



法国宜世高等精神运动与康复学院 健康心理学博士学位项目

健康心理学博士课程

DOCTORAL PROGRAM IN HEALTH PSYCHOLOGY

学校网址: <https://www.isrp.fr/>
中国留学网: <https://yxcx.cscse.edu.cn/rzyxmd2>
ISRP健康心理学博士班官方网站: isrp-phd.com
ISRP健康心理学博士班官方邮箱: contact-dba@isrp.fr

INTRODUCTION OF ISRP

学院介绍

心理学最早起源于欧洲，法国于1895年创立了最早的心理学杂志《心理学报》，法国心理学具有长远的发展历史，在心理学研究中占有重要的位置。法国宜世高等精神运动与康复学院 (Institut Supérieur de Rééducation Psychomotrice, 简称ISRP) 创办于1967年，半个世纪以来，作为世界精神运动康复学领军者，培养了法国近半数的精神运动康复师。同时根据国际公约和国际精神运动康复与放松疗法协会OIPR (欧洲、拉丁美洲、非洲和中东) 的数据显示，全球有近四分之一的精神运动康复师来自宜世学院。创始人吉赛尔·苏比昂(Giselle Soubiran)于20世纪中叶首先提出了精神运动康复学的概念，学院是精神运动康复学的发源地。学院在巴黎，马赛，维希，梅斯四座城市设有校区，在校师生总人数有近2500人，是全法最大的精神运动康复学府。学院获得法国教育部和卫生部批准，2021 年正式加入中国教育部涉外监管网认可名单，获得中国教育部官方认可，同时也在中国留学网认证院校名单中。

学校网址: <https://www.isrp.fr/>

中国留学网: <https://yxc.cscse.edu.cn/rzyxmd2>

精神运动康复学(PMT)是一种非药物治疗方式，始于法国，迄今已有70多年历史。这是一种针对患者身体机能运动与精神间的联系而采取的治疗措施，其新颖之处在于将精神与身体视为整体，有助于更确切地掌握人体机能的复杂性。精神运动康复学是一门复杂的学科，其中汇集了全部与思考、心理、情感及脑功能密切相关的运动功能总和。针对患者身体机能运动与精神间的联系而采取的治疗措施，其新颖之处在于将精神与身体视为整体，研究身体与精神之间的双向影响，“共情”，“适应”，“关系”和“交流”是精神运动康复的理念。以神经科学为基础、心理学为核心，最终达到以哲学的高度看待人的内外问题，是欧洲康复治疗体系发展的结晶，也是现代康复医学具有人文价值观的体现。从20世纪30年代至今通过几十年的临床应用与发展，形成了一套完整的非药物治疗体系，可为从早产至临终全年龄段人群。

经过半个多世纪的发展，到目前为止，法国宜世学院已经发展成为全球最大的，也是最重要的精神运动康复学府；培养了全球约四分之一，法国二分之一的精神运动康复师。现在学院拥有三大校区、两个实验室、占地5000m²；多年来宜世学院一直在与法国高等教育研究署进行合作，对推动该领域的发展起着至关重要的作用。是法国乃至全球精神运动康复行业的标杆。法国卫生部也多次邀请宜世学院参与国家健康规划。

Psychology originated in Europe, and in 1895, France established the earliest psychology journal, "Annals of Psychology". French psychology has a long history of development and occupies an important position in psychological research. The French Institute Supérieur de Rééducation Psychomotrice (ISRP) was founded in 1967. For half a century, as a world leader in psychomotor rehabilitation, ISRP has trained nearly half of France's psychomotor rehabilitation professionals. According to international conventions and data from the International Association for Psychomotor Rehabilitation and Relaxation Therapy (OIPR) (Europe, Latin America, Africa, and the Middle East), nearly a quarter of psychomotor rehabilitation therapists worldwide come from Yishi College. Founder Giselle Soubiran first proposed the concept of psychomotor rehabilitation in the mid-20th century, and the college is the birthplace of psychomotor rehabilitation. The college has campuses in Paris, Marseille, Vichy, and Metz, with a total of nearly 2500 teachers and students, making it the largest mental and physical rehabilitation institution in France. The college has been approved by the French Ministry of Education and Ministry of Health. In 2021, it officially joined the list of accredited institutions by the Chinese Ministry of Education's Foreign Affairs Supervision Network, and has been officially recognized by the Chinese Ministry of Education. At the same time, it is also on the list of accredited institutions by China Study Abroad Network. School website: <https://www.isrp.fr/>, China Study Abroad Network: <https://yxc.cscse.edu.cn/rzyxmd2>

Psychomotor Rehabilitation (PMT) is a non-pharmacological treatment method that originated in France and has a history of over 70 years. This is a treatment measure aimed at the connection between the patient's physical and mental functions, and its novelty lies in viewing the mind and body as a whole, which helps to more accurately grasp the complexity of human body functions. Psychomotor rehabilitation is a complex discipline that encompasses all motor functions closely related to thinking, psychology, emotion, and brain function. The novelty of the treatment measures taken to address the connection between the patient's physical function and mental state lies in viewing the mind and body as a whole, studying the bidirectional effects between the body and mind, and the concepts of "empathy," "adaptation," "relationships," and "communication" in mental and physical rehabilitation. Based on neuroscience and centered on psychology, ultimately achieving a philosophical perspective on the internal and external issues of human beings is the crystallization of the development of the European rehabilitation treatment system and a reflection of the humanistic values of modern rehabilitation medicine. From the 1930s to the present, through decades of clinical application and development, a complete non-pharmacological treatment system has been formed, which can be used for all age groups from premature birth to end-of-life.

After more than half a century of development, Yishi College in France has become the world's largest and most important institution for mental and physical rehabilitation; Trained about a quarter of the world's and half of France's psychomotor rehabilitation therapists. The college now has three major campuses, two laboratories, and covers an area of 5000m². For many years, Yishi College has been collaborating with the French Higher Education Research Agency, playing a crucial role in promoting the development of this field. It is a benchmark in the mental and physical rehabilitation industry in France and even globally. The French Ministry of Health has also invited Yishi College to participate in the national health plan multiple times.

about 关于

BACKGROUND 项目背景

随着中国社会进步和人们对心理健康的重视，心理教育的需求逐渐增加。心理学专业涉及将心理学的理论和方法应用于实际问题 and 现实生活中，为个体和组织提供心理健康服务、教育咨询、人力资源管理、健康促进、市场研究等方面的支持和指导。该专业有着广泛的就业方向和良好的就业前景。中国精神卫生调查显示，我国成人抑郁障碍终生患病率为6.8%，其中抑郁症为3.4%，目前我国患抑郁症人数9500万，每年大约有28万人自杀，其中40%患有抑郁症。据国内相关部门测算，目前中国心理学专业人才缺口已达到130万，中国教育部等十七部门已于2023年3月印发《全面加强和改进新时代学生心理健康工作专项行动计划（2023—2025年）》，指出要加强心理学相关学科专业和心理学类拔尖学生培养基地建设，为社会发展输送高质量的心理人才。

随着中国老龄化发展的加剧，到2050年，中国约有三分之一的人口将是老年人。因为衰老所带来的意外、慢性病、神经退行性疾病（阿兹海默症等）、重大疾病后的并发症、后遗症等身体与精神方面的多种问题越来越引起重视；同时婴幼儿及儿童的疑似或确诊的残疾、发育延迟、互动与认知障碍等过去未得到广泛与深入了解的各种身心疾病也更多的进入到公共视野。人生的一头一尾两个阶段都需要专业与体贴的呵护，而我们国家在养老与儿科护理、心理方面的行业发展与岗位需求都缺口极大。

With the progress of Chinese society and the increasing emphasis on mental health, the demand for psychological education is gradually increasing. The psychology major involves applying the theories and methods of psychology to practical problems and real-life situations, providing support and guidance for individuals and organizations in areas such as mental health services, educational counseling, human resource management, health promotion, and market research. This major has a wide range of employment directions and good employment prospects. According to a survey on mental health in China, the lifetime prevalence of depression among adults is 6.8%, with depression accounting for 3.4%. Currently, there are 95 million people suffering from depression in China, with approximately 280000 people committing suicide each year, of which 40% suffer from depression. According to relevant domestic departments, the current shortage of psychology professionals in China has reached 1.3 million. Seventeen departments including the Ministry of Education of China have issued the "Special Action Plan for Strengthening and Improving the Mental Health of Students in the New Era (2023-2025)" in March 2023, which points out the need to strengthen the construction of psychology related disciplines and training bases for outstanding students in psychology, and to provide high-quality psychology talents for social development. With the intensification of aging development in China, by 2050, about one-third of the population will be elderly. Due to the increasing attention paid to various physical and mental problems caused by aging, such as accidents, chronic diseases, neurodegenerative diseases (such as Alzheimer's disease), complications and sequelae after major illnesses; At the same time, various physical and mental illnesses such as suspected or diagnosed disabilities, developmental delays, interaction and cognitive impairments in infants and children, which have not been widely and deeply understood in the past, have also entered the public eye. Both the first and last stages of life require professional and caring care, and our country has a huge gap in the development and job demand of industries such as elderly care, pediatric nursing, and psychology.



ADVANTAGES 项目优势

+ **培养目标:** 法国宜世学院心理学博士学位项目为中国在职人士提供与时俱进的健康心理学博士课程，培养具备良好的思想素质和职业素养，掌握扎实的心理学基础知识，适应社会、经济、文化、教育、医疗等某一特定职业领域需要的高层次健康心理学专业人才，使相关人士能结合精神运动康复学扩大职业范畴，提升专业技能和学位升级。

Training Objective: The Psychology Doctoral Degree Program at Yishi College in France provides a cutting-edge health psychology doctoral program for working professionals in China. The program aims to cultivate high-level health psychology professionals with good ideological and professional qualities, solid knowledge of psychology, and the ability to adapt to specific professional fields such as society, economy, culture, education, and healthcare. The program enables relevant individuals to expand their professional scope, enhance their professional skills, and upgrade their degrees by combining mental and physical rehabilitation studies.

+ **培养对象:** 需要提升心理资本的企业管理者、从事心理学行业相关工作的专业人才及其他一切对心理学感兴趣的精英人士。

Target audience: Enterprise managers who need to enhance their psychological capital, professional talents engaged in psychology related work, and all other elite individuals interested in psychology.

+ **上课地点:** 中国-法国

Class location: China France

+ **专业方向:** 全身心健康心理学的专业培养、个人IP的打造、参与国内和国际心理咨询平台、晋升博士工作站研究员。

Professional direction: Professional training in whole-body health psychology, creation of personal IP, participation in domestic and international psychological counseling platforms, promotion to doctoral workstation researcher.

+ **文凭认证:** 2021年ISRP正式加入中国教育部涉外监管网认可名单，获得中国教育部官方认可，同时也在中国留学网认证院校名单中，学位全球认可。

In 2021, ISRP officially joined the list of foreign supervision institutions recognized by the Chinese Ministry of Education, and obtained official recognition from the Chinese Ministry of Education. At the same time, it is also listed as a globally recognized degree institution on the China Study Abroad website.

+ **职业展望:** 未来可在以下机构、企业就职: 公、私立医院及诊所, 特殊儿童学校, 心理咨询中心, 公、私立医养结合型养老院, 康复护理学院, 重症监护室, 精神卫生中心, 医学教育机构, 负责早期医疗的研究中心。

In the future, I can work in the following institutions and enterprises: public and private hospitals and clinics, special children's schools, psychological counseling centers, public and private medical and elderly care integrated nursing homes, rehabilitation nursing colleges, intensive care units, mental health centers, medical education institutions, and research centers responsible for early medical care.

COURSE SETTINGS

课程设置



Chinese Courses (4)+French Courses(3) 中方课程 (4门) 法方课程 (3门)	Workshop (Several) 工作坊 (若干)
Application of Psychology 心理学应用 Social Psychology 社会心理学	Psychological Diagnosis And Testing Skills 心理诊断与测验技能
Organizational Psychology And Behavior Research 组织心理与行为研究	Elderly Counseling Psychology 商业咨询心理
Educational Psychology 教育心理学	Family Relationship Cultivation 家庭关系培养
Mental Health Management 心理健康管理	Children's Positive Psychological Construction 儿童积极心理建设
Adolescent Emotional Intervention 青少年情绪干预	Crisis Intervention And Psychodynamic Therapy 危机干预与心理动力治疗
Body Meditation Therapy 身体冥想疗法	人本教练技术 天赋与领导力
Psychomotor and Rehabilitation 精神运动与康复	费洛蒙沟通与行为风格/面相心理学 象数理气与生命密码

*The above course system may be slightly adjusted during implementation, and the actual arrangement of courses shall prevail.
以上课程体系在实施中可能有所微调, 课程以实际安排为准。

PARTIAL FACULTIES

部分金牌师资



Françoise GIROMINI

国家认证的精神运动治疗师, 巴黎索邦大学名誉副教授, 皮埃尔和玛丽居里大学精神运动治疗培训研究所所长; 2001年--2010年法国精神运动治疗师专业委员会 (CNPP) 主席, 法国卫生部高级顾问, ISRP国际教师和ISRP科学委员会成员。

National certified psychomotor Therapist in France, Honorary Associate Professor at the Sorbonne University in Paris, Director of the Institute for Psychomotor Therapy Training at Pierre and Marie Curie University; 2001-2010 President of the French Professional Council of Psychomotor Therapists (CNPP), Senior Advisor to the French Ministry of Health, ISRP International Teacher and member of the ISRP Scientific Committee.



Dimitri Talbot

国家级心理运动治疗师, ISRP巴黎校区初阶培训主任, 心理运动疗法国际硕士学位, 曾担任精神运动治疗师, 公共精神病学卫生主管, 从2022年起, 一直负责ISRP巴黎校区的初阶培训计划。

French National psychokinesiologist, Director of Initial Training at ISRP Paris Campus, International Master's degree in Psychokinesiotherapy, former psychokinesiologist, Head of Public Psychiatric Health, has been responsible for the initial training program at ISRP Paris Campus since 2022.



Alexandra BOBAULT

心理运动疗法国家文凭、康复科学硕士学位, 在中国上海的平衡治疗中心工作了4年, 参与多动症、智力障碍、自闭症、遗传病、身心失调紊乱等领域的研究工作。加入ISRP的培训团队后, 在中国发展心理运动治疗专业, 负责调整整个儿科教学项目, 并培训中国专业人员与婴儿、儿童和青少年一起工作。

National Diploma in Psychomotor Therapy, Master of Science in Rehabilitation, worked at the Balance Therapy Center in Shanghai, China for 4 years, involved in the field of ADHD, intellectual disability, autism, genetic disorders, psychosomatic disorders and other research work. After joining ISRP's training team to develop a psychokinesiotherapy specialty in China, responsible for coordinating the entire pediatric teaching program and training Chinese professionals to work with infants, children and adolescents.



Myriam SORIGNET

国家精神运动治疗文凭和ISRP国际培训课程的培训师, 舞蹈治疗师, 2006年以来, 一直从事艺术和舞蹈治疗师的工作, 治疗各种患者, 包括青少年和成人精神患者(精神病患者, 神经精神障碍)和老年人, 2019年获得了精神运动治疗的国家文凭, 此后一直在养老院、医院的儿童精神科兼职担任精神运动治疗师, 并在私人诊所为老年人提供服务。

Trainer of the National Diploma in Psychomotor Therapy and ISRP International Training Course, Dance therapist, has been working as an art and dance therapist since 2006, treating a variety of patients, including adolescent and adult psychopaths (psychopaths, neuropsychiatric disorders) and the elderly, received the National Diploma in Psychomotor Therapy in 2019. Since then, he has worked part-time as a psychomotor therapist in the child psychiatry department of nursing homes, hospitals, and in private practice with the elderly.



Peng Kaiping 彭凯平

教授，美国密歇根大学心理学博士，曾在北京大学心理学系、美国加州大学伯克利分校心理学系、清华大学心理学系任教，曾获美国加州大学伯克利分校心理学及东亚研究终身教职，中国教育部春晖计划、美国国家自然科学基金、美国国家心理健康基金会等多项资助与奖励，曾任美国心理学会（APA）科学领导委员会委员、清华大学心理学系首任系主任、清华大学社会科学学院院长。主要研究方向有：文化心理学，社会心理学，积极心理学。



陶一桃 Tao Yitao

博士、教授，深圳大学原党委副书记、纪委书记，现任教育部人文社科重点研究基地——深圳大学中国经济特区研究中心主任、一带一路国际合作发展（深圳）研究院、深圳市国际交流基金会副理事长、国家社科基金重大项目首席专家、国务院特殊津贴专家、广东省优秀社会科学家、国家级学术领军人才。

Doctor, professor, former deputy secretary of the Party Committee and secretary of the Commission for Discipline Inspection of Shenzhen University, now serves as the director of the China Special Economic Zone Research Center of Shenzhen University, the key research base of humanities and social sciences of the Ministry of Education, the the Belt and Road International Cooperation and Development (Shenzhen) Research Institute, the vice chairman of the Shenzhen International Exchange Foundation, the chief expert of major projects of the National Social Science Fund, the expert with special allowance from the State Council, the outstanding social scientist of Guangdong Province, and the national academic leader.



黄力泓 Huang Lihong

美国华盛顿大学企业管理学博士，美国圣汤姆仕大学医学博士，现任职于美国全球竞争力研究院院长，曾任国际（UN）中小企业家基金会董事主席、国务院两岸发展顾问、美国奥巴马总统竞选顾问、美国富品创意生活产业集团董事、英国皇家国际培训认证协会执行长、美国亚洲智库研究中心执行长、清华大学客座教授美国艾雷客大学教授、四川大学客座教授等职务。

Doctor of Business Administration, University of Washington, USA, Doctor of Medicine, St. Thomas University, USA, currently serves as the director of the Institute of Global Competitiveness, He has served as the Chairman of the Board of Directors of International (UN) Small and Medium Entrepreneurs Foundation, the Cross-Strait development adviser of The State Council, the presidential campaign adviser of the United States, the director of the Creative Life Industry Group of the United States, the chief executive officer of the Royal Institute of International Training Certification, the chief executive officer of the Asian Think Tank Research Center, the visiting professor of Tsinghua University, the professor of the United States, the visiting professor of Sichuan University.



鲁新华 Lu Xinhua

广州中医药大学教授，硕士研究生导师，祈福医院中医心身康复医学中心主任兼治未病中心主任，国家十二五中医神志病重点学科带头人。中华中医药学会传统中医学术思想研究会常委，广东省中医药学会亚健康专业委员会副主任委员；广东省医学会健康管理专业委员会副主任委员；广东省中医药学会中医心理专业委员会常委、音乐治疗专业委员会常委；世界中医药联合会中医心理专业委员会常委。

Professor of Guangzhou University of Chinese Medicine, master tutor, director of TCM Psychosomatic Rehabilitation Medical Center and Treatment Center of Clifford Hospital, national 12th Five-Year TCM mental illness key discipline leader, Member of the Standing Committee of the Traditional Chinese Medicine Academic Thought Association of Chinese Medicine, Deputy Chairman of the Sub-health Professional Committee of Guangdong Chinese Medicine Association; Deputy Chairman of Health Management Committee of Guangdong Medical Association; Standing Committee of TCM Psychology Professional Committee and Music Therapy Professional Committee of Guangdong Chinese Medicine.

LEARNING ARRANGEMENT

学习安排

招生对象:

需要提升心理资本的社会人士、从事心理学行业相关工作的专业人才和精英及其他一切对心理学感兴趣的人士。

Enrollment targets:

Social professionals who need to enhance their psychological capital, professionals and elites engaged in psychology related work, and all other individuals interested in psychology

学习时长:

2.5年

Duration: 2.5 years

授课语言:

中\英\法 授课，外语课程配中文翻译

Teaching language: Chinese\English\French.

学习方式:

国内:每月1-2次授课，理论与实践相结合；

国外:法国ISRP深度沉浸式学习体验。

APPLICATION MATERIALS AND PROCESS

申请资料及流程

请提供以下申请材料:

- 1.报名表(英文填写)
- 2.最高学历/学位证书扫描件
- 3.身份证、护照扫描件
- 4.两寸白底证件照扫描件

Please provide the following application materials:

Registration Form (to be filled out in English)

Scanned copy of highest education/degree certificate

Scanned copies of ID cards and passports

Scanned copy of 2-inch white background ID photo

提交申请材料----资料审核---缴费并注册---正式入学

ISSUING CERTIFICATES

颁发证书

完成全部课程考核，并提交一篇论文（1万中文字，英文版提交），通过答辩后，将获得法国宜世高等精神运动与康复学院授予的健康心理学博士学位证书。

After completing all course assessments and submitting a thesis (10000 Chinese characters, English version submitted), and passing the defense, student will receive a doctoral certificate in Health Psychology by ISRP.