

21世纪心理学经典原版教材

PEARSON

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变态心理学 核心概念

Abnormal Psychology: Core Concepts
Second Edition

第2版



清华大学心理学系指定教材

清华大学心理学系系主任彭凯平教授作序并推荐

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丛书总序

——清华大学心理学系主任彭凯平教授寄语

国际学术届常用的社会发展指标中,对人的心理健康和对心理学的关注一直是衡量一个社会是否真正成为了一个以人为本、尚善关心的现代化社会的标志之一。中国社会最近这些年对心理学的关注和支持,实际上标志了我们中国社会已经迈入了现代化国家的门槛,已经不再是一个以衣食温饱为第一奋斗目标的发展中国家。毫无疑问,当今的中国已经进入了关注心理学、学习心理学、应用心理学的时代。

放眼我们的周围,家长们在看儿童心理学,企业家们在听管理心理学,搞教育的在学教育心理学,做市场的在研究消费心理学。中央电视台还推出了“幸福访谈”,国家领导人提出了“中国梦”的美好愿景。人们在日常生活中最常用的词汇不仅仅是“房子”、“股票”,也增加了“心态”和“幸福”。在网上广为播放的“哈佛幸福课”掀起了全国人们讨论“幸福是什么?”的热潮,并且由此催生了诸多的讨论幸福和积极的书籍、讲座、课程。心理学不仅仅走入了寻常百姓的生活,在学校里面的欢迎程度也呈现了指数型的增长。我可以肯定的说,这些热情的心理学爱好者中只有很少一部分人已经或者计划在未来从事临床心理的治疗工作或者其他与心理学有关的工作,他们中的大多数是感受到了心理学知识的魅力和作用,它会让人在工作和生活的各个方面获益匪浅,因而心理学是和数学、语言一样,属于现代有知识群体的人基本必修的课程和不可或缺的工具。学习心理学不是为了获得一纸文凭,而是为了获得职场的竞争力和生活的幸福力。

然而,心理学是一门严谨的科学。就像学习数学、物理、金融、信息工程一样,希望真正理解和运用心理学,就需要经过系统严谨的科学训练。当今的心理学已经不再是大家心中那种坐而论道,成天讨论“是什么动机让人们这么做?”的心理学;现在的心理学家们也不再是叼着雪茄,坐在沙发后面轻柔地问出“你能回忆起5岁的时候父母的那场争执中,你是什么感受么?”的精神分析师了;历时一百多年,一代代心理学家们充分吸收了其他学科领域的发展所带来的工具。今天心理学家们,不仅仅从象牙塔里面走出来进入了日常生活,更拥有了前人不可想象的有力工具:大数据分析、云计算应用、正电子脑部扫描、功能核磁共振成像、电生理分析仪等等。今天心理学家们可以对诸多离奇古怪的心理和精神问题定位到人脑中比针尖还小的位置,也能够预测出大事件之后社会群体的生活和经济行为。心理学少了几分神秘的哲学色彩,成为了方法论科学、工具强大、理论严谨的实证科学。

而流行的话题和爆发的心理学市场会带来很多真伪难辨的信息,以及不严谨的书籍、刊物,而高度复杂的心理学又很容易被人断章取义以致形成误导。正因为这样,我迫切需要经得起科学和生活检验的心理学书籍,来带给我们真正的心理学知识和工具。我非常欣喜地看到清华大学出版社的工作人员们引进了这一套原汁原味的英文心理学经典影印教材。这些教材都由欧美大学任教并且在学术领域里声名卓著的心理学家们创作,并且结合心理学研究前沿的发展和社会文化的演变而不断地融入最新的内容,并且多次进行改版更新的大学教材。其严谨性和实用性毋庸置疑,并且作者们的写作风格也贴近生活、幽默风趣。

社会学家和语言学家们已经证明,由于文化传承和进化环境导致的思维结构差异的原因,不同的语言,尤其是中文和英文这样差异巨大的语言,很难做到完全的转译。对于心理学、哲学这样的复杂学科的著作几乎更是不可能的。因此,阅读几部原汁原味的专业心理学教材,对于大学生们和严肃的心理学爱好者们来说都不仅仅是吸收心理学知识和提升外语水平的良好机会,更是了解西方特别是美国文化和社

会的一个有效方式。书中列举的很多生活实例都是直接取自于人们的日常生活,看起来不仅生动有趣,而且回味无穷,“于我心有戚戚焉”。

“纸上得来终觉浅,绝知此事要躬行”。我在2013年清华大学社科学院新生的迎新会上曾经做了“知识是什么?”的演讲。其中我提到“知识不仅仅是教科书,知识也不仅仅是信息的堆积、考试的成绩,或者拿到的学位。大量心理学研究表明,知识就存在于行为中、表现在身体上、蕴蓄在体验里。身心体验便是人类知识的贮存方式。书本是知识的积累、是经验的积累、也是身心体验的积累。密歇根大学的心理学家理查德·尼斯贝特(Richard Nisbett)教授做过一个经典研究,告诉了我们学习社会科学的人与学习物理、化学、生物学等自然科学的人有什么不同。尼斯贝特告诉我们,学习社会科学的人在某种程度上要更加有智慧,他们能看出人生、人心、人性中的美好,也能了解其不足。学习社会科学,就知道了样本的概念,知道了样本不能代替总体,知道了一个细胞不能代替全人类,知道了任何事情、任何案例、任何例子、任何故事都是有偏差的。这是社会科学的境界与思维方式,这也是知识。”心理学的知识要求思想,体会,沟通,积累,升华,创造,看原文就是一个心要领,神要会的机遇与媒介。

清华大学作为国内最顶尖的高等学府,曾经是中国心理学的发源地。中国的第一个心理学系,第一本心理学专业杂志,第一个心理学专业学会,都在一百年前的清华园内成立。现在的清华大学心理学系的特色是要彻底改变中国人对心理学的印象,使之成为科技的心理学和积极的心理学。自从清华大学心理学系2008年恢复以来,我们开始将清华大学原有的自然科学和工业科技知识体系与当代国际心理学的发展相结合,并且引进了高端的海内外学者来讲授最前沿的心理学知识,并为学生们提供了和新兴心理学一起发展的体验。清华大学心理学系在两个心理学最前沿的分支——研究幸福和成就的积极心理学和结合现代信息技术的应用认知科学技术——走在中国的前沿,两次中国积极心理学大会在清华园召开和中国积极心理学协会即将在清华园成立,以及为中国的海洋战略和信息战略的贡献,都展示着清华大学心理系紧跟时代的步伐,领先中国的责任和境界。

清华大学是中国历史悠久、人才辈出的大学,它又有着中国历史文化丰富的沉淀,来清华大学学习心理学,看清华大学出的心理学,你会有一种与清华人同行的感受。百年清华和百岁的心理学结合在一起,会让我们中国社会真正成为一个以人为本的社会。因为人的本质在于我们有心理活动:人者心之器也。没有心理学指导的社会建设很难说是真正意义上的以人为本,而没有我们中国人参与而贡献的心理学,也很难说是真正意义上的人类的心理学。让我们共同努力,共创人类心理学的新天地!

彭凯平

2013年10月21日,北京清华园

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