

Table of Contents

INTRODUCTION	1
About This Book	1
Foolish Assumptions	2
Icons Used in This Book	2
Beyond the Book	3
Where to Go from Here	3
PART 1: GETTING STARTED WITH PSYCHOLOGY	5
CHAPTER 1: The Purpose of Psychology	7
Whys, Whats, and Hows of People	9
A useful metaphor: Building a person	10
Why?	11
What?	11
How?	12
Troubleshooting	13
Putting It All Back Together Again	14
CHAPTER 2: Thinking and Behaving as a Psychologist	15
The Core Activities of a Psychologist	17
Experimental and research psychologists	17
Applied psychologists	17
Teachers/educators/professors	18
Theoretical and philosophical psychologists	18
How Do I Become a Psychologist?	18
Getting Started with Metatheory and Frameworks	19
Biological	20
Behaviorism	20
Cognitive	20
Sociocultural	21
Developmental	21
Evolutionary	22
Humanistic and existential	22
Psychoanalytic/psychodynamic	22
Feminism	23
Postmodernism	23
A Unifying Model? Working with the Biopsychosocial Model	24
Feeling out the role of the body	24
Thinking about the role of the mind	24
Observing the role of the outside world	25
Developing a good theory	27

Seeking Truth	27
Applying the scientific method	29
Researching Matters	30
Understanding descriptive research	30
Doing experimental research	30
Measuring one, measuring all with statistics	31
Relating variables: Correlation versus causation	33
Being “Good”: Ethics in Psychology	35
PART 2: PICKING YOUR BRAIN (AND BODY)	37
CHAPTER 3: Brains, Genes, and Behavior	39
Believing in Biology	40
The Biological “Control Room”	42
Cells and Chemicals	44
Networking and crossing the divide	45
Branching out	47
Activating brain change	47
The Organization of the Brain	49
Forebrain	50
Midbrain	51
Hindbrain	51
Tiptoeing back and forth from the periphery	52
Finding Destiny with DNA	52
Understanding Psychopharmacology	53
Easing depression	55
Shushing the voices	55
Relaxing	56
CHAPTER 4: From Sensation to Perception	59
Building Blocks: Our Senses	60
The sensing process	61
Seeing	62
Hearing	65
Touching and feeling pain	66
Smelling and tasting	67
Balancing and moving	68
Finishing the Product: Perception	68
Organizing by Principles	70
CHAPTER 5: Exploring Consciousness	73
Carving Awareness and Being at Its Joints	74
Consciousness as an ability, skill, or process of the mind (and the brain)	74
Consciousness as a state or type of awareness	75

Catching some zzzzs	76
Understanding tired brains, slipping minds	78
Arriving at Work Naked: Dreams	79
Altering Your Consciousness	80
Getting high on conscious life	81
Being conscious of my mind (meditative states)	82
Falling into hypnosis	84
PART 3: THINKING AND FEELING AND ACTING	85
CHAPTER 6: Thinking and Speaking	87
What's on Your Mind?	88
Thinking like a PC.	89
Turing's challenge	89
Computing	90
Representing	91
Processing.	91
Modules, Parts, and Processes	92
The attention process	93
The memory process	94
The knowing process	97
The reasoning process	100
The decision-making/choosing process	101
The problem-solving process.	104
It's All about Connections.	105
Bodies and Minds	106
Thinking You're Pretty Smart.	108
Considering the factors of intelligence.	108
Getting a closer look	109
Adding in street smarts	110
Excelling with multiple intelligences	111
Making the grade — on a curve	112
Figuring Out Language	114
Babel-On	114
Rules, syntax, and meaning	115
CHAPTER 7: Needing, Wanting, Feeling	117
What's My Motivation?	118
Would you like some adrenaline with that bear?	119
Feeling needy	120
Knowing who's the boss	121
Arousing interest in prime rib	123
Getting cheaper long distance is rewarding	124
Facing your opponent-process theory	125

Believing in yourself	125
Pleasure and pain	127
Escaping psychological pain	128
Launching Countless Bad Poems: Emotions	130
Watch out for that sabertooth!	132
Your brain on emotion	133
Which comes first, the body or the mind?	135
Expressing yourself	137
Acknowledging anger	138
Being happy	140
Discovering your smart heart: Emotional intelligence and styles	142
Being in Control	143
CHAPTER 8: Barking up the Learning Tree: Dogs, Cats, and Rats	147
Learning to Behave	149
Drooling like Pavlov's Dogs	149
Conditioning responses and stimuli	150
Becoming extinct	152
Classic generalizing and discriminating	153
Conditioning rules!	154
Battling theories: Why does conditioning work?	156
Studying Thorndike's Cats	157
Reinforcing the Rat Case	159
Finding the right reinforcer	159
Using punishment	161
Scheduling and timing reinforcement	163
Stimulus Control and Operant Generalization	165
Operant Discrimination	166
PART 4: ME, YOU, AND EVERYTHING IN BETWEEN	167
CHAPTER 9: Myself and I	169
Getting to the Magic Number 5	171
They Made Me This Way	173
Representing Ourselves	174
Schemas	174
Scripts	175
It Depends on the Situation	176
Feeling Self-Conscious	179
Becoming aware of your body	180
Keeping it private	180
Showing it off	181

Identifying Yourself	181
Forging a personal identity	182
Carving out a social identity	184
Mustering up some self-esteem	185
CHAPTER 10: Connecting	187
Getting Attached	188
Realizing even monkeys get the blues	188
Attaching with style	189
Cavorting with Family and Friends	191
Parenting with panache	192
Embracing your rival: Siblings	193
Getting chummy: Bridge building	194
Attraction, Romance, and Love	195
How we choose the ones we love	195
Love's expanse	196
Connecting to Thoughts and Action	198
Explaining others with person perception	198
Minding "you" with theory of mind	201
Dancing with others: Embodied social cognition theories	202
Communication Skills	202
Asking questions	203
Explaining	204
Listening	204
Asserting yourself	205
CHAPTER 11: Getting Along . . . or Not	207
Playing Your Part	208
Ganging Up in a Group	209
Conforming	210
Doing better with help	212
Kicking back	213
Remaining anonymous	213
Thinking as one	214
Persuading	215
Credibility of communicator	216
Delivery approach	216
Audience engagement	217
Age of audience	217
Being Mean	218
Acting naturally	218
Being frustrated	219
Doing what's learned	219

Lending a Helping Hand	221
Why help?	221
When to help?	224
Who gives and receives help?	225
Birds of a Feather . . . or Not	226
Examining isms	226
Understanding discrimination	227
Making contact	228
CHAPTER 12: Growing Up with Psychology	229
Beginning with Conception and Birth	230
Xs and Ys get together	230
Uniting and dividing all in one night	231
Going from Diapers to Drool	233
Survival instincts	233
Motoring about	234
Flexing their muscles	235
Scheduling time for schemata	235
Getting your sensorimotor running	237
Learning within the lines	238
Saying what you think	239
Blooming social butterflies	240
Getting on the Big Yellow Bus	241
Mastering the crayon	241
Being preoperational doesn't mean you're having surgery	242
In the zone	243
Becoming even more social	243
Agonizing over Adolescence	244
Pining over puberty	244
Moving away from parents	245
Existing as a Grown-Up	246
Looking at you	246
Connecting and working	246
Aging and Geropsychology	247
CHAPTER 13: Psychology in the Digital Age	249
Love and Robots	250
Talk to the box	251
Me and my friends	252
That perfect someone	253
Digitized (d)evolution	254

The Dark Side of the Digital World	256
Say that to my face	256
Hooked on the Internet	257
Bullying moves from the schoolyard to the desktop	258
Can Technology Make Us Better at Being Human?	260

PART 5: ADAPTING AND STRUGGLING 261

CHAPTER 14: Coping When Life Gets Rough 263

Stressing Out	264
Ways to think about stress.	264
The causes of stress	268
The impact of stress	269
Crisis: Accumulated or overwhelming stress.	271
Posttraumatic stress disorder	273
The stress of loss.	274
Coping Is No Gamble	275
Learning how to cope	276
Finding resources	276

CHAPTER 15: Modern Abnormal Psychology 279

What Is "Abnormal" Anyway?	280
Who decides what's normal?	281
Ryff's Psychological Well-Being Model	282
Defining Mental Disorders.	283
Psychotic Disorders: Grasping for Reality	286
Schizophrenia.	286
Other types of psychoses.	290
Feeling Funky: Depression	292
Staying in the rut of major depression.	292
Depression's causes	293
Treating depression	295
Bipolar Disorder: Riding the Waves	295
Bipolar disorder's causes	297
Treating bipolar disorder	297
Panic Disorders	297
Panic disorder's causes.	300
Treating panic disorder	300
Mental Disorders in Young People	301
Dealing with ADHD	302
Autism: Living in a world of one's own	303
Let's Talk about Stigma.	305

PART 6: REPAIRING, HEALING, AND THRIVING	307
CHAPTER 16: Testing, Assessment, and Evaluation	309
Answering the Call	310
What kinds of tests and instruments are there?	311
What kind of evaluations do psychologists do?	312
The Interview and Evaluation Process	312
Interviewing and observing	313
History taking	317
Checking under the Hood with Psychological Testing	318
Standardization	318
Reliability	319
Validity	319
More Detail on Testing Types	320
Clinical testing	320
Educational/achievement testing	321
Personality testing	322
Intelligence testing	323
Neuropsychological and cognitive testing	323
Keeping Them Honest	325
CHAPTER 17: We Can Help!	327
Is It Time for Professional Help?	328
Types of help	330
The Crown Jewel of Therapy: Psychotherapy	333
Good ethics is good therapy	334
The common factors model	335
Major Schools of Therapy	337
Psychodynamic therapies	338
Behavior therapy	342
Exposure-based therapies	343
Cognitive therapy	344
Playing together nicely: Behavior and cognitive therapies	346
Acceptance and mindfulness-based therapies	347
Dialectical behavior therapy	348
Client-centered therapy	350
Emotion-focused therapy	354
Empirically Supported Treatments for Specific Problems	356
ESTs for depression	357
ESTs for anxiety and trauma	357
ESTs for disorders in children	358

CHAPTER 18: Be Positive! Fostering Wellness, Growth, and Strength	359
Going beyond Stress: The Psychology of Health	360
Preventing illness.....	360
Making changes.....	360
Intervening	362
Harnessing the Power of Positivity.....	363
Stepping Up!.....	365
High-performance skills	366
Choking versus being clutch	366
Acquiring the Bionic Brain	367
Doing smart drugs.....	368
Hitting the limits of the skull	369
PART 7: THE PART OF TENS	371
CHAPTER 19: Ten Tips for Maintaining Psychological Well-Being	373
Accept Yourself	375
Strive for Self-Determination.....	375
Stay Connected and Nurture Relationships	375
Lend a Helping Hand	376
Find Meaning and Purpose and Work toward Goals.....	376
Find Hope and Maintain Faith.....	377
Find Flow and Be Engaged.....	377
Enjoy the Beautiful Things in Life	377
Struggle to Overcome; Learn to Let Go	378
Don't Be Afraid to Change	378
CHAPTER 20: Ten Great Psychological Movies and Shows	379
One Flew Over the Cuckoo's Nest.....	380
A Clockwork Orange	380
Ordinary People.....	381
Girl, Interrupted.....	381
The Silence of the Lambs	382
Sybil.....	382
The Matrix.....	383
Black Mirror	384
True Detective (Seasons 1 and Season 3)	384
Psycho.....	385
INDEX	387