制 Full time						
项目类型 Program Type	学术型 Academic						
培养层次 Program Level	硕士生 Master Student						
最低学分 Min Credit	30	**最高学分** Max Credit	40	**最低 GPA 学分** Min GPA Credit	24	**最低 GPA** Min GPA	2.7

二、学科简介 Introduction

上海交通大学心理学科始建于 2003 年，分别于 2011 年、2014 年获得心理学一级学科硕士学位授权点和应用心理硕士专业学位授权点；2015 年，新增上海交通大学“神经科学与心理学”交叉学科博士点；2019 年，上海交通大学增列心理学一级学科博士学位授权点；2023 年，增列应用心理专业一级学科博士学位授权点。

心理学硕士研究生的培养方向为临床心理、社会心理与心理健康、认知神经心理三个研究方向。目前，学科点拥有硕士生导师 33 名，拥有心理学或相关领域博士学位或高级职称的授课教师 41 名，带教老师 118 名。学科带头人与学术骨干稳定，已形成临床心理、儿少心理、犯罪与成瘾行为、老年心理、危机干预等特色心理团队。学位点拥有丰富的临床资源和实践基地，与美国哈佛大学、英国诺丁汉大学、德国汉堡大学等世界著名大学均建立了长期的科研与人才培养合作关系，与国际精神分析协会（IPA）、德国精神分析协会、英国弗洛伊德研究院等多个国际心理机构建立了长期的心理治疗培训项目，每年设立出国（境）短期访学资助项目，培养了大量临床心理专业人员。

上海交通大学心理学学科近 5 年毕业硕士生就业（含升学）率高达 100%，毕业后主要从事临床、科研及教育等专业相关领域工作。学科在硕士研究生培养过程中重视对心理健康问题的基础性研究，旨在培养心理学科学研究后备人才，为心理学的长远发展储备坚实的人力和智力资源，为社会心理健康服务体系建设持续提供专业人才。

The Discipline of Psychology of Shanghai Jiao Tong University was founded in 2003, and obtained the authorization point of master's degree of psychology and the authorization point of master's degree of applied psychology in 2011 and 2014 respectively; in 2015, it added the doctoral degree point of cross-discipline of "Neuroscience and Psychology" in Shanghai Jiao Tong University; in 2019, Shanghai Jiao Tong University added a doctoral degree authorization point for the first-level discipline of psychology; in 2023, a doctoral degree authorization point for the first-level discipline

of applied psychology was added.

The training directions of psychology master's degree are clinical psychology, social psychology and mental health, and cognitive neuropsychology. Currently, the Discipline has 33 master's tutors, 41 teachers with PHD degree or senior title in psychology or related fields, and 118 Practice teaching teachers. The Discipline has stable academic leaders and academic backbone and has formed characteristic psychological teams such as clinical psychology, children's psychology, crime and addiction behavior, aged psychology and crisis intervention. The degree program has a wealth of clinical resources and practice sites and has established a long-term scientific research and personnel training cooperation relationship with Harvard University, University of Nottingham and University of Hamburg and many others world prestigious universities. Long-term psychotherapy training programs with many international psychological institutions such as the international psychoanalytic association (IPA), the German psychoanalytic association, and the British Freud institute have also been established. The degree program has set up an annual grant program for short-term study abroad, which has trained a large number of clinical psychological professionals.

In recent 5 years, the employment rate of graduate students in psychology is as high as 100%. After graduation, they are mainly engaged in clinical, scientific research, education and other related fields. In the process of postgraduate training, we attach importance to the basic research on mental health problems, aiming to train reserve talents for psychological science research, reserve solid human and intellectual resources for the long-term development of psychology, and continuously provide professional talents for the construction of social mental health service system.

三、培养目标 Program Objective

我校全日制心理学学术学位硕士研究生的培养旨在培养全面发展的、适应国家建设需要的高层次、科研型心理学专门人才，以满足国家和社会经济发展过程中对心理学的实际需求为出发点，以问题为导向，以提高问题解决能力为目标，遵循“实践者—研究者”的培养原则，践行“知识探究、能力建设、人格养成”三位一体育人理念，培养善于主动学习、勇于自我探索、兼具学术研究能力和实践能力的复合型专业人才。

1、掌握心理学研究方法及基本研究技能，具备从事心理学相关领域研究工作的能力。

2、掌握本专业主要心理学理论和技术，了解相关的国内外研究进展情况，能独立从事科研设计，较熟练地利用本专业有关的研究手段，具有创新精神，独立开展具有较高学术意义或实用价值的科研工作。

3、熟练地掌握一门外国语，具备一定的专业论文写作能力和进行国际交流的能力。

The training of the full-time academic-degree psychology postgraduates in Shanghai Jiao Tong University is designed to foster high level and scientific research psychology talents who are well-rounded and satisfy the needs of the national construction. The problem-oriented training, whose starting point is meeting actual needs of psychology of the development of state and society economic, following the principles of Practitioner-Researcher to improve problem solving abilities, having put the trinity education concept of ” Knowledge exploration, capacity improving and personality development” into practice, aims to cultivate comprehensive professionals who are good

at active learning and have the courage to self-exploration with academic research ability and practical ability.

1.Psychological research methods and basic research skills are required as well as abilities to engage in research work in related fields of psychology.

2.The postgraduates are required to master major psychological theories and skills, knowing relevant research progress at home and abroad, and perform scientific research and design independently using study methods in this specialty with innovative spirit. The trainees should be capable to carry out scientific research work with higher academic significance or practical value.

3.Certain professional thesis writing ability and having a good command of a foreign language skillfully are must and meanwhile, one ought to use it to conduct international communication.

四、培养方式及学习年限 Training Mode and Study Duration

本项目采用全日制学习、导师制培养模式。学术学位硕士研究生学制为 2.5 学年，未能按时完成学业者，最多可延长 1 学年。

The program adopts the training mode of full-time study and tutorial system. The educational system of academic-degree psychological postgraduates is 2.5 academic years, those who fail to complete their studies on time can be extended for a maximum of 1 academic year.

五、课程学习要求 Course Requirement

须修读完成不少于 30 学分，其中 GPA 学分不少于 24，GPA 不低于 2.7。各类课程具体要求如下：

Students must have completed at least 30 credits, including a GPA of at least 24 and a GPA of at least 2.7. The specific requirements of the courses are as follows:

课程类别 Course Type	学分要求 Min Credits	门数要求 Min Courses	GPA 学分要求 Min GPA Credit	备注 Note
公共基础课 General Courses	6	4	4	
专业基础课 Program Core Courses	12	5	12	
专业前沿课 Program Frontier Courses	7	3	5	

专业选修课 Program Elective Courses	5	2	3	
任意选修课 Elective Courses				非必需

六、培养过程要求 Training Requirement

（一）上海交通大学心理学专业全日制学术学位硕士研究生培养环节及要求

1、开题报告

（1）时间

硕士生原则上在第二学年第一学期结束前完成，一般为每年 11 月中下旬。

（2）开题报告审查结果

开题报告审查结果分为“同意开题”和“不同意开题”。开题报告审查结果为“同意开题”的申请人，方可正式开展硕士论文研究。

（3）“不同意开题”的处理方法

开题报告审查结果为“不同意开题”的申请人，须根据开题报告专家评议组的评议意见，全面修改《上海交通大学论文开题报告》。在通过导师审核后，可于 6 个月后再次申请参加硕士研究生学位论文开题报告。每名申请人有两次申请开题的机会。两次开题报告审查结果均为“不同意开题”的申请人将被终止硕士生培养。

开题报告专家评议组确认申请人不适合作为硕士生进一步培养的，须作出“应予退学”的建议。

2、中期检查

（1）时间

硕士生原则上在第二学年第二学期完成，一般为每年 6 月中下旬。

（2）审查结果

中期检查审查结果分为“合格”和“不合格”。中期检查审查结果为“合格”的申请人，方可继续开展硕士论文研究、学位论文的撰写以及进入硕士研究生学位论文预初盲审环节。

（3）审查结果为“不合格”的处理方法

中期检查审查结果为“不合格”的申请人，须结合中期检查专家委员会的评审意见，在两周内提交改正措施报告，导师负责审核其改正措施的合理性及可行性。

经管理部门审核通过后，申请人方可进入硕士研究生学位论文预初盲审环节，且申请人须在学位论文正式答辩之前参加并通过校内盲审评阅。

（二）实践实习要求

技能实践一般应在第三学期完成。（学术学位）硕士研究生必须完成 3 个月的技能实践，并通过技能实践考核。

1、实践基地

本专业的技能实践基地定于上海交通大学医学院附属精神卫生中心或其他具有相关条件地实践基地。

2、实践基地条件

实践基地设有临床心理科、儿童青少年科、老年科、普通精神科、康复科、自愿戒毒科/心理测量室等临床科室，相关专业科室的带教老师具有高校教师资格，为技能实践教学工作提供了充分保障。

3、实践期间待遇

研究生在技能实践期间，达到技能实践考核标准后，可享受临床实践津贴。

4、实践要求

（1）技能实践要求

病理心理学、发展心理学、心理治疗概论、心理治疗技术等心理学基础理论课程，经考核合格后，方能进入技能实践阶段。

（2）技能实践教学目标

① 掌握儿童、青少年、成人常见异常心理的诊断与心理治疗技术。

② 掌握主要心理学流派（如，精神动力性心理治疗、认知行为治疗、家庭治疗和团体治疗）的操作技术。

（3）技能实践的教学方法

① 观摩精神疾病的精神检查，并参与讨论；

② 观摩病房心理疾病的心理评估和心理治疗，并参与讨论；

③ 录像分析和讨论；

④ 参与心理治疗实践，独立进行心理治疗实践，并定期接受督导。

1. The Requirements for Full-time (Academic Degree) Master Candidate of Psychology Development in Shanghai Jiao Tong University

1.1 Thesis Proposal Report

(1) Time

The proposal of master degree thesis should be finished in the first semester of the second academic year in principle, which is generally in the middle or late November of each year.

(2) The results

The results of the thesis proposal report can be divided into "agree with proposal" and "disagree with proposal". The applicant whose proposal report result is "agree to the proposal" can formally carry out the master thesis research.

(3) The related processing methods for results of "disagree with proposal"

The master candidate must rewrite the thesis proposal report according to experts' opinions, and can apply again to admit the thesis proposal after the tutor's review in six months. Each applicant has two opportunities to apply for the opening. Applicants who fail both will be terminated from the master program.

The expert committee of thesis proposal report shall make a recommendation to "withdraw" if it confirms that the applicant is not suitable for further training as a master student.

1.2 Mid-term Examination

(1) Time

The mid-term examination of master degree thesis should be finished in the second semester of the second academic year in principle, which is generally in the middle or late June of each year.

(2) Examination results

The results of the mid-term examination are divided into "qualified" and "unqualified". Applicants whose results are "qualified" can continue to conduct research on master's thesis, write their dissertation and enter the preliminary blind commentary.

(3) The related processing methods for results of "unqualified"

The applicants shall submit the corrective report within 2 weeks according to the evaluation opinion of the mid-term examination expert committee. The tutor shall be responsible for reviewing the rationality and feasibility of the report.

After passing the examination and approval of the management department, the applicant can enter the preliminary blind commentary of the master degree thesis, and the applicant must participate in the dissertation defense before the formal defense and pass the blind commentary.

2. Practice Requirements

Skills-practice is required to complete in the third semesters and that lasts 3 months for academic degree psychology postgraduates. Passing the skills-practice assessments is obligatory.

2.1. Practice Base

The practice base for academic-degree psychology postgraduates is the Mental Health Center affiliated to Shanghai Jiao Tong University School of Medicine or other practice base with relevant conditions.

2.2. Conditions of Practice base

Under the Mental Health Center are the departments of Clinical Psychology, Child and Adolescent, Geriatrics, General Psychiatric, Rehabilitation and Voluntary Detoxification division and Psychological measurement，teachers in related departments are qualified as college teachers，those provide sufficient guarantee for the teaching of practical skills.

2.3. Allowance

During practice, postgraduates could obtain clinical practice allowance as long as they achieve practice skills assessment standards.

2.4. Practice requirements

(1) Skills-practical requirements

Before postgraduates participate in skills-practice they must pass examinations of basic theories including pathology psychology, developmental psychology, introduction to psychotherapy and psychotherapy technology and many other theory-courses.

(2) Teaching Goals of Skills-practical

① Postgraduates are required to command diagnosis and treatment skills of common abnormal psychology in children, adolescence and adults.

② Grasping operative techniques of main psychological schools such as Psychodynamic Psychotherapy, Cognitive Behavioral Therapy, Family Therapy and Group therapy is compulsory.

(3) Teaching Methods of Skills-practical

① Observe and participate in the discussion of psychiatric examinations for mental illness

② Attend relative clinical evaluations, psychological interviews and psychological treatments of mental disorders and take some exercises and have a discussion after that.

③ Analyze videos and discuss that.

④ Participate in psychotherapy practice, independently conduct psychotherapy, and receive regular supervision.

七、学术成果要求 Requirement on Academic Achievements

（一）学术标准

1、硕士生应具备基本的心理学研究能力，能够合理评价并正确利用已有的研究成果，在指导之下提出科学问题，建立研究假设，分析影响因素，设计并实施研究方案，使用恰当的统计方法分析数据，并根据研究结果和相关文献，得出研究结论。

2、硕士生应具备基本的实施心理学研究的技能，包括主要的实验技能、数据处理技能、与他人合作的技能等。

3、硕士生应具备良好的学术表达和交流的能力，能够逻辑清晰、层次分明地表达自己的

思想和成果，可以在一定指导下进行论文报告写作、参加学术研讨、进行会议报告等。

（二）学术要件

硕士研究生在学位论文答辩申请之前须以第一作者在CSSCI、SSCI、SCI、EI或《中国科技论文统计源期刊》检索期刊上发表（或录用）科研论文一篇，具体按照《上海交通大学心理学、应用心理专业硕士研究生在学期间发表学术论文要求的规定（2016版)》执行。

1. Academic Standards

1.1 Master students should have the basic ability of psychological research, can evaluate and use the existing research results correctly and rationally, putting forward scientific questions under the guidance, establishing a research hypothesis, analyzing influencing factors, designing and implementing the program, using the appropriate statistical methods to analyze data, then drawing research conclusions according to the results of the study and the related literature.

1.2. Master students should have basic skills to carry out psychological research, including the main experimental skills, data processing skills, and cooperation skills with others, etc.

1.3. Master students should have good ability of academic expression and communication, be able to express their ideas and results in a logical and clear manner, and be able to write papers, participate in academic seminars, and make conference reports under certain guidance.

2. Academic Requirements

Before the degree thesis defense application, the master candidate shall be the first author to publish (or be accepted) a research papers in CSSCI, SSCI, SCI, EI or journals in the Chinese statistical source journals of science and technology. And specific is according to the Requirements for Academic Papers Publish Demands for Psychology and Applied Psychology Master Candidate in Shanghai Jiao Tong University (2016 Edition).

八、学位论文 Thesis/dissertation work

硕士学位论文应选择有理论或应用价值的课题，对所研究的课题有新的见解或新成果，并能反映作者在本门学科上掌握了坚实的基础理论和系统的专门知识，具有从事科学研究工作或独立从事专业技术工作的能力。

在硕士学位论文题目确定后，脱产用于论文工作的时间一般不应少于1.5年。学位论文一般应使用中文撰写，字数一般不少于4万，具体撰写要求参照《上海交通大学博士、硕士学位论文撰写指南》。

1、预初盲审

（1）时间

硕士生原则上在第三学年第一学期完成，一般在每年9月中下旬。

（2）预初盲审结果

预初盲审结果为“通过”和“不通过”。预初盲审结果为“通过”的申请人，方可进入学位论文答辩环节。

（3）预初盲审结果为“不通过”的处理方法

预初盲审结果为“不通过”的申请人，须根据预初盲审评阅专家意见，对学位论文进行修改。在通过导师审核后，可于 6 个月后再次申请参加预初盲审。每名申请人有两次申请预初盲审的机会。两次预初盲审均未通过的申请人将被终止硕士生培养。

2、答辩

（1）时间

原则上在第三学年第一学期完成，一般在每年 10 月。

（2）答辩结果

答辩结果为“通过答辩”和“未通过答辩”。

（3）“未通过答辩”的处理方法

硕士研究生可在规定的最长学制内申请延期 6 个月或 1 年，并在规定时间内提出重新答辩的申请。若再次未通过答辩，上报学位评定委员会讨论决定。

The master degree thesis should choose a subject of both theoretical and applied value, and have new insights or new achievements, and can reflect the solid theory foundation, systematic knowledge and engaging in scientific research or independent ability in technical work.

After determining the subject of the Master Degree thesis, the student work for paper should not be less than 1.5 years. Degree thesis should be written in Chinese, and the number of words should be no less than 4 million in generally. And specific shall be implemented in accordance with the Requirements for Shanghai Jiao Tong University Doctoral, Master's Degree Thesis Writing and the Guidelines for Shanghai Jiao Tong University Doctoral, Master's Degree Thesis Writing.

1. Preliminary Blind-Commentary

(1) Time

The preliminary blind-commentary of master's degree thesis should be finished in the first semester of the third academic year in principle, which is generally in the middle or late September of each year.

(2) The results

The results of Preliminary blind-commentary are "pass" and "not pass". The applicant whose result is "passed" can enter the dissertation defense.

(3) The related processing methods for results of "not pass"

The master candidate is not allowed to enter the thesis defense, and must modify the degree thesis according to blind-commentary experts’ opinions, and applies again for preliminary blind-commentary in six months. Each applicant has two opportunities to apply for blind-commentary. Applicants who fail twice will be suspended from the master program.

2. Defense

(1) Time

Master candidate thesis defense and application for master degree should be finished in the first semester of the third academic year in principle, which is generally in the middle or late October of each year.

(2) Results

The results are "pass the defense" and "not pass the defense".

(3) The related processing methods for results of "not pass the defense"

The master candidate can apply for an extension of 6 months or 1 year within the maximum length of schooling, and apply for defense within the prescribed time. If do not pass the defense again, should be presented to the Graduate Student Academic Management Committee to discuss the decision.

九、课程设置 Courses

详见下页 Please refer to the next page.

撰稿人签字：　　日 期：

校稿人签字：　　日 期：

审核人签字：　　日 期：

主管院长签字：　　院系公章　　日期：

课程类别 Category	课程代码 Course Code	课程名称 Course Name		学分 Credit	授课语言 Language*	开课学期 Semester	是否必修? Compusory?	可以计算 GPA	必须计算 GPA	备注 Note
		中文 Chinese	English 英文							
公共基础课 General Courses	FL6001	学术英语	English for Academic Purposes	2	英文 in English	秋季 Fall	是 Yes	是 Yes	是 Yes	
	MARX6001	新时代中国特色社会主义理论与实践	Theory and Practice of Socialism with Chinese Characteristics in the New Era	2	中文 in Chinese	春秋 Spring/Fall	是 Yes	否 No	否 No	
	MARX6003	自然辩证法概论	Dialectic of Nature	1	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
	GE6001	学术写作、规范和伦理	Scientific Writing, Integrity and Ethics	1	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
专业基础课 Program Core Courses	PSY6001	心理学研究方法	Research Methods in Psychology	3	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
	PSY6008	心理治疗基础	The Introduction of Psychotherapy	2	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
	PSY6003	高级心理统计	Psychological Statistics (Advanced)	2	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
	PSY6004	病理心理学	Pathological Psychology	3	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
	PSY6005	临床心理咨询和治疗中的伦理问题	Ethical Issues in Counseling and Psychotherapy	2	中文 in Chinese	春季 Spring	是 Yes	是 Yes	是 Yes	
专业前沿课 Program Frontier Courses	PSY8001	神经科学与心理学	Neuroscience and Psychology	2	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
	PSY8008	心理学技能实践基础	The basic of Psychological Technique Practice	3	中文 in Chinese	秋季 Fall	是 Yes	是 Yes	是 Yes	
	GE6012	学术报告与研讨会	Academic Seminars	2	中文 in Chinese	春季 Spring	是 Yes	否 No	否 No	
专业选	PSY8002	文献导读	Literature Reading and Comment	2	中文 in Chinese	春季 Spring	否 No	是 Yes	是 Yes	选修 Elective, 选课人数低于 5 人的

修课 Program Elective Courses	PSY6006	质的研究方法	Qualitative Research Method	3	中文 in Chinese	秋季 Fall	否 No	是 Yes	是 Yes	专业选修课原则上取消开班，选课学生可并入其他教学班。Elective courses with less than 5 students will be canceled in principle and students can be incorporated into other classes.
	PSY8003	发展心理学：认知神经科学的视角	Developmental Psychology: the Perspective of Cognitive Neuroscience	2	中文 in Chinese	秋季 Fall	否 No	是 Yes	是 Yes	
	PSY8012	心理咨询与治疗技术	The Techniques of Psychological Counseling and Psychotherapy	2	中文 in Chinese	秋季 Fall	否 No	是 Yes	是 Yes	
任意选修课 Elective Courses										