

V. 心理學是什麼？What is Psychology?

1. 心理學從一種「科學」（其實是「社會科學」，「行為科學」，直接了當說是「偽科學」），演變成爲「新紀元哲學與宗教（即：異教）」的最佳推銷員團隊。其實，「新紀元」的世界觀，早在早期心理學理論中就找得到。

Psychology evolved from a “science” (a “social science,” a “behavioral science,” or a “pseudo-science”) to an eager sales force for New Age philosophy. But the “New Age” worldview actually predates the beginning of psychology.

2. 心理學是一種「偽科學」。科學竭力觀察事實，按照一些理論來解釋所觀察的事實。所分析的事實應該是可以重複的，可以證實的。心理學不是這樣的。心理學中不少的定義和解釋都非常主觀。（注：不論是傳統科學或偽科學，都來自人自主的「前提」。）

Psychology is a “pseudo-science.” Science observes data according to a theory which seeks to interpret the data. The data analyzed should be repeatable and verifiable. Psychology’s definitions, data and explanations are often subjective. (Note: Whether it is conventional science or pseudo-science, man is committed to his own autonomy, unless science is redeemed and rebuilt with biblical presuppositions.)

3. 心理學從「現代」（康德後；堅持人的自主，推翻上帝的主權與祂設立的權威），到「後現代」。不過，「後現代」在「現代」之前就有了。（參：張逸萍博士的著作：www.chinesechristiandiscernment.net; www.chinesebiblicalcounseling.net。） Psychology evolved from being “modern” (post-Kantian, asserting man’s autonomy over against God and all God-ordained authority) to “postmodern” (monism). But the “postmodern” actually pre-dates the modern. (Lois Chan, *Unholy Alliance*. www.chinesechristiandiscernment.net; www.chinesebiblicalcounseling.net.)

4. 幾位心理學理論大師：弗來伊德（「心理分析」），容格（異教徒），Alfred Adler（「認知心理學」），羅杰斯（人本主義；「非指引式」的，「案主中心」的治療），Eric Fromm（修正弗來伊德的人本主義）。

Major theorists in the history of psychology: Sigmund Freud (psychoanalysis), Carl Jung, Alfred Adler (cognitive psychology), Carl Rogers (non-directive, client-centered therapy), and Eric Fromm.

5. 一些所謂「基督教輔導」的理論家：Gary Collins; James Dobson。
Some names of “Christian counseling” theorists: Gary Collins, James Dobson.

6. 《聖經》輔導學與所謂「基督教輔導學採取完全不同的前提（心中堅持）。
Over against secular psychology and “Christian counseling” is “biblical counseling.” (www.nanc.org; www.timelesstexts.org; www.ccef.org.)

VI. 輔導是什麼？What is Counseling?

1. 輔導可以「非指引式」嗎？非指引的輔導等於非輔導的輔導！（「非指引輔導」這個觀念來自羅杰斯，他是一個人本主義者；這觀念卻被基督徒輔導員與輔導中心廣泛使用。）

Can counseling be really “non-directive”? Non-directive counseling is non-counseling counseling! (The idea of “non-directive counseling” comes from Carl Rogers, a humanist, and is very commonly adopted by Christian counseling and counseling centers.)

2. 「心理病」的神話。什麼是「疾病」？是可以觀察，診斷，開藥或開刀的問題。輔導呢？輔導是「講話」。（這種對心理學輔導的批評，往往來自無神論者，猶太教徒，不僅僅來自信仰保守，支持《聖經》輔導的基督徒！）耶穌講到人「有病」時，當然是喻意的。

The myth of “mental illness”: what is “illness”? It is when you can observe a problem, prescribe medicine or do surgery. Counseling is just talk! (This critique of psychological counseling is raised not only by conservative Christians, but also secular writers, including Jews and atheists!) Of course, Jesus speaks of “illness” as a metaphor.

3. 是，輔導是「講話」，是帶有道德觀的講話。世俗的心理輔導基於世俗的理論，它是不合《聖經》的倫

理。

Counseling is “talk;” it is “talk” with an ethical perspective. Secular psychological counseling, based on secular theories, is “non-biblical ethics.”

4. 非《聖經》輔導的目標：心理平衡（弗來伊德），「自尊」，「自我接納」，或含糊不清的所謂「心理健康」。

Non-biblical counseling’s goals: “equilibrium” (Freud), “self-esteem,” “self-acceptance,” or “mental health” (whatever that means).

5. 《聖經》輔導的目標來自《提摩太後書》3：16-17：「教訓，督責，使人歸正，教導人學義」。目

標：幫助人過有紀律的生活，遵從上帝的話，結出聖靈的果子。Biblical counseling is an application of

(obedience to) II Tim. 3:16-17: "teaching, reproof, correction, and training in righteousness."

The goal: that men

and women live disciplined lives, obey God's Word, and bear the fruit of the Spirit.