

AP Review Session 1: History & Approaches

History of Psychology
Psychological Perspectives
Psychological Subfields

History of Psychology

- Philosophical Roots of Psychology
- Prescientific Psychology
- Modern Psychology

Philosophical Roots

- Where does knowledge *come from*?
- Innatism/Nativism vs. Empiricism
 - Innatism/Nativism: we are born with knowledge
 - Empiricism: knowledge comes from experience
- Debate is the beginning of “Nature vs. Nurture” argument

Philosophical Roots

- Are mind & body *separate*, or *one entity*?
- Dualism vs. Monism (of mind & body)
 - Dualism: mental phenomena are non-physical; mind & body can interact, but are separate; the mind goes on even after the death of the body
 - Monism: mind cannot be separated from the body; the mind and the body are one

Philosophical Roots

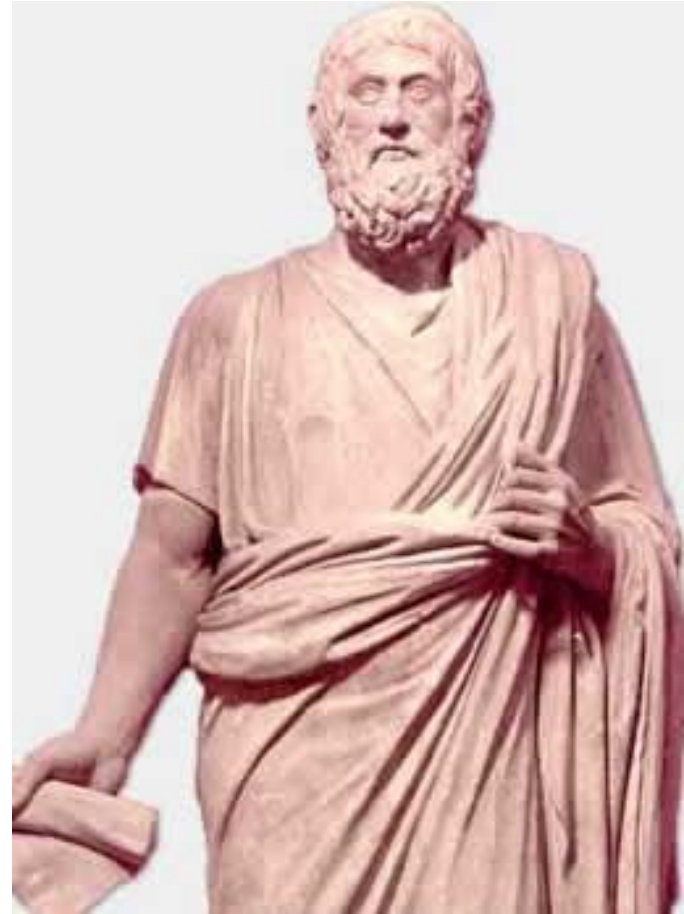
- **Socrates**
 - Innatism/Nativism
 - Dualism
 - Taught Plato



Philosophical Roots

- **Plato**

- Taught by Socrates
- Taught Aristotle
- Innatism/Nativism
- Dualism



Philosophical Roots

- **Aristotle**
 - Taught by Plato
 - Empiricism
 - Monism



Philosophical Roots

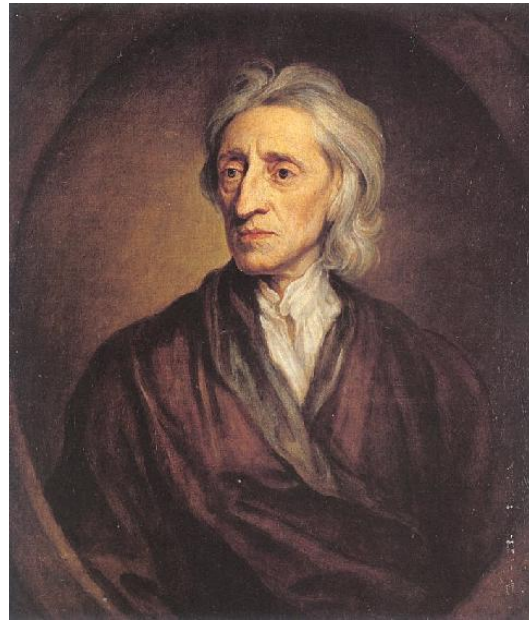
- **René Descartes**
 - Innatism/Nativism
 - Dualism



Philosophical Roots

- **John Locke**

- Mind at birth is a *tabula rasa* (“blank slate”)
- Empiricism
- Monism



Philosophical Roots

- Philosopher
Summary

Socrates	Innatist/Nativist Dualist
Plato	Innatist/Nativist Dualist
Aristotle	Empiricist Monist
René Descartes	Innatist/Nativist Dualist
John Locke	Empiricist Monist

Prescientific Psychology

- Trephination
- Phrenology
- Mesmerization/Mesmerism

Prescientific Psychology

- **Trephination/Trepanation**

- surgery in which a hole is drilled or scraped into the human skull to release "evil spirits" in order to treat various disorders or disturbances



Prescientific Psychology

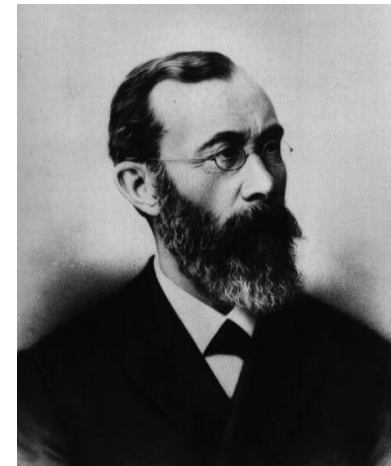
- **Animal Magnetism/Mesmerism**
 - Method which produced an "artificial tide" in a patient by having him/her swallow a preparation containing iron, and then attaching magnets to various parts of his/her body in order to treat various disorders or disturbances
 - Practiced by Franz Anton Mesmer



Modern Psychological Roots

- **Wilhelm Wundt**

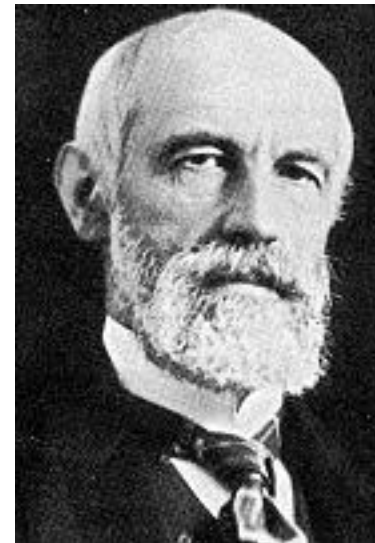
- Founded psychology based on empirical principles of other sciences like chemistry and physics
- First psychology laboratory in 1879 at the University of Leipzig in Leipzig, Germany
 - Studied reaction time to stimulus
- Introduced introspection



Modern Psychological Roots

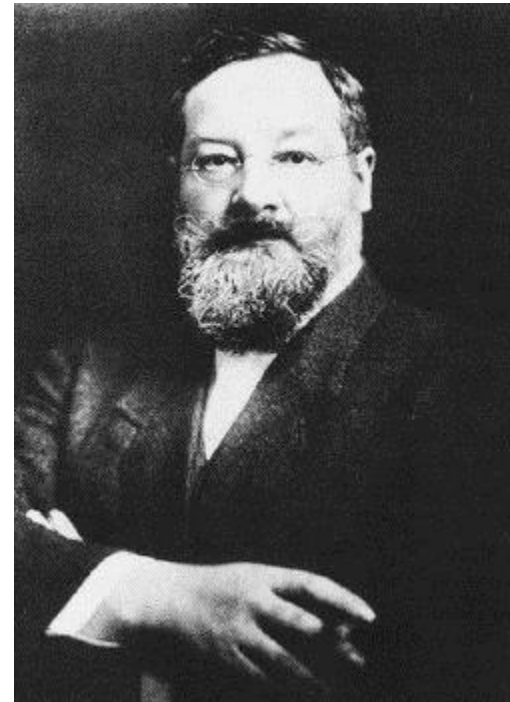
- **G. Stanley Hall**

- Established first psychology laboratory in the U.S. at Johns Hopkins University (1883)
- Founded the American Psychological Association (APA; 1892)
- 1st president of the APA



Modern Psychological Roots

- **Edward Titchener**
 - Taught by Wundt
 - Introduced structuralism (as practiced by Wundt before him)



Modern Psychological Roots

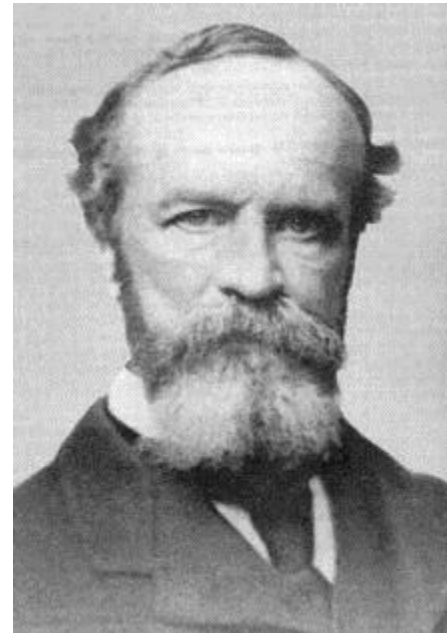
- **Margaret Floy Washburn**
 - Student of Edward Titchener
 - First woman to earn a Ph.D. in psychology



Modern Psychological Roots

- **William James**

- Main proponent of functionalism (which was not the creation of any *single* person)
- Wrote 1st comprehensive psychological text, *Principles of Psychology*



Modern Psychological Roots

- **Mary Whiton Calkins**
 - Student of William James
 - First woman president of the American Psychological Association (APA)
 - Her research tried to bridge the gap between structuralism and functionalism



Modern Psychological Roots

- **Structuralism**

- Introspection: self-observation of thoughts, desires, sensations, feelings
- Introduced by Edward Titchener, but his basic ideas were influenced and supported by Wilhelm Wundt, G. Stanley Hall
- The focus of structuralism is to break down consciousness into individual elemental components and examine those individual components

Modern Psychological Roots

- **Functionalism**

- The most well-known advocate of functionalism was William James, but it was also supported by James Cattell, John Dewey
- Discouraged introspection because people don't always know why they do what they do
- The focus of functionalism is to examine the function of consciousness, to look at *why* we do what we do and how it aids survival
- Influenced by evolutionary principles and Darwin

Modern Psychological Roots

- **Psychoanalysis**

- Founded by Sigmund Freud, whose theory of personality emphasized unconscious processes
- Clinical work led Freud to believe that pathology resulted from negative early experiences and unconscious drives

Modern Psychological Roots

- **Behaviorism**

- Founded by John B. Watson, who rejected the emphasis on conscious and unconscious processes which were difficult to objectively measure
- Behaviorists thought psychology should focus on the observable aspects of human experience

Modern Psychological Roots

- **Gestalt Psychology**

- Founded by Max Wertheimer
- “The whole is greater than the sum of its parts.”
- Focus is to examine consciousness as a holistic entity, instead of something to be broken down into parts
- Principles are seen primarily in studies of perception

Modern Psychological Roots

- **Cognitive Revolution**

- Set off by publication of a number of research studies examining cognitive processes (including George Miller’s “The Magical Number Seven, Plus or Minus Two”)
- Paradigm shift was created, at least partially, in response to behaviorism, which minimized thought processes
- Focus is on internal mental processes like creativity, perception, memory, thinking, and language, etc.

Modern Psychological Roots

- **Humanism**

- Led by Carl Rogers and Abraham Maslow
- The “third force” in psychology (after psychoanalysis and behaviorism)
- Focus is to examine conscious (as opposed to unconscious) thought, free will, human dignity, and self-actualization

Psychological Perspectives

- Modern Perspectives
- Eclecticism

Modern Perspectives

- **Psychoanalytic/Psychodynamic Perspective**

- Founded by Sigmund Freud
- Behavior is influenced by unconscious processes which may result from early childhood experiences
- Important Contributors: Anna Freud, Carl Jung, Karen Horney, Alfred Adler, Erik Erikson

Modern Perspectives

- **Behaviorist Perspective**

- Founded by John B. Watson as a response to Freud's psychoanalysis and other "unscientific" perspectives
- Behavior is seen as the result of environmental influences like reinforcement, punishment, and observation
- Important Contributors: Ivan Pavlov, E. L. Thorndike, B. F. Skinner, Albert Bandura, John Garcia

Modern Perspectives

- **Humanistic Perspective**

- Founded by Abraham Maslow & Carl Rogers
- Behavior is the result of striving to become self-actualized and to reach one's full potential; human nature has a natural tendency towards growth

Modern Perspectives

- **Cognitive Perspective**
 - Perception of the environment influences behaviors
 - Important Contributors: George Miller, Jean Piaget, Aaron Beck, Elizabeth Loftus, Albert Ellis, Lev Vygotsky, Hermann Ebbinghaus, Noam Chomsky, Albert Bandura, Alan Baddeley, Daniel Kahneman

Modern Perspectives

- **Biological/Biopsychological Perspective**
 - Physical and biological factors influence thoughts and behavior
 - Important Contributors: David Hubel, Torsten Wiesel, Michael Gazzaniga, Roger Sperry, Hermann von Helmholtz

Modern Perspectives

- **Sociocultural/Social-Cultural Perspective**

- Focus is to examine how different people, contexts, and situations influence behavior
- Important Contributors: Philip Zimbardo, Stanley Milgram, Solomon Asch, Leon Festinger, John Darley, Bibb Latané, Robert Rosenthal

Modern Perspectives

- **Evolutionary Perspective**

- Behaviors and thoughts have developed as a survival mechanism or to enhance reproductive success
- Influenced by research of Charles Darwin

Modern Perspectives

- **Behavior Genetics**

- Human traits and behavior are influenced by genetics and environment
- Goal is to try and analyze how responsible each is in the expression of a trait across a population

Modern Perspectives

- **Biopsychosocial**

- Biological, social, and psychological factors need to be considered when examining behaviors and traits
- The *interaction* is important for understanding human experience

Eclecticism

- Eclecticism explains thoughts and behaviors by using the theories or techniques of *more than one* of the perspectives
- Many psychotherapies are eclectic, because one size does not fit all people or all psychological conditions

Psychological Subfields

- Basic vs. Applied Research
- Biopsychology/Biological Psychology
- Developmental Psychology
- Cognitive Psychology
- Personality Psychology
- Social Psychology
- Clinical Psychology
- Counseling Psychology

Psychological Subfields

- Psychiatry
- Industrial/Organizational Psychology
- Educational Psychology
- School Psychology
- Quantitative Psychology (Psychometrics)
- Sport Psychology
- Forensic Psychology
- Environmental Psychology

Psychological Subfields

- Experimental Psychology
- Positive Psychology
- Abnormal Psychology
- Engineering Psychology (Human Factors)
- Neuropsychology
- Health Psychology
- Rehabilitation Psychology

Psychological Subfields

- **Basic vs. Applied Research**
 - Basic Research: research done for the sake of furthering scientific knowledge
 - Applied Research: research done to solve practical problems

Psychological Subfields

- **Biopsychology/Biological Psychology**

- Study how the mind and body influence and are influenced by anatomy & physiology

- Sample Topics:

- Brain Structures and Chemicals
 - Nervous & Endocrine System
 - Disorders/Diseases

Psychological Subfields

- **Developmental Psychology**
 - Study of physical and psychological changes throughout the lifespan
 - Sample Topics:
 - Language development
 - Social development
 - Cognitive development
 - Moral development

Psychological Subfields

- **Cognitive Psychology**
 - Seeks to study internal mental processes and thinking
 - Sample Topics:
 - Problem solving
 - Memory
 - Language
 - Creativity
 - Attention
 - Perception

Psychological Subfields

- **Personality Psychology**

- Studies individual differences between people in terms of personality traits, attitudes, and goals

- Sample Topics:

- Personality Theories
 - Personality Assessments

Psychological Subfields

- **Social Psychology**

- Studies how thoughts, feelings, and behaviors are influenced by the presence of others

- Sample Topics:

- Attitude Formation
 - Persuasion
 - Conformity, Obedience
 - Helping

Psychological Subfields

- **Clinical Psychology**
 - Study and application of psychological principles to prevent or treat mental, emotional, behavioral disorders
 - Psychological Assessment
 - Psychotherapy (but *not medication*)

Psychological Subfields

- **Counseling Psychology**
 - Very similar to Clinical Psychology and sometimes used interchangeably
 - Deals with more “normal problems” rather than mental health issues
 - Adjustment issues related to moving, divorce, grief

Psychological Subfields

- **Psychiatry**

- Studies how to prevent and treat mental disorders in humans
- Attend Medical School
- Have the ability to prescribe medication if needed

Psychological Subfields

- **Industrial/Organizational Psychology**
 - Applies psychological concepts to the workplace to improve productivity and quality of work life
 - Sample Topics:
 - Personnel Psychology
 - Motivation
 - Leadership

Psychological Subfields

- **Educational Psychology**
 - Studies how to enhance effective teaching and learning
 - They do not work with individual students, but conduct research on the educational institution as a whole

Psychological Subfields

- **School Psychology**

- Applies clinical and educational psychology to the school setting
- Conduct psychological and psychoeducational assessments
- Could provide counseling, create support groups, or engage in behavioral interventions
- Help students dealing with tragedy or crisis

Psychological Subfields

- **Quantitative Psychology/
Psychometrics**
 - Applies mathematical and statistical concepts to the study of psychology to acquire and analyze psychological data
 - Sample Topics:
 - Research Analysis
 - Test Development & Analysis

Psychological Subfields

- **Sport Psychology**
 - Study psychological and mental factors that influence and are influenced by participation in sports
 - Sample Topics:
 - Motivation
 - Improve Performance
 - Fear of failure

Psychological Subfields

- **Forensic Psychology**

- Applies psychological concepts to the legal system

- Sample Topics:

- Criminal profiling
 - Analysis and presentation of evidence
 - Assessing defendant and defendant's state of mind
 - Jury selection

Psychological Subfields

- **Environmental Psychology**
 - Studies how physical surroundings influence human behavior
 - Sample Topics:
 - Personal Space
 - Seasonal Affective Disorder
 - Spatial Layout/Interior Design

Psychological Subfields

- **Experimental Psychology**
 - Studies psychological concepts through the use of experiments primarily (or only)
 - Find other methods of gathering information unscientific, inappropriate to use
 - Could be involved in any of the other fields as well; this just relates to study *method* rather than study *topic*

Psychological Subfields

- **Positive Psychology**

- Studies optimal human functioning and the strengths and virtues which allow individuals and communities to thrive

- Sample Topics:

- Courage
 - Humanity
 - Wisdom
 - Justice

Psychological Subfields

- **Abnormal Psychology**
 - Study of abnormal behavior to predict, explain, and change abnormal patterns of functioning
 - Sample Topics:
 - Examine individuals with specific disorders
 - DSM
 - Examine effects of genetics vs. environment on disorders

Psychological Subfields

- **Engineering Psychology (Human Factors)**

- Adapts equipment to optimize the effectiveness and efficiency with which human activities are conducted and to improve the general quality of life

- Sample Topics:

- Equipment design
- Make things “user-friendly”

Psychological Subfields

- **Neuropsychology**
 - Studies the structure and chemicals of the brain and nervous system and their relation to human behaviors and thoughts
 - Sample Topics:
 - Brain-imaging techniques
 - Lesioning, Surgery

Psychological Subfields

- **Health Psychology**
 - Studies how biology, social context, and behavior affect health and illness
 - Sample Topics:
 - Doctor-patient interaction
 - Managing pain and stress

Psychological Subfields

- **Rehabilitation Psychology**
 - Assists individuals or their family members with learning how to cope with a disability
 - Sample Topics:
 - Stroke, Brain injury
 - Spinal Cord Injury
 - Parkinson's Disease
 - Intellectual Disabilities