



本課程已納入  
教育局  
持續進修發展計劃

## 父母效能訓練 Parent Effectiveness Training

### 課程簡介 Course Introduction

父母效能訓練（P.E.T.）是全球首屈一指專為父母而設的育兒課程。P.E.T.是由得獎心理學家，三獲提名諾貝爾和平獎的 Thomas Gordon 博士所創。自 1962 年起，全球有 50 個國家超過數百萬父母受惠。P.E.T. 提供經過證實、實用和有邏輯的溝通技巧和問題解決步驟，去應付任何父母和孩子相處上的挑戰。

P.E.T. is a world leading parent-child communication skills training workshop. P.E.T. was designed by award-winning psychologist, 3 times Nobel Peace Prize nominee Dr. Thomas Gordon back in 1962. The workshop is available in 50 countries around the world and benefiting millions of parents. P.E.T. offers proven, practical skills to teach parents how to communicate more effectively with their children, and offer step-by-step advice to resolving family conflicts so everyone wins.

### 教學目標 Objectives

透過課堂理論、模擬練習、個案分析和角色扮演等，讓參加者了解及掌握與子女相處的技巧從而：

- 有效地處理子女的行為問題
- 建立良好及持久的家庭關係（互相尊重／接納／關愛）
- 培養孩子的品格（建立自信、責任感、同理心、正面積極的價值觀）

A 24-hour program where concepts and skills will be taught via role play, exercises, case studies and practice skills at home in between learning sessions. So that they can:

- Deal with children's behavior problem effectively
- Build up harmonious and stable family relationship
- Develop children's personalities

### 課程大綱 Course Outlines

指導父母如何去：

- 積極聆聽孩子的需要，理解孩子的情緒／心理
- 接納及引導孩子舒解情緒，繼而協助孩子承擔及解決困難
- 透過坦誠，無批判的溝通從而改善子女的行為
- 公平地解決親子間的衝突，滿足雙方的需要
- 建立良好家庭關係

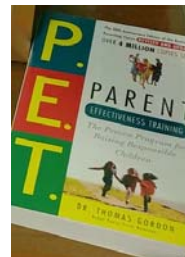
Parents will be guided **when** and **how** to:

- Listen with Understanding to help their children express thoughts and feelings, and resolve their own problems
- Communicate Honestly to express their wants and needs and deal with unacceptable behavior
- Prevent Problems Proactively so that families are happier and stronger
- Solve Problems Fairly so needs of both parents and child are met
- Share Values Respectively to increase understanding and acceptance

### 教學對象 Target Audience

父母、教育者、或對教養有興趣之人士

Parents / Educators, or anyone interested in enhancing their parent-child communication skills



**導師 Instructor** P.E.T.認證導師 Certified P.E.T. Instructor

**授課語言 Medium of Instruction** 廣東話 Cantonese (Note: English speaking class upon request)

**報名地點 Venue for Enrollment**

澳門氹仔偉龍馬路澳門科技大學 O 座二樓 O204 室

O204, 2/F Block O, Macau University of Science and Technology, Avenida Wai Long, Taipa, Macau

**上課地點 Venue for Class**

澳門氹仔偉龍馬路澳門科技大學 (確實地點將於確認開課時以手機短訊通知)

Macau University of Science and Technology, Avenida Wai Long, Taipa, Macau (Classroom number will be notified after the course is confirmed to commence.)

**上課日期 Course Date & Time**

課程編號 Course code : 1801280183-0	2018 年 5 月 19 日至 6 月 23 日 2018, May 19 to Jun 23	週六 Saturday 14:30-18:30	總課時 24 小時 Total 24 hours
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**課程費用 Tuition Fee** MOP4,350

**收生名額 Class Size** 13 人

**\* 報名注意事項 Enrollment Notes \***

**報名時間：星期一至五(9:00 - 20:00)、星期六(9:00 - 13:00) [公眾假期除外]**

**Operation hours: Monday to Friday (9:00 – 20:00) ; Saturday (9:00 - 13:00) [Close at Public Holidays]**

- 首次報讀本院短期課程者，請先登入網上報名系統（網址：<https://coes-stud.scs.must.edu.mo/oasc/PersonalInfo.do>）或掃描以下的 QR Code，選擇 **<教育科學>** 類別，預先登記個人資料（不需上傳身份證），填妥資料後，帶備身份證正、副本至本院辦理報名。  
For those who enroll for our courses for the first time, please go to <https://coes-stud.scs.must.edu.mo/oasc/PersonalInfo.do> or scan the QR Code below, choose the category of **<Education>**, and input personal information (no need to upload ID copy). After registration online successfully, please come to our school to make payment. You should bring along with your ID card and copy.
- 報讀者可以現金/本票或劃線支票（抬頭請寫“澳門科技大學持續教育學院”或“SCHOOL OF CONTINUING STUDIES MACAU UNIV. OF SCIENCE AND TECHNOLOGY”）繳付學費及材料費，**現金收費上限為澳門幣/港幣 5,000 元**。  
Tuition fee and materials fee (if any) should be paid by cash or by cheque/Cashier Order (Please make payable to “SCHOOL OF CONTINUING STUDIES MACAU UNIV. OF SCIENCE AND TECHNOLOGY”). **Cash is accepted for payment of not more than MOP5,000.**
- 所有費用一經繳交，恕不退還（本院取消開辦該課程除外）或轉讓。  
All payment made is not refundable (except that the course is cancelled by the School) or transferable.
- 如課程報名人數不足，本院保留課程取消或延期的權利。  
The School reserves the right to cancel or postpone the courses if minimum class size is not reached.



**查詢 Enquiries**

Tel: 8796 1998 Email: [scs@must.edu.mo](mailto:scs@must.edu.mo)

Website: <http://www.must.edu.mo/scs/diploma-certificate-programs>

- 持續教育學院致力開拓終身學習機會，如欲收到本學院之課程資料，可發電郵至 [scs@must.edu.mo](mailto:scs@must.edu.mo)，並提供閣下之電郵地址，標題主旨為“加入通知群組”。  
The School of Continuing Studies develops life-long learning opportunities. Should you wish to receive information on our programs / courses, please send us an email (to [scs@must.edu.mo](mailto:scs@must.edu.mo)) stating your email address in your email and “Join the mailing list” in the Subject line.
- 我們亦為機構/政府部門/學校等提供內部培訓，按各機構不同之要求(主題/時間/地點/對象)而訂定培訓內容。請與我們聯絡。  
We also offer in-house training for corporations/Government Departments/schools, tailor-made with respect to your choices of topics, time, place, and group of attendees. Please contact us for more information.