

<<心理学英语教程>>

图书基本信息

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### 内容概要

词汇：丰富的语言学习活动帮助学生掌握心理学领域核心术语以及一般学术词汇。

知识：介绍心理学领域基本概念和事实，帮助学生了解相关学科知识各种技能知识介绍和训练帮助学生听懂相关学术讲座。

技能：读懂相关文献资料，参与相关学术研讨，进行相关学术一研究以及撰写学术论文。

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## 章节摘录

版权页：插图： Which approach to human behaviour is more relevant to current professional practice: process or person ?

Since the mid-19th century, two contrasting approaches to understanding the mind and behaviour have been a topic of discussion: the scientific, or process approach, and the introspective, or person approach. The debate is important because it affects research methods and professional practice and, in the long term, commercial, medical and social progress. A review of these approaches will allow us to reach our own conclusions. The process approach to psychology focuses on the analysis of the internal mental mechanisms which, scientists claim, can only be accessed through observable behaviour. This view is largely supported by physiologists and behaviourists. The process approach is founded on Pavlov's well-known research into stimulus and response, and supported by Watson, when he formulated the principles of behaviourism in 1913 ( Gross, 2007 ). These include: complete scientific objectivity; the predictability and controllability of behaviour; and similarities between human and animal behaviour. It has been argued, however, that this last principle fails to take into account the existence of consciousness or selfawareness in humans. Countering this criticism, Watson maintained that introspection was subjective, unreliable as a data source and, therefore, unscientific. In the late 19th century, John Dewey highlighted another limitation of the stimulus-response theory ( Benjafield, 1996 ). Dewey pointed out that, depending on their situation and intention, human beings will respond differently to a similar stimulus, unlike animals, which have a limited range of responses. For example, if we see a child crying and alone in public, we will probably assume that he or she is lost, and look for its mother. On the other hand, when we see a child crying and with its mother, we do nothing. Our responses are determined not only by the stimulus, but also by the social context. By relating behaviour to social context, Dewey foreshadowed social-constructivist theories which form part of the person approach. The person approach emphasizes the importance of individual experience as a means of understanding mental processes, and of the effect of social interaction on behaviour. This approach is supported by the psychodynamic, humanist and social-constructivist theories. For instance, Freud claimed that dreams were the gateway to our unconscious and that relating and interpreting them was a valid means of understanding our inner life. According to the humanist, Carl Rogers, self-awareness is at the centre of our human experience and each individual's unique interpretation of reality is valid. Social constructivism looks beyond individual experience and explains behaviour as a fluid interaction between the person and a continuously changing society. The main argument against the validity of all theories supporting the person approach is that any data based on reported experience is necessarily subjective and, therefore, unverifiable.

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### 编辑推荐

《大学专门用途英语系列教材:心理学英语教程》既可作为各学科专业英语的入门教材,也可作为以英语学习为主的专门用途英语教材。

教师可以根据学生的专业需求和英语语言水平的实际情况来确定教学目标和教学重点,灵活安排课程和教学活动。

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