contents

1 | Man Studies Himself



THE DILEMMA
OUR STATE OF MENTAL HEALTH
SCIENCE IN PSYCHOLOGY AND
MENTAL HYGIENE
PSYCHOLOGY AND MENTAL HEALTH
WHAT IS MENTAL HYGIENE?
APPROACHES TO MENTAL HYGIENE
LOOKING AHEAD
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

2 | The Mind and Personality: Human Potential

BEHAVIOR REGULATORS
PSYCHOMETRY
THE MIND
THE PERSONALITY
PERSONALITY STRUCTURE
MAN'S GENETIC ENDOWMENT
WHAT IS MAN'S POTENTIAL?
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

34

3 | The Self and its Image 78

WHY THIS CONCERN WITH SELF?
AS PSYCHOLOGISTS SEE THE SELF
FROM PSYCHOLOGY TO PHILOSOPHY
SELF-AWARENESS AND THE SELF-IMAGE
FORMING SELF-ATTITUDES
POTENTIAL UNLIMITED
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

4 | The Dynamics of Behavior



THEORIES OF MOTIVATION
INTRINSIC MOTIVATION
HUMAN NATURE
WHAT IS MOTIVATION?
NEED CATEGORIES
HUMAN NEED: ITS NATURE AND PATTERN
MOTIVATION AND LEARNING
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

5 | Values and Goals 144

SCIENCE'S CONCERN WITH VALUES
WHAT ARE VALUES?
VALUE CLASSIFICATION AND PERSONALITY
THE ADEQUATE VALUE SYSTEM
VALUES AND CHARACTER
CONSCIENCE AND GUILT
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

6 | The Satisfying and Frustrating Environment 181

WHAT IS FRUSTRATION?
THE HOME ENVIRONMENT
DISCIPLINE
SCHOOL ENVIRONMENT
FROM FAMILY AND SCHOOL TO COMMUNITY
SPIRITUAL FRUSTRATION AND CREATIVITY
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

7 Defensive Adjustment 217

GENERAL PRINCIPLES OF BEHAVIOR
THE INFERIORITY COMPLEX
THE DEFENSE MECHANISMS
LEARNED EMOTIONS AND DEFENSE
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

8 | Psychotic and Neurotic Behavior 253

THE PSYCHOSES
SYMPTOM CATEGORIES
ETIOLOGY OF PSYCHOTIC BEHAVIOR
THE NEUROSES
THE NEUROTIC PERSONALITY
MENTAL ILLNESS IN CHILDHOOD AND
OLD AGE
DEPRESSION AND SUICIDE
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

9 | Psychosomatic and Character Disorders 300

PSYCHOSOMATIC ILLNESS
PSYCHOLOGIC FACTORS AND SIMILARITIES
CHARACTER DISORDERS
THE JUVENILE DELINQUENT
MENNINGER'S ANALYSIS OF DYSFUNCTION
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

10 | Restoring Mental Health 338

PSYCHIATRY
PSYCHOANALYSIS
CLINICAL PSYCHOLOGY
PSYCHOTHERAPY
THE CASE FOR PSYCHOTHERAPY
SPECIAL TECHNIQUES AND APPLICATIONS
OF PSYCHOTHERAPY
COUNSELING
RECOVERY FROM MENTAL ILLNESS
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

11 The Community in Action: Through the School and Church 380

MENTAL HEALTH IN THE SCHOOL
SPECIAL SCHOOL PROJECTS IN
MENTAL HYGIENE
MENTAL HEALTH IN RELIGION
THE CHURCH'S CONTABUTION TO
MENTAL HEALTH
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

12 The Community in Action: Through its Special Agencies 414

FEDERAL AND STATE SERVICES
COMMUNITY MENTAL HEALTH CENTERS
LOCAL CLINICAL SERVICES
SPECIAL CHILD TREATMENT
NEW INSIGHTS AND METHODS
USING VOLUNTEERS
THE BIG THREE
MISCELLANEOUS PROJECTS
TOWARD THE MORE SATISFYING COMMUNITY
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

13 | The Self-Actualizing Person 451

HUMAN DESTINY
FROM YOUTH TO ADULTHOOD
FROM THE NORMAL TO THE TRANSCENDENT
HEALTHY AND TRANSCENDENT COGNITION
CREATIVE THINKING AND EVALUATING
HEALTHY EMOTIONAL BEHAVIOR
THE HEALTHY SELF
CLINICAL STUDIES OF HUMAN POTENTIALITY
SUMMARY
GLOSSARY
REFERENCES AND SUGGESTED READINGS

14 | Healthy Social Living 488

THE MEDICINE OF LOVE
SEX AS INTERPERSONAL RELATION
HEALTHFUL FAMILY LIVING
KEYS TO HAPPY MARRIAGE
FAMILY RESOURCES DEVELOPMENT
THE FRIENDSHIP CIRCLE

Personal Growth and Adjustment

DISENGAGEMENT OF THE AGING SUMMARY GLOSSARY REFERENCES AND SUGGESTED READINGS

15 | The Healthy Vocational Life 530

VOCATION, A WAY OF LIFE
WHY DO PEOPLE WORK?
SECURITY AND GROWTH MOTIVATED
ROOM AT THE TOP?
TO INCREASE WORK SATISFACTION
SELF AND ABILITY GROWTH PROGRAMS
MOTIVATION, INTEREST AND SATISFACTION
SUMMARY
REFERENCES AND SUGGESTED READINGS

Appendix 573

PREFACE CONTENTS

Index 641