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

<table>
<thead>
<tr>
<th>Philosopher</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Socrates</td>
<td>Innatist/Nativist Dualist</td>
</tr>
<tr>
<td>Plato</td>
<td>Innatist/Nativist Dualist</td>
</tr>
<tr>
<td>Aristotle</td>
<td>Empiricist</td>
</tr>
<tr>
<td>René Descartes</td>
<td>Innatist/Nativist Dualist</td>
</tr>
<tr>
<td>John Locke</td>
<td>Empiricist</td>
</tr>
<tr>
<td></td>
<td>Monist</td>
</tr>
</tbody>
</table>
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

- **Phrenology**
  - Method in which the personality traits of a person were determined by "reading" bumps and fissures in the skull
  - Developed by Franz Gall
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
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
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