

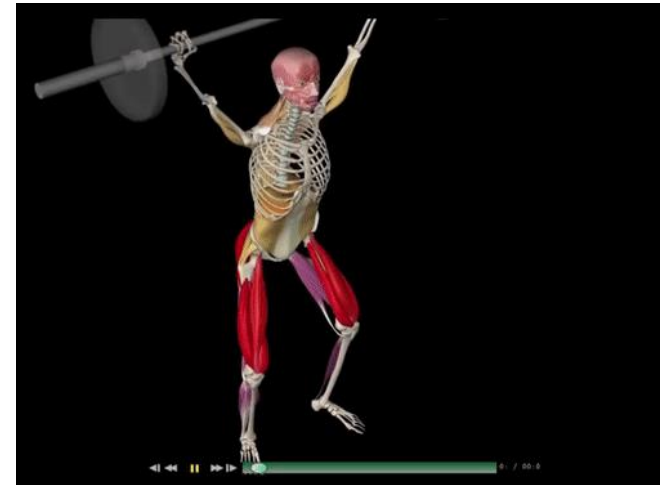
Waves of Psychology



- The science of psychology has gone through about 5 different waves since it started. Plus, a 6th newer wave as well.
- Waves are different ways of thinking over time.

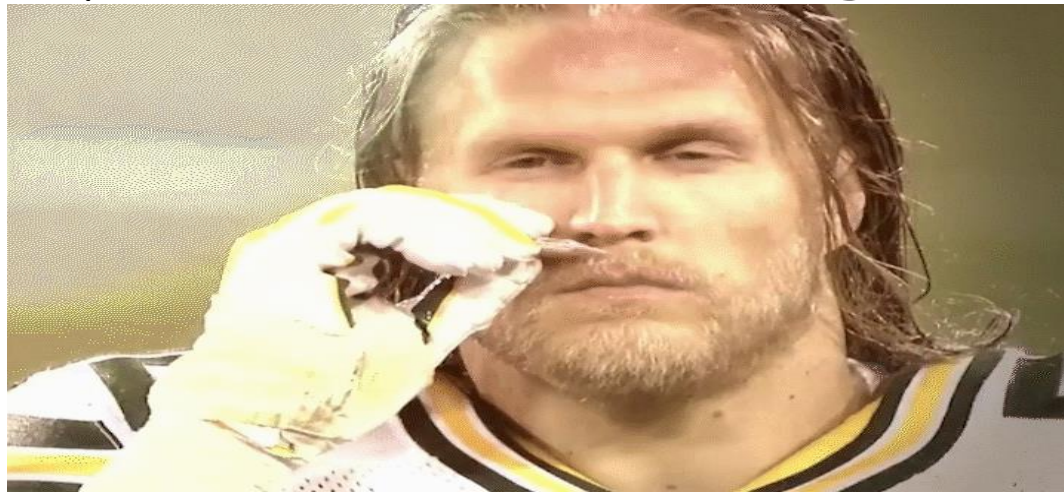
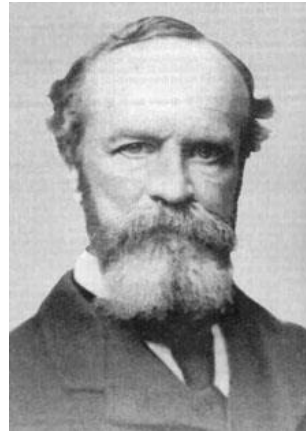
Wave One: Structuralism

- 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?



Wave Two: 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 Three: 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 Four: Psychoanalysis

- This wave of thinking started with Sigmund Freud
- 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 Five: 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.



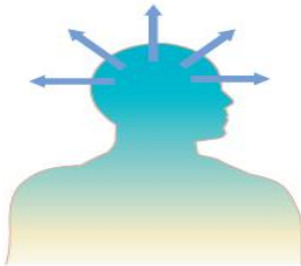
Wave Six: Eclectic

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



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

- Psychologists **pick and choose** what theories to use depending on the situation and the client.
- **Eclectic** means a person who derives ideas, style, or taste from a broad and diverse range of sources.
- IE - On your iPod you have rock, rap, gospel, and country music.

Today psychologists pick and choose from about 7 schools of thought to help you with your problems.

Thus we have:

THE SEVEN SCHOOLS OF PSYCHOLOGY



Behavioral Perspective



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



What do you think a behaviorist may do?

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

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

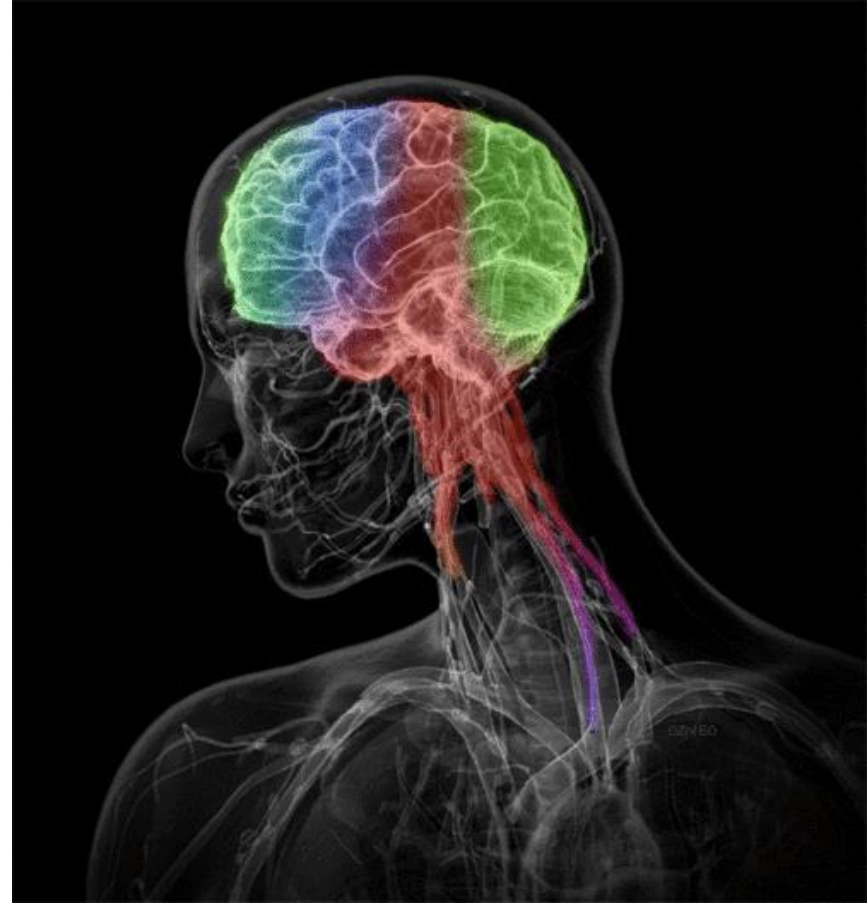
B.F. Skinner

Ivan Pavlov

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

Biological Perspective

- Its all about the function of the brain and body chemistry
- Sample Questions: How are messages transmitted throughout the body? How is blood chemistry linked to moods and motives.



Cognitive Perspective

- ***Cognitive means thought process or thinking EVERY TIME you see it***
- **Focuses on how we think (or encode information)**
- 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.***

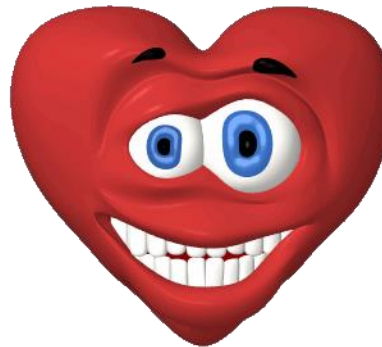


You meet a girl...
Hopes are high!!!

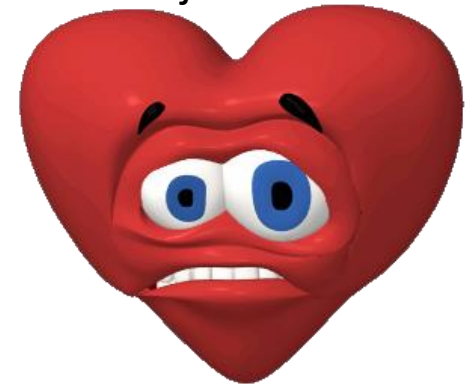


She rejects you...don't
even get a phone
number.

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.

Humanist Perspective

- 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 be "self-actualization".
- *Happiness is defined by the distance between our "self-concept" and "ideal self".*
- Abraham Maslow
- Carl Rogers



Psychoanalytic Perspective

- Any time you see the prefix **PYSCHO** it means **unconscious!!!**
- 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.
- Sigmund Freud
- Carl Jung



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 was younger. The bullying may have caused fear in getting close to others.

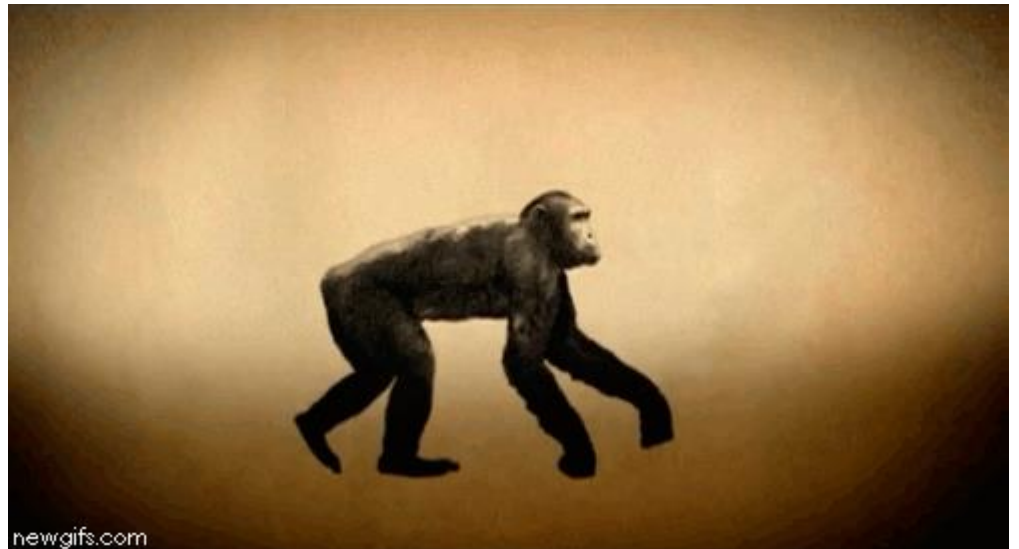
Social-Cultural Perspective



- *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?

Evolutionary Perspective

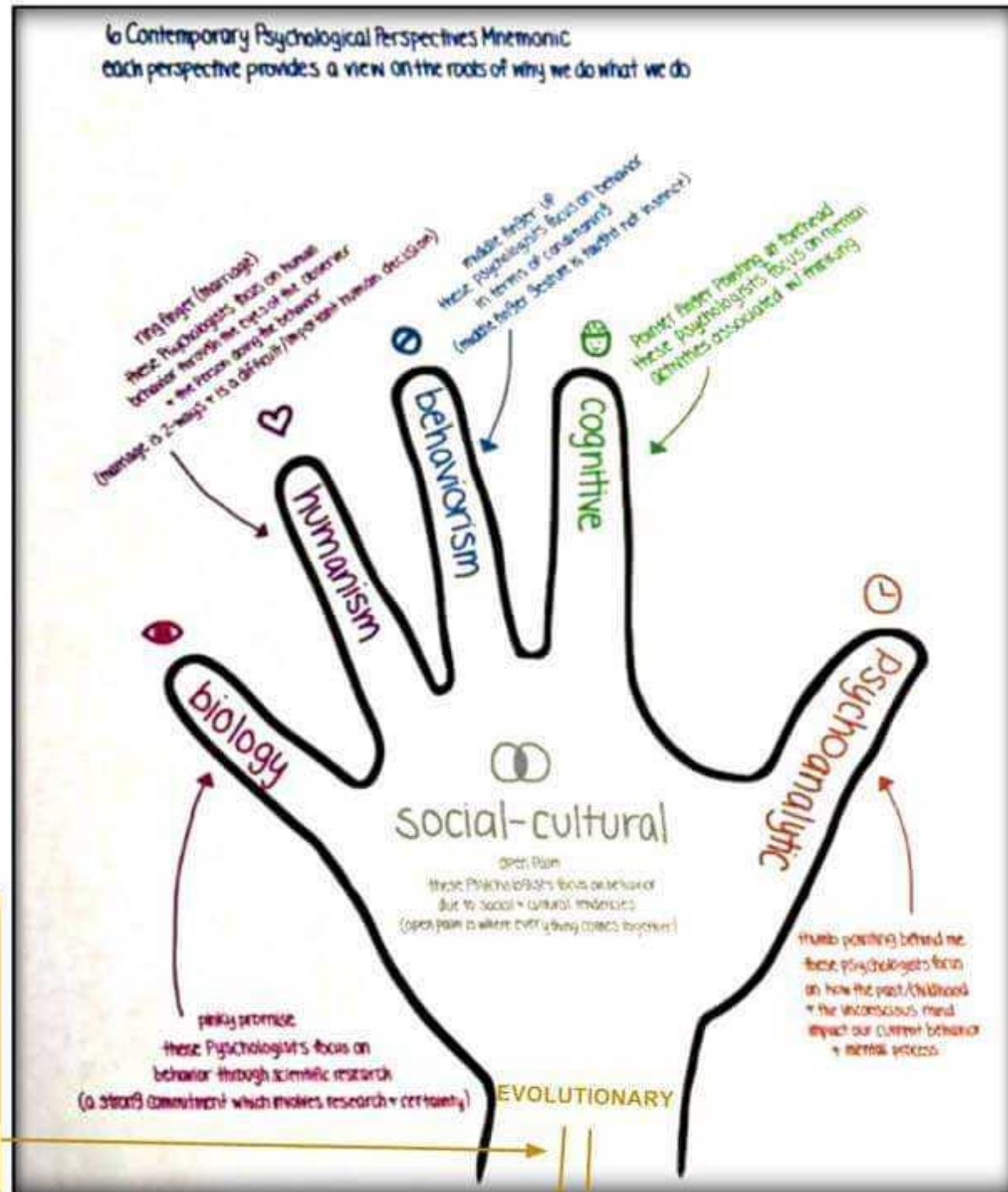
- *Focuses on Darwinism.*
- *We behave the way we do because we inherited those behaviors.*
- Thus, those behaviors must have helped ensure our ancestors survival.
- How does evolution influence behavior tendencies? Why do men and women have different mating strategies?



6 Contemporary Psych Perspectives or Approaches

1. Cognitive
2. Behaviorism
3. Humanism
4. Biological
5. Psychoanalytic
6. Socio-Cultural
7. Evolutionary

If you do not have the extra tendon, your body has 'evolved' - a little evolution at work.



6 contemporary psychological perspectives mnemonic

Each perspective answers their own questions, and have their own limits, but each are needed in order to fully understand and explain psychology.

Pointer finger

Hand Motion: Point to temple as thinking.

Explanation: These psychologists focus on how behavior is from expectations and things we already know.

Middle finger

Hand Motion: middle finger gesture

Explanation: external environmental influences behavior, learn from reinforcement and punishment



psychodynamic/psychoanalytic

cognitive



behaviorism



humanism



biology



social/cultural



Ring finger

Hand Motion: make a fist, try to lift ring finger w/o moving other fingers. Now use fingers on other hand to help finger come to stand... its full potential

Explanation: these psychologists help patients realize their full potential, gain insight from own feelings and develop individual empowerment

Pinky

Hand motion: tuck all other fingers into palm and look at the strong pinky

Explanation: sum of your parts. see how nervous system, hormones, and genetics affect behavior

Palm

Hand motion: Each fingers muscles and tendons meet here. everything comes together

Explanation: describes awareness of individuals and how their behavior is affected specifically by their surrounding social + cultural factors

Thumb

Hand motion: thumb is pointing directly behind (to the past) or pointing down "thumbs down"

Explanation: these psychologists focus on how past experiences (childhood) and the unconscious mind impact our current behavior and mental processes.