(045400)应用心理 2024 级全日制硕士研究生培养方案

2024 Full-time Master's Degree Program for Applied 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	应用心理 Applied 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	专业型 Professional						
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	25	**最低 GPA** Min GPA	2.7

二、专业领域简介 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。

应用心理硕士研究生的培养方向为临床心理和社会心理与心理健康两个研究方向。目前，该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。

上海交通大学应用心理专业近 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。应用心理专业硕士研究生培养过程中注重对心理健康问题的预防及干预研究，强化心理学的应用实践，旨在培养高层次的应用心理专业人才，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 applied psychology master's degree are clinical psychology and social psychology and mental health. 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 applied 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 focus on the prevention and intervention research of mental health problems, and strength the application practice of psychology, aiming at training high-level professionals of applied psychology, providing professional talents for the construction of social mental health service system.

三、培养目标 Program Objective

我校应用心理全日制（专业学位）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、应用型心理学专门人才，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、临床实践能力突出，兼顾学术研究的复合型专业人才。

1、掌握解决问题所需的心理学基础知识与技能，熟练运用心理学的原理与技术，能通过评估、诊断、咨询、训练与矫正等形式，有效激发心理潜能、矫正与改善各种心理障碍、提高人民的心理健康水平。

2、进行临床心理研究，在心理治疗专业上奠定较扎实的理论和实践基础，了解本专业的发展历史及现状，较完备地掌握本专业领域的研究方法，能够从事科学研究工作。

3、熟练地掌握一门外国语，能阅读本专业的外文资料，积极参与国内外的学术交流，了解和熟悉本专业某些特定领域的前沿问题。

The training of the full-time professional-degree psychology postgraduates in Shanghai Jiao Tong University is designed to foster high level and specialized psychological applied 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 outstanding clinical practice abilities as well as academic research capacities.

1. Psychological research methods and basic research skills are required as well as using the principles and technologies of psychology proficiently. Postgraduates are expected to stimulate mental potential effectively, correct and improve various mental disorders and improve people's psychological health level by means of assessment, diagnosis, consulting and training.

2. Accepting clinical psychology research projects openly and knowing developing history and status of psychology, trainees should have solid theoretical and practical foundation and research methods of psychological professional field so that they could be competent for scientific researches.

3. Having a good command of a foreign language skillfully and reading foreign literature of psychology are must and trainees should take part in academic exchanges at home and abroad actively, to get understanding and be familiar with frontier issues in specific areas.

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。专业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 professional-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 25，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 25 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	9	4	7	

Program Frontier Courses				
专业选修课 Program Elective Courses	3	1	2	
任意选修课 Elective Courses				非必需

六、培养过程要求 Training Requirement

（一）上海交通大学应用心理专业全日制专业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二学年完成。全日制（专业学位）硕士研究生必须完成 6 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的实践基地。

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、老年人常见异常心理的诊断与治疗技术。

② 掌握主要心理学流派（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 在督导下完成规定时数的心理治疗，取得相应的效果。

④ 掌握基本的心理测量技术。

（3）技能实践的教学方法

① 见习精神心理障碍的临床评估、心理访谈和心理治疗，并在结束后进行讨论。

② 参与团体/家庭治疗，并在结束后讨论。

③ 在督导下，独立进行个体心理治疗。

④ 在督导下，独立进行心理测量实践

⑤ 录像分析和讨论。

1. The Requirements for Full-time (Professional Degree) Master Candidate of Applied 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 second academic year in principle and that lasts 6 months for professional-degree applied psychology postgraduates. Passing the skills-practice assessments is obligatory.

2.1. Practice Base

The practice base for professional-degree applied 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, adults and the aged.

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

③ Complete psychotherapy in predetermined numbers and achieve corresponding results under the supervision.

④ Master the basic techniques of psychological measurements.

(3) Teaching Methods of Skills-practical

① Attend relative clinical evaluations, psychological interviews and psychological treatments of mental disorders and take some exercises and have a discussion after that.

② Participate in the group or family therapy collaboratively and have a discussion after that.

③ Take the individual psychotherapy dependently under the supervision.

④ Take the psychological measurements dependently under the supervision.

⑤ Analyze videos and discuss that.

七、学术成果要求 Requirement on Academic Achievements

（一）学术标准

硕士生应具备心理学应用能力与开展应用研究的能力，包括：

1、心理诊断、心理咨询和心理治疗的基本技术方法等专业知识的常规性应用能力；

2、具备针对新的问题情境能够将所掌握的专业知识与技能进行创新组合，解决实际工作中的较复杂问题的专业知识组合应用能力；

3、具备基于实际工作中的新问题形成并实施研究，寻求解决问题方案的应用研究能力。

（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

Master students should have the ability to apply psychology and conduct applied research, including:

1.1 The general application ability to routinely apply professional knowledge such as psychological diagnosis, psychological counseling and basic techniques and methods of psychotherapy.

1.2. The ability to combine professional knowledge and skills to solve complex problems in practical work.

1.3. The ability to develop and implement research based on new problems in practice and to seek solutions.

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 0.5 年。学位论文一般应使用中文撰写，字数一般不少于 2 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》执行。

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 0.5 years. Degree thesis should be written in Chinese, and the number of words should be no less than 2 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	
	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	是 Yes	是 Yes	是 Yes	
	PSY8009	心理学技能实践	The practice of Psychological Technique	3	中文 in Chinese	春季 Spring	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	

专业选修课 Program Elective Courses	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.
	PSY6006	质的研究方法	Qualitative Research Method	3	中文 in Chinese	秋季 Fall	否 No	是 Yes	是 Yes	
	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	
	PSY8005	认知行为治疗：原则与应用	Cognitive Behavior Therapy: Principles and Applications	2	中文 in Chinese	春季 Spring	否 No	是 Yes	否 No	
	PSY8006	精神分析性心理治疗	Psychoanalytic Psychotherapy	2	中文 in Chinese	春季 Spring	否 No	是 Yes	否 No	
任意选修课 Elective Courses										