

Psychology

An Introduction to the stuff
you will be learning this year.

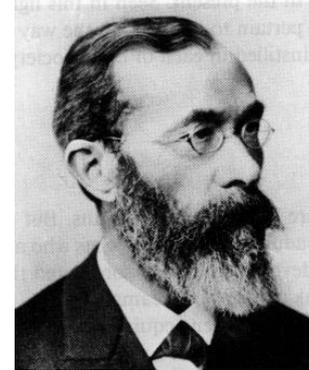
Waves of Psychology



- The science of psychology has gone through about 5 different waves since it started.
- Waves are different ways of thinking over time.

Wave One: Structuralism

- Started with William Wundt's first psychological laboratory and his concept of structuralism.



- Basic structure of thought and the brain.

- Edward Titchner: Use Introspection, self reflection to learn about yourself.

- What are your thoughts and experiences as you look at a rose?



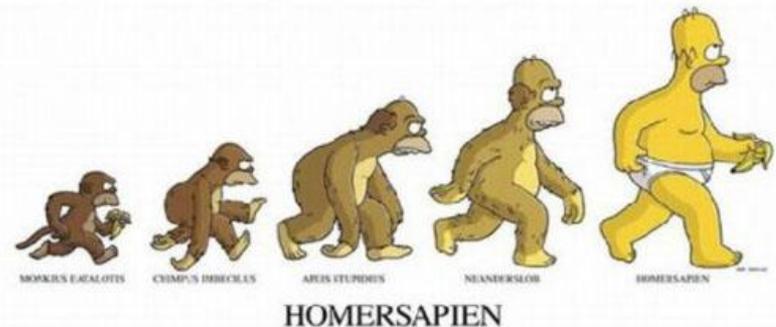
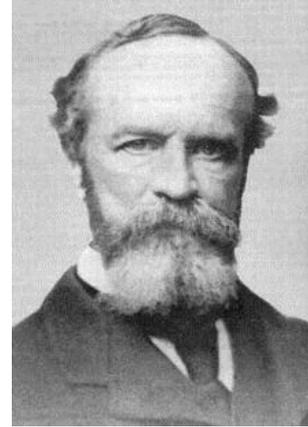
Functionalism

- Focused on the function or purpose of the conscious mind as well as behaviors.

- William James: Smelling is what the nose does, thinking is what the brain does; why?

- These things develop because they have adapted to help our survival and the survival of our ancestors.

- Based heavily on Darwinist thinking.



Wave Two: Gestalt Psychology

- Led by Max Wertheimer, these guys focused not on how we feel, but on how we experience the world.
- The whole of an experience can be more than the sum of its parts.



This may seem like one picture, but it can be perceived as 3 different faces. Can you find them?

Think for a moment of all the reasons that you love your mom.
If you add all those reasons up, do they equal your love for your mom?
Hopefully not!!!

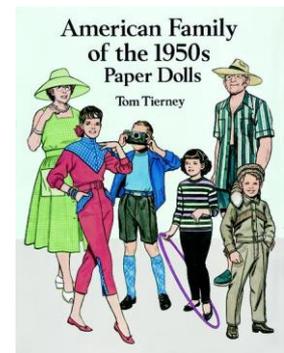
Wave Three: Psychoanalysis

- This wave of thinking started with Sigmund Freud (in the early 1900's).
- In a nutshell, during this time period people believed that most of your feelings come from a hidden place in your mind called the unconscious.
- We protect ourselves from our real feeling by using defense mechanisms.



Wave Four: Behaviorism

- During this time period (early to mid 1900s), people started to ignore how you feel inside.
- All that mattered was how you acted.
- B.F. Skinner was forerunner of Behaviorism.
- If you could change your behavior, who cares how you feel.
- Very popular during the conservative 1950's when social appearance mattered more than self expression.



Wave Five: Eclectic

- We are now in wave five...which is about variety.



- Psychologists pick and choose what theories to use depending on the situation and the client.

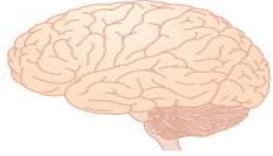
Wave Five is made up of about 7 different perspectives.

In other words, psychologists today, pick and choose from about 7 schools of thought to help you with your problems.



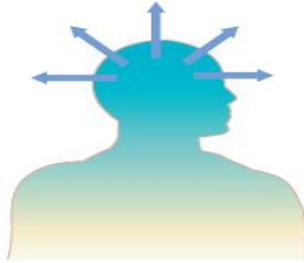
Thus we have:

THE SEVEN SCHOOLS OF PSYCHOLOGY



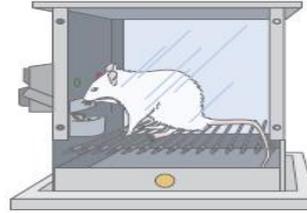
Neuroscience

Views behavior from the perspective of biological functioning



Psychodynamic

Believes behavior is motivated by inner, unconscious forces over which a person has little control



Behavioral

Focuses on observable behavior



Cognitive

Examines how people understand and think about the world



Humanistic

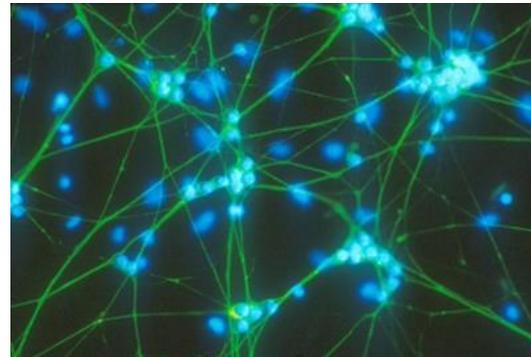
Contends that people can control their behavior and that they naturally try to reach their full potential

PERSPECTIVES OF PSYCHOLOGY

These eight perspectives often complement each other and together provide a fuller understanding of behavior.

BIOLOGICAL (Neuroscience) perspective

- Focus: How the body and brain enable emotions and sensory experiences
- Sample Questions: How are messages transmitted within the body? How is blood chemistry linked with moods and motives?



Biological Perspective (cont.)



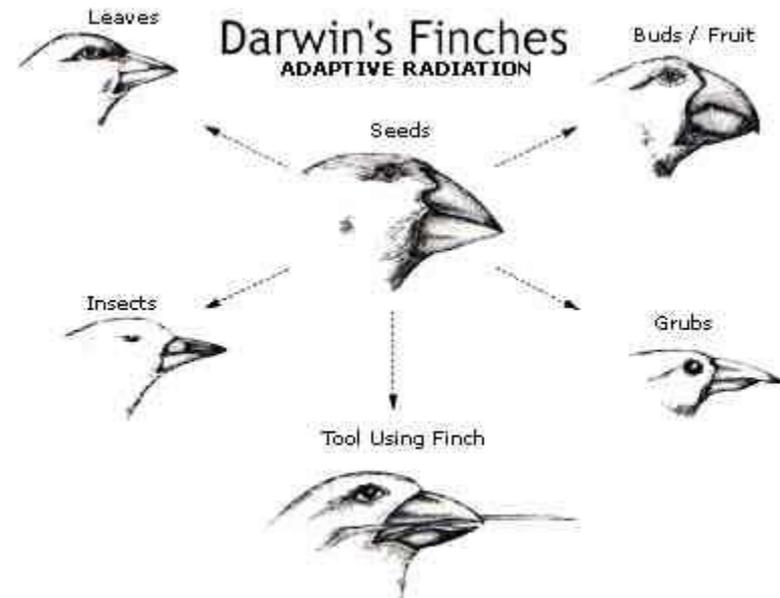
- All of your feelings and behaviors have an organic root.
- In other words, they come from your brain, body chemistry, neurotransmitters, etc...

Let us imagine for a second that your cat died (sad but it will happen). You become depressed. You stop eating and sleeping. What would a psychologist from this school say is going on and how might they help you?



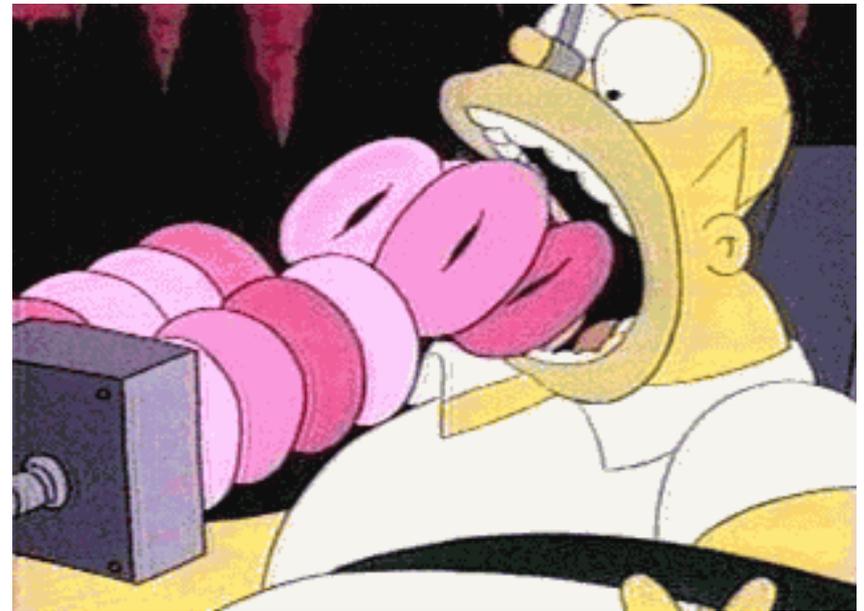
EVOLUTIONARY perspective

- Focus: How the natural selection of traits promotes the perpetuation of one's genes
- Sample Questions: How does evolution influence behavior tendencies? Why do men and women have different mating strategies?



Evolutionary Perspective (cont.)

- Focuses on Darwinism.
- We behave the way we do because we inherited those behaviors/traits.
- Thus, those behaviors/traits must have helped ensure our ancestors survival.



How could this behavior ensured Homer's ancestors survival?

BEHAVIOR GENETICS

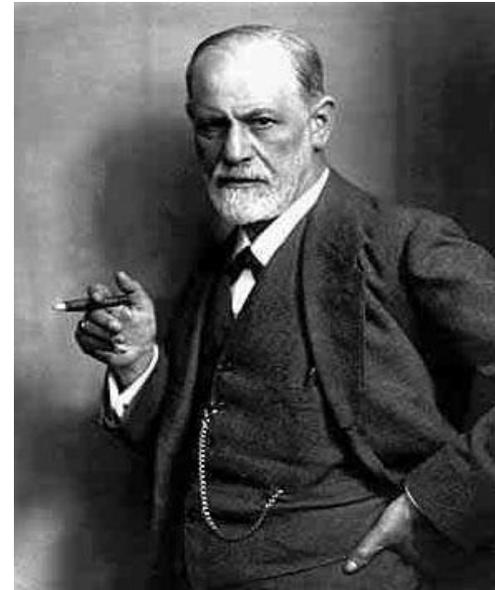
perspective

- Focus: How much our genes and environment influence our individual differences
- Sample Questions: Does nature (genetics) or nurture (environment) play a more prominent role in our development?



PSYCHOANALYTIC/ PSYCHODYNAMIC perspective

- Focus: How behavior springs from unconscious drives and childhood conflicts
- Sample Questions: How can someone's personality traits and disorders be explained in terms of sexual or aggressive drives or unfulfilled wishes and childhood trauma?



Psychoanalytic Perspective (cont.)

- Focuses on the unconscious mind.
- We repress many of our true feelings and are not aware of them.
- In order to get better, we must bring forward the true feelings we have in our unconscious.



If a man has intimacy issues and cannot form relationships with others. What do you think someone from this school may think?

Perhaps they may delve into the man's unconscious and discover that he was bullied when he were younger. The bullying may have caused fear in getting close to others.

BEHAVIORAL perspective

- Focus: How we learn observable responses
- Sample Questions: How do learn to do things or not to do things through reward and punishment? What is the most effective way to alter our behavior?



Behavioral Perspective (cont.)



Pretend that you fail psychology class. You become depressed. In turn, you begin to binge and gain weight.

- Focuses on observable behaviors while putting feelings to the side.
- We behave in ways because we have been conditioned to do so.
- To change behaviors, we have to recondition the client.

What do you think a behaviorist may do?

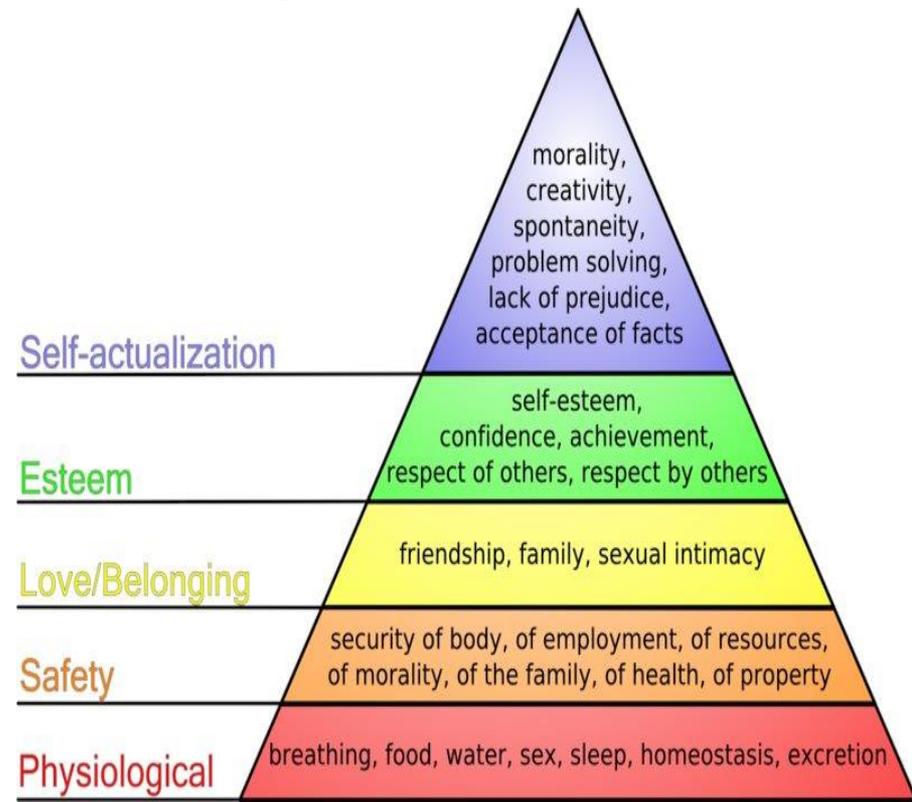
They would probably ignore the fact that you are depressed and just focus on your overeating.



Maybe make you run a mile every time you eat over 2000 calories.

HUMANISTIC perspective

- Focus: How each individual has great freedom of choice and a large capacity for personal growth
- Sample Questions: How does a human being reach their full potential as a person?



Humanistic Perspective (cont.)

- Peaked in the late 1960's and 70's....so it focused on spirituality and free will.
- We have to strive to be the best we can through "self-actualization".
- Happiness is defined by the distance between our "self-concept" and "ideal self".



COGNITIVE perspective

- Focus: How our thought process works and how we store and remember information
- Sample Questions: How do we use information in remembering?
Problem solving?
Reasoning?



Cognitive Perspective (cont.)

- Focuses on how we think
- How do we see the world?
- How did we learn to act to sad or happy events?
- Cognitive Therapist attempt to change the way you think.



You meet a girl...
Hopes are high!!!



She rejects
you...don't even
get digits.

How do you react to the rejection?



Some learned get back on
the horse
And try again.



Some learned to give up
and live a lonely life of
solitude.

SOCIAL-CULTURAL perspective

- Focus: How thinking and behavior vary across situations and cultures
- Sample Questions: How is our society different from other societies in the world?



Social-Cultural Perspective (cont.)



- Says that much of your behavior and your feelings are dictated by the culture you live in.
- Some cultures kiss each other when greeting, some just bow.
- Does your culture place value on individual or the group?