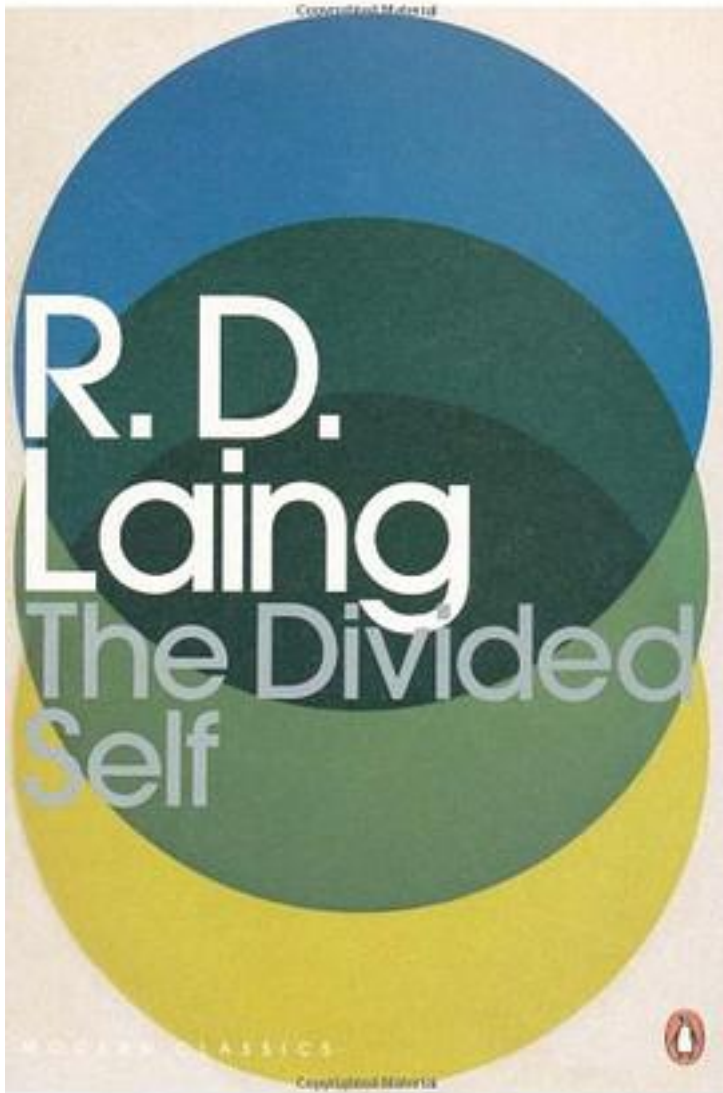


The Divided Self



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著者:R. D. Laing

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Presenting case studies of schizophrenic patients, Laing aims to make madness and the process of going mad comprehensible. He also offers an existential analysis of personal alienation. Dr. Laing's first purpose is to make madness and the process of going mad comprehensible. In this, with case studies of schizophrenic patients, he succeeds brilliantly, but he does more: through a vision of sanity and madness as 'degrees of conjunction and disjunction between two persons where the one is sane by common consent' he offers a rich existential analysis of personal alienation.

The outsider, estranged from himself and society, cannot experience either himself or others as 'real'. He invents a false self and with it he confronts both the outside world and his own despair. The disintegration of his real self keeps pace with the growing unreality of his false self until, in the extremes of schizophrenic breakdown, the whole personality disintegrates.

作者介绍:

R.D. Laing, one of the best-known psychiatrists of modern times, was born in Glasgow in 1927 and graduated from Glasgow University as a doctor of medicine. In the 1960's he developed the argument that there may be a benefit in allowing acute mental and emotional turmoil in depth to go on and have its way, and that the outcome of such turmoil could have a positive value. He was the first to put such a stand to the test by establishing, with others, residences where persons could live and be free to let happen what will when the acute psychosis is given free rein, or where, at the very least, they receive no treatment they do not want. This work with the Philadelphia Association since 1964, together with his focus on disturbed and disturbing types of interaction in institutions, groups and families, has been both influential and continually controversial. R.D. Laing's writings range from books on social theory to verse, as well as numerous articles and reviews in scientific journals and the popular press. His publications are: *The Divided Self*, *Self and Others*, *Interpersonal Perception* (with H. Phillipson and A. Robin Lee), *Reason and Violence* (introduced by Jean-Paul Sartre), *Sanity, Madness and the Family* (with A. Esterson), *The Politics of Experience* and *The Bird of Paradise*, *Knots*, *The Politics of the Family*, *The Facts of Life*, *Do You Love Me?*, *Conversations with Children*, *Sonnets*, *The Voice of Experience and Wisdom*, *Madness and Folly*. R.D. Laing died in 1989. Anthony Clare, writing in the *Guardian*, said of him: "His major achievement was that he dragged the isolated and neglected inner world of the severely psychotic individual out of the back ward of the large gloomy mental hospital and on to the front pages of influential newspapers, journals and literary magazines... Everyone in contemporary psychiatry owes something to R.D. Laing."

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标签

R.D.Laing

psychopathology

评论

常人：(self/body) \leftrightarrow other；病人：self \leftrightarrow (body/other)。

很欣赏Laing大胆的分析 and 理论构建。不知道一个真正的病人读他的分析作何感想。贴切么？合理么？我总觉得一两个个例来支持理论是不合适的。往好了说，也许医生在大量接触病人过程中培养出了某种手到擒来的intuitions？往坏了说，用理论去套经验是以蠡测海——概念的匮乏和经验的多样性是冲突的，psychotic experiences may not be generalized or theorized？

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书评

对我扰动很大的一本书，先简单写几句吧。

第一次读的时候阻抗很大，激起了担心自己过于努力地去理解严重精神病患者有可能让自己变得精神分裂的恐惧。这种阻抗使我对书中的分析只能以从外面向内看的方式进行理论上的理解。这种恐惧进入我的梦，然后慢慢地被修通。这种修通本身...

小C是个直男，但是我遇到他的时候，他正将自己有意无意的往gay的形象塑造。他父亲常年在外跑运输，聚少离多，母亲一个人开店很忙，很少时间顾他。他自小不好不坏，丢到人群中便找不到。等到他20岁，存在感稀薄到临界点，他就开始给自己贴gay的标签，我们说他是gay，他有时否...

分裂这个词被人厌恶，但我最近却越来越体验到分裂所带来的正面效应。许多时候我们对于分裂的态度导致了问题的不解，而不是分裂本身。分裂大多带来了无数的对抗，但从头脑的角度来看，对抗的两边却是一体的，这是一种刺激的结果，与生命原块有关。在生命原块那里，凡是未能...

这是一本对我影响很深的书，作者的才华与慈悲永远铭记在我的心里。
这本书是四年前我在网上看到的电子版，那时候我醉心于心理学，我觉的作者对人内在发现的成就的学术成就不亚于弗洛伊德。而人格成就更高。

他想要自由，所以别人强迫他做的，他就不做；可是如果别人的目的正好是让他不做，他不做岂不是遂了别人的心意？那他做吧！如果别人知道他是这样想的话，故意强迫他做就是能达到别人的目的，那他还是不自由。天啊，他到底是自由还是不自由。这个时候他踏入了一个死循环，他到底...

在对存在性不安个体焦虑模式进行描述和阐释之前，可以先从文学的角度来体会其中的一些精神特质。建议去读卡夫卡的作品，卡夫卡作品中描述的人的状态近乎就是存在性不安的鲜明例证。
莱因写到：“如果比较莎士比亚和卡夫卡对人之痛苦及普遍异化的揭露（而不考虑他们各自的天才） ...

我有一个我，活在黑暗中 不如称之为它吧，它本属于我 却被人驱赶，入了黑暗中
它在那里，闪着光，照亮我的心 我在这里，躲着人们的目光，保护它
我常常称它为它，但却更愿意它称我为它 也许，它才是我 而我，却是不属于我的它
你说的没错，我才是主人 被世人驱逐的，你的主人 ...

我不知道有多痛可以造就如此的爱，我不知道有多累可以放射如此的激情。因为我始终依赖我的感官，逃离不出我的大脑皮层。试着闭上双眼，我给你的爱并不在这世间万物之中，敞开你那透明的心，用心来感触这炙热的爱，不要害怕，撕裂我的心，那里有你美丽的住所。

记得数年前，我答精神健康课程的老师问，学习精神健康课程的目的。我说，我想知道精神病人到底是不是正常的，和正常人有什么区别。多年过去，一直在这个简单的问题前绕圈子。直至最近老师的一个主体性打开明亮的路途，进一步在本书中找到了细致的解答。也对于自己、曾经爱过的...

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