

Chapter 1 : Approaches in Practice

An approach is a perspective (i.e., view) that involves certain assumptions (i.e., beliefs) about human behavior: the way they function, which aspects of them are worthy of study and what research methods are appropriate for undertaking this study.

All behaviors are learnt from our environment. Focus on observable behavior that can be seen. Animals and humans learn in the same ways so behaviorists carry out experiments on animals and extrapolate the results to humans. Psychology should be scientific and objective therefore behaviorists use mainly laboratory experiments to achieve this. Pavlov showed that dogs could be conditioned to salivate at the sound of a bell if that sound was repeatedly presented at the same time that they were given food. First the dogs were presented with the food, they salivated. The food was the unconditioned stimulus and salivation was an unconditioned innate response. Then Pavlov sounded the bell neutral stimulus before giving the food. After a few pairings the dogs salivated when they heard the bell even when no food was given. The bell had become the conditioned stimulus and salivation had become the conditioned response. The dogs had learnt to associate the bell with the food and the sound of the bell and salivation was triggered by the sound of the bell. When humans and animals act on and in their environment consequences follow these behaviors. If the consequences are pleasant they repeat the behavior but if the consequences are unpleasant they do not repeat the behavior. For example being grounded for not doing your psychology homework. Every time he activated the lever a food pellet fell in the food dispenser positive reinforcement. The rats quickly learnt to go straight to the lever after a few times of being put in the box This suggests that positive reinforcement increases the likelihood of the behavior being repeated. In another experiment, a rat was placed in a cage in which they were subjected to an uncomfortable electrical current see diagram above as he moved around the cage the rat hit the lever, this immediately switched off the electrical current negative reinforcement. The rats quickly learnt to go straight to the lever after a few times of being put in the box. This suggests that negative reinforcement increases the likelihood of the behavior being repeated. Applications Behaviorism has increased our understanding of the causes of phobias and attachment. It has also given rise to therapies such as systematic desensitisation and token economy. Evaluation AO3 Behaviorism has experimental support: Pavlov showed that classical conditioning leads to learning by association. It introduced the scientific methods to psychology. Laboratory experiments were used with high control of extraneous variables. This gave psychology more credibility. Many of the experiments carried out were done on animals; we are different cognitively and physiologically, humans have different social norms and moral values these mediate the effects of the environment therefore we might behave differently from animals so the laws and principles derived from these experiments might apply more to animals than to humans. It has practical applications for example systematic desensitisation based on classical conditioning is used in the treatment of phobias. Classical and operant conditioning have also been used to explain attachment. It does not explain important aspects of human behavior such as memory and problem solving as these are internal mental events which cannot be observed. It does not take into account biological factors such as the role of neurotransmitters, for example a low level of serotonin can give rise to depression or high level of dopamine is involved in OCD. It sees people as passive in their learning with little conscious thoughts influencing their behavior; other approaches recognise the importance of mental events in the learning process. It neglects the influence of free will as it argues that our behavior is the result of previous conditioning. Skinner argues that free will is an illusion. Social Learning Theory AO1 Bandura agreed with the behaviorists that behavior is learnt through experience however he proposed a different mechanism than conditioning. This theory focuses not only on the behavior itself but also on the mental processes involved in learning so it is not a pure behaviorist theory. The individual needs to pay attention to the behavior and its consequences and form a mental representation of the behavior. Storing the observed behavior in LTM where it can stay for a long period of time. Imitation is not always immediate. The individual must be able have the ability and skills to reproduce the observed behavior. Individuals must expect to receive the same positive reinforcements vicarious reinforcement for imitating the observed behavior that

they have seen the model receiving. Imitation is more likely to occur if the model the person who performs the behavior is positively reinforced. This is called vicarious reinforcement. Imitation is also more likely if we identify with the model. We see them as sharing some characteristics with us i. The Bobo doll study - Bandura et al. It was a lab experiment. American children, 36 boys and 36 girls aged between years old. Then the children were taken to a room with some attractive toys but were told not to play with the toys aggression arousal. Then the children were taken individually in a room containing a bobo doll, non-aggressive toys like pencils and plastic farm animals and aggressive toys like a hammer and a pistol. The children who had observed the aggressive model group 1 were more aggressive than the children from the other two groups. Group 1 imitated specific aggressive acts that were displayed by the model. Boys imitated more physically aggressive acts than girls. There was no difference in the verbal aggression between boys and girls. This supports SLT as it shows that children imitate behavior of role model even if the behavior is aggressive. Bandura and Walters AO1 The bobo doll experiment was repeated, but this time the three groups were exposed to an aggressive model and saw different consequences for the model: When left on their own to play the children in group 1 showed the most aggression followed by group 3. Group 2 was the least aggressive. This shows that imitation is more likely to occur when the model is positively reinforced, demonstrating the importance of vicarious reinforcement. Applications AO1 This theory is used to explain the influence of the media on behavior. The perpetrators, who were themselves children, claimed that they had been influenced by the film Child Play 3. However these children came from a disturbed family where they might have witness real life violence and social deprivation. Evaluation AO3 Social learning theory is supported by research Bandura at al. At this young age parents would guide their understanding of the situation and moderate their behavior this was not the case in the studies as the children were on their own. The children were aggressive towards a doll which they know does not feel pain and cannot retaliate; their behavior might be different towards another child. Furthermore the children were in an unfamiliar environment they might have thought that they were expected to behave like the model demand characteristics. The participants were young children, older children and adults might not have imitated the aggressive behavior as they have more developed moral values. The theory does not explain why the boys imitated the physical aggressive behavior more than the girls. Other factors must be involved such as biological factors like testosterone. SLT can explain the difference of behavior between different cultures as if a behavior is not displayed it cannot be imitated, this can explain why groups such as the Amish are non-violent. SLT can be used to explain the influence of media on aggressive behavior. It is a more complete explanation of human behavior than conditioning as it takes into account cognitive factors in learning. However it does not take into account free will and moral values. Issues and debates Behaviorism AO3 Free will Vs determinism Strong determinism of the behavioral approach as all behavior is learnt from our environment through classical and operant conditioning. We are the sum total of our previous conditioning. Softer determinism of the social learning approach theory as it recognises an element of choice as to whether we imitate a behavior or not. Nature Vs nurture Behaviorism is very much on the nurture side of the debate as it argues that our behavior is learnt from the environment. The social learning theory is also on the nurture side because it argues that we learn our behavior from role models in our environment. The behaviorist approach proposes that apart from a few innate reflexes and the capacity for learning, all complex behavior is learned from the environment. Holism Vs reductionism The behaviorist approach and social learning are reductionist; they isolate parts of complex behaviors to study. The behaviorists take the view that all behavior, no matter how complex, can be broken down into the fundamental processes of conditioning. Idiographic Vs nomothetic It is a nomothetic approach as it views all behavior governed by the same laws of conditioning. However, it does account for individual differences and explain them in terms of difference of history of conditioning. Are the research methods used scientific? The behaviorist approach uses lab. Furthermore, it measures observable behaviors, therefore no interpretations is required therefore the data is objective. However the behaviorists use animal experiments as it assumes that humans learn in the same way than animals. Cognitive Approach Cognitive psychology has been influenced by developments in computer science and analogies are often made between how a computer works and how we process information. Based on this computer analogy, cognitive psychology is interested in

how the brain inputs, stores and retrieves information. This has led to models which show information flowing through the cognitive system such as the multi-store model of memory. Assumptions AO1 The main assumption of the cognitive approach is that information received from our senses is processed by the brain and that this processing directs how we behave. These internal mental processes cannot be observed directly but we can infer what a person is thinking based on how they act. They are based on our previous experience. Schemas help us to interpret incoming information quickly and effectively, this prevents us from being overwhelmed by the vast amount of information we perceive in our environment. However it can also lead to distortion of this information as we select and interpret environmental stimuli using schemas which might not be relevant. This could be the cause of inaccuracies in areas such as eyewitness testimony. It can also explain some errors we make when perceiving optical illusions. The emergence of neuroscience AO1 Neuroscience aims to find out how the brain structures influence the way we process information and map mental cognitive functions to specific areas of the brain. Examples of brain mapping:

Chapter 2 : Psychology Perspectives | Simply Psychology

An approach to psychology centered on evolutionary ideas such as adaptation, reproduction, and natural selection as the basis for explaining specific human behaviors. sociocultural approach A psychological perspective that examines the ways in which the social and cultural environments influence behavior.

March 29, , 6: Whether you are talking about Sigmund Freud or Abraham Maslow, there has been a multitude of varying opinions on why humans act the way they do. At this point in modern psychology, the varying viewpoints on human behavior have been split into eight different perspectives: Having an understanding of each of these perspectives is a great way to increase your understanding of the various psychologists, theories, and disorders that you need to know for the AP Psychology exam. And the best way to do well on the AP Psychology exam is through understanding rather than straight memorization. That is why we are giving you a brief overview of each psychological perspective! For most of the perspectives listed we have a more in-depth explanation available, but whether you are crunched for time, or you just need a quick review, this list of Psychological Perspectives for AP Psychology will give you what you need.

Biological Perspective To understand what the biological perspective also known as the neuroscience perspective is all about, you simply have to look at the name. The three main causes of our thoughts and behaviors in a biological perspective are our genetics, hormones, and neurotransmitters. This means that our behaviors are not so much our choice, but a result of our genetic background, nervous system, and immune system. Our crash course review on the biological perspective offers a more detailed explanation.

Behavioral Perspective Behaviorists and the behavioral perspective, in general, is heavily based on observable behaviors and actions; unlike some of the other perspectives, the behavioral perspective does not pay attention to cognitive processes because they are not observable. The behavioral perspective explains behavior through conditioning such as classical conditioning or operant conditioning. Essentially, a behavioral psychologist will say that all behavior is learned. Maybe the individual has been punished in the past for attempting to extend their social circle, or they were rewarded in some way for withdrawing from social interaction. Find out more about the behavioral perspective with our crash course review.

Cognitive Perspective Unlike the behavioral perspective, the cognitive perspective as you would guess is all about our cognitive processes. This theory is heavily based on memory and perception as well. For an individual with introverted behavior, a cognitive psychologist would look at it as how the individual interprets the social situations they are placed in; maybe the individual interprets people asking questions about their life as that they are judgemental, so they withdraw from social interaction. You can find a more detailed look into the cognitive perspective with the crash course review on our blog.

Humanistic Perspective The humanistic perspective was inspired mostly by Abraham Maslow and Carl Rogers, who both emphasized their psychological viewpoint on free will and individual choice. This theory essentially states that for a person to reach their full potential, they need to gain each of the five steps or needs. They are in order physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs. In general, the humanistic perspective looks at human behavior as a whole, and that we are in control and chose the majority of our behaviors. An example of how a humanistic psychologist would approach something is that they may say an introverted person may be choosing to limit their social circle because they find their needs are better met with a smaller group of friends. A critique of this perspective is that it is difficult to test with experiments and through the scientific method. A more detailed look into the humanistic perspective is also available in our crash course review.

Psychologists who use this perspective believe that our unconscious mind similar to Freud is what controls the majority of our cognition and behavior. Another way of explaining this perspective is that psychodynamic psychologists believe that the reason for anything that an individual does has to do with something in their past. To overcome something in the present, the individual simply has to understand what has happened to them in the past. This is one of the simplest perspectives, however, it is one of the most controversial. In using the same example, a psychodynamic psychologist would explain that an introverted person limiting their social interactions is due to childhood embarrassment or anxiety with social interactions. Find a more detailed explanation of the

psychodynamic perspective with our crash course review. A person may seem introverted, but in reality, they are following the social norms they have learned from their culture. For a more detailed look at the sociocultural perspective, check out our crash course review. An evolutionary psychologist would explain an extroverted behavioral trait as an evolutionarily advantage. If someone is outgoing and extroverted, they could make friends and allies who could protect them and increase their chance for survival. You can find a more in-depth look into the evolutionary perspective with our crash course review. Biopsychosocial Perspective The biopsychosocial perspective is exactly what it sounds like; it is an integrated approach that uses the biological, psychological, and socio-cultural perspective in order to determine causes of behavior and cognitive processes. This perspective is a much more holistic approach to understanding behavior and attributes it to multiple causes rather than a specific approach like the other perspectives. A psychologist who follows this perspective would look at introverted behavior as a result of genetics and biological processes, or past unrealized experiences, or social-cultural norms, or a combination of all three. How any psychological concept, theory, or disorder is looked at comes through the lens of any of the psychological perspectives. Behaviorists explain human thought and behavior as a result of past conditioning.

Chapter 3 : Psychology - Wikipedia

The cognitive approach in psychology is a relatively modern approach to human behaviour that focuses on how we think.. It assumes that our thought processes affect the way in which we behave.

This definition enjoyed widespread currency for decades. However, this meaning was contested, notably by radical behaviorists such as John B. Watson , who in his manifesto defined the discipline of psychology as the acquisition of information useful to the control of behavior. Also since James defined it, the term more strongly connotes techniques of scientific experimentation. History of psychology The ancient civilizations of Egypt , Greece , China , India , and Persia all engaged in the philosophical study of psychology. Historians note that Greek philosophers, including Thales , Plato , and Aristotle especially in his *De Anima* treatise , [14] addressed the workings of the mind. This body of knowledge involves insights drawn from introspection and observation, as well as techniques for focused thinking and acting. It frames the universe as a division of, and interaction between, physical reality and mental reality, with an emphasis on purifying the mind in order to increase virtue and power. Chinese scholarship focused on the brain advanced in the Qing Dynasty with the work of Western-educated Fang Yizhi " , Liu Zhi " , and Wang Qingren " Wang Qingren emphasized the importance of the brain as the center of the nervous system, linked mental disorder with brain diseases, investigated the causes of dreams and insomnia, and advanced a theory of hemispheric lateralization in brain function. Divergent Hindu doctrines, and Buddhism , have challenged this hierarchy of selves, but have all emphasized the importance of reaching higher awareness. Yoga is a range of techniques used in pursuit of this goal. However, Indian doctrines influenced Western thinking via the Theosophical Society , a New Age group which became popular among Euro-American intellectuals. In Germany, Gottfried Wilhelm Leibniz " applied his principles of calculus to the mind, arguing that mental activity took place on an indivisible continuum"most notably, that among an infinity of human perceptions and desires, the difference between conscious and unconscious awareness is only a matter of degree. Christian Wolff identified psychology as its own science, writing *Psychologia empirica* in and *Psychologia rationalis* in This notion advanced further under Immanuel Kant , who established the idea of anthropology , with psychology as an important subdivision. However, Kant explicitly and notoriously rejected the idea of experimental psychology, writing that "the empirical doctrine of the soul can also never approach chemistry even as a systematic art of analysis or experimental doctrine, for in it the manifold of inner observation can be separated only by mere division in thought, and cannot then be held separate and recombined at will but still less does another thinking subject suffer himself to be experimented upon to suit our purpose , and even observation by itself already changes and displaces the state of the observed object. However, this discipline did not yet embrace experimentation. Gustav Fechner began conducting psychophysics research in Leipzig in the s, articulating the principle that human perception of a stimulus varies logarithmically according to its intensity. Wundt, in turn, came to Leipzig University, establishing the psychological laboratory which brought experimental psychology to the world. Wundt focused on breaking down mental processes into the most basic components, motivated in part by an analogy to recent advances in chemistry, and its successful investigation of the elements and structure of material. Stanley Hall who studied with Wundt, formed a psychology lab at Johns Hopkins University in Maryland, which became internationally influential. Hall, in turn, trained Yujiro Motora, who brought experimental psychology, emphasizing psychophysics, to the Imperial University of Tokyo. Catell, who also studied with eugenicist Francis Galton , went on to found the Psychological Corporation. Wittmer focused on mental testing of children; Scott, on selection of employees. Structuralism sought to analyze and classify different aspects of the mind, primarily through the method of introspection. In , James wrote an influential book, *The Principles of Psychology* , which expanded on the realm of structuralism, memorably described the human " stream of consciousness " , and interested many American students in the emerging discipline. This approach is based upon the idea that individuals experience things as unified wholes. Rather than breaking down thoughts and behavior into smaller elements, as in structuralism, the Gestaltists maintained that whole of experience is important, and differs from the sum of its parts. Other 19th-century contributors to the field

include the German psychologist Hermann Ebbinghaus , a pioneer in the experimental study of memory , who developed quantitative models of learning and forgetting at the University of Berlin , [32] and the Russian-Soviet physiologist Ivan Pavlov , who discovered in dogs a learning process that was later termed " classical conditioning " and applied to human beings. William James was one of three Americans among the four hundred attendees. The American Psychological Association was founded soon after, in 1906. The International Congress continued to be held, at different locations in Europe, with wider international participation. In 1908, the Congress took place at Yale University in New Haven, Connecticut, attended by hundreds of members of the American Psychological Association [23]. Tokyo Imperial University led the way in bringing the new psychology to the East, and from Japan these ideas diffused into China. University of Michigan psychologist Dorwin Cartwright reported that university researchers began large-scale propaganda research in 1941, and "the last few months of the war saw a social psychologist become chiefly responsible for determining the week-by-week-propaganda policy for the United States Government. In the 1950s, the Rockefeller Foundation and Ford Foundation collaborated with the Central Intelligence Agency to fund research on psychological warfare. Freudian psychoanalysts were expelled and persecuted under the anti-Jewish policies of the Nazi Party, and all psychologists had to distance themselves from Freud and Adler. This psychotherapy aimed to align suitable Germans with the overall goals of the Reich; as described by one physician: Alexander Mitscherlich founded a prominent applied psychoanalysis journal called *Psyche* and with funding from the Rockefeller Foundation established the first clinical psychosomatic medicine division at Heidelberg University. In 1950, psychology was integrated into the required studies of medical students. Thus, university psychology departments trained large numbers of students, for whom positions were made available at schools, workplaces, cultural institutions, and in the military. An especial focus was pedology , the study of child development, regarding which Lev Vygotsky became a prominent writer. Luria , and Aron Zalkind were denounced; Ivan Pavlov posthumously and Stalin himself were aggrandized as heroes of Soviet psychology. There emerged a new field called "engineering psychology" which studied mental aspects of complex jobs such as pilot and cosmonaut. Interdisciplinary studies became popular and scholars such as Georgy Shchedrovitsky developed systems theory approaches to human behavior. Chinese psychologists were encouraged to focus on education and language learning, with the aspiration that education would enable modernization and nationalization. John Dewey, who lectured to Chinese audiences in 1921, had a significant influence on this doctrine. They developed a concept of "recognition" *jen-shih* which referred the interface between individual perceptions and the socially accepted worldview. Failure to correspond with party doctrine was "incorrect recognition". Most leading psychologists were educated in the United States, and the first concern of the Academy was re-education of these psychologists in the Soviet doctrines. Child psychology and pedagogy for nationally cohesive education remained a central goal of the discipline. Several associations including the Association of Black Psychologists and the Asian American Psychological Association have arisen to promote non-European racial groups in the profession. It holds the Interamerican Congress of Psychology and had members in year 1952. The European Federation of Professional Psychology Associations, founded in 1954, represents 30 national associations with a total of 10,000 individual members. At least 30 other international groups organize psychologists in different regions. Parapsychology, hypnotism , and psychism were major topics of the early International Congresses. But students of these fields were eventually ostracized, and more or less banished from the Congress in 1958. Skeptics have suggested that personality , thinking , and emotion , cannot be directly measured and are often inferred from subjective self-reports, which may be problematic. Experimental psychologists have devised a variety of ways to indirectly measure these elusive phenomenological entities. Critics inside and outside the field have argued that mainstream psychology has become increasingly dominated by a "cult of empiricism" which limits the scope of its study by using only methods derived from the physical sciences. Jean Grimshaw, for example, argues that mainstream psychological research has advanced a patriarchal agenda through its efforts to control behavior. The arrow indicates the position of the hypothalamus. Psychologists generally consider the organism the basis of the mind, and therefore a vitally related area of study. Psychiatrists and neuropsychologists work at the interface of mind and body. Key research topics in this field include comparative psychology , which studies

humans in relation to other animals, and perception which involves the physical mechanics of sensation as well as neural and mental processing. From Phineas Gage to H. Soon after, Carl Wernicke identified a related area necessary for the understanding of speech. For example, physiological psychologists use animal models, typically rats, to study the neural, genetic, and cellular mechanisms that underlie specific behaviors such as learning and memory and fear responses. The biopsychosocial model is an integrated perspective toward understanding consciousness, behavior, and social interaction. It assumes that any given behavior or mental process affects and is affected by dynamically interrelated biological, psychological, and social factors. This perspective suggests that psychological adaptations evolved to solve recurrent problems in human ancestral environments. Evolutionary psychology offers complementary explanations for the mostly proximate or developmental explanations developed by other areas of psychology: The idea of white supremacy and indeed the modern concept of race itself arose during the process of world conquest by Europeans. Race was also used to justify the construction of socially specific mental disorders such as drapetomania and dysaesthesia aethiopica – the behavior of uncooperative African slaves. Much of the research in this area began with tests on mammals, based on the idea that humans exhibit similar fundamental tendencies. Behavioral research ever aspires to improve the effectiveness of techniques for behavior modification. Play media The film of the Little Albert experiment Early behavioral researchers studied stimulus–response pairings, now known as classical conditioning. They demonstrated that behaviors could be linked through repeated association with stimuli eliciting pain or pleasure. Ivan Pavlov – known best for inducing dogs to salivate in the presence of a stimulus previously linked with food – became a leading figure in the Soviet Union and inspired followers to use his methods on humans. Thorndike wrote in Watson coined the term behaviorism for this school of thought. Hull, Edwin Guthrie, and others, behaviorism became a widely used research paradigm. Radical behaviorists avoided discussing the inner workings of the mind, especially the unconscious mind, which they considered impossible to assess scientifically. Skinner, who emerged as a leading intellectual of the behaviorist movement. Tolman advanced a hybrid "cognitive behavioral" model, most notably with his publication discussing the cognitive maps used by rats to guess at the location of food at the end of a modified maze.

Chapter 4 : 5 Major Perspectives in Psychology - Mr. McNabb

The psychodynamic approach was the first approach to try and attempt to explain mental illness in psychological terms and has had an enormous influence on the understanding and treatment of mental disorders.

Saul McLeod , updated There are various approaches in contemporary psychology. An approach is a perspective i. There may be several different theories within an approach, but they all share these common assumptions. You may wonder why there are so many different psychology perspectives and whether one approach is correct and others wrong. Most psychologists would agree that no one perspective is correct, although in the past, in the early days of psychology, the behaviorist would have said their perspective was the only truly scientific one. Each perspective has its strengths and weaknesses, and brings something different to our understanding of human behavior. For this reason, it is important that psychology does have different perspectives on the understanding and study of human and animal behavior. Below is a summary of the six main psychological approaches sometimes called perspectives in psychology. Behaviorism is different from most other approaches because they view people and animals as controlled by their environment and specifically that we are the result of what we have learned from our environment. Behaviorism is concerned with how environmental factors called stimuli affect observable behavior called the response. The behaviorist approach proposes two main processes whereby people learn from their environment: Classical conditioning involves learning by association, and operant conditioning involves learning from the consequences of behavior. Though looking into natural reflexes and neutral stimuli he managed to condition dogs to salivate to the sound of a bell through repeated associated with the sound of the bell and food. The principles of CC have been applied in many therapies. These include systematic desensitization for phobias step-by-step exposed to a feared stimulus at once and aversion therapy. Skinner investigated operant conditioning of voluntary and involuntary behavior. Therefore behavior occurs for a reason, and the three main behavior shaping techniques are positive reinforcement, negative reinforcement, and punishment. Behaviorism also believes in scientific methodology e. Behaviorism rejects the idea that people have free will, and believes that the environment determines all behavior. Behaviorism is the scientific study of observable behavior working on the basis that behavior can be reduced to learned S-R Stimulus-Response units. Behaviorism has been criticized in the way it under-estimates the complexity of human behavior. Many studies used animals which are hard to generalize to humans, and it cannot explain, for example, the speed in which we pick up language. There must be biological factors involved. Freud believes that events in our childhood can have a significant impact on our behavior as adults. He also believed that people have little free will to make choices in life. Instead, our behavior is determined by the unconscious mind and childhood experiences. It is the original psychodynamic theory and inspired psychologists such as Jung and Erikson to develop their own psychodynamic theories. Freud, the founder of psychoanalysis , explained the human mind as like an iceberg, with only a small amount of it being visible, that is our observable behavior, but it is the unconscious, submerged mind that has the most, underlying influence on our behavior. Freud used three main methods of accessing the unconscious mind: He believed that the unconscious mind consisted of three components: If this conflict is not resolved, we tend to use defense mechanisms to reduce our anxiety. Psychoanalysis attempts to help patients resolve their inner conflicts. It shows how early experiences affect adult personality. Stimulation of different areas of the body is important as the child progresses through the important developmental stages. Too much or too little can have bad consequences later. The most important stage is the phallic stage where the focus of the libido is on the genitals. However, it has been criticized in the way that it over emphasizes the importance of sexuality and under emphasized of the role of social relationships. Nevertheless, psychoanalysis has been greatly contributory to psychology in that it has encouraged many modern theorists to modify it for the better, using its basic principles, but eliminating its major flaws. Humanism Humanistic psychology is a psychological perspective that emphasizes the study of the whole person know as holism. Humanistic psychologists look at human behavior, not only through the eyes of the observer, but through the eyes of the person doing the behaving. The humanistic perspective centers on the view that each person is unique and

individual, and has the free will to change at any time in his or her lives. The humanistic perspective suggests that we are each responsible for our own happiness and well-being as humans. We have the innate i. Because of this focus on the person and his or her personal experiences and subjective perception of the world the humanists regarded scientific methods as inappropriate for studying behavior. Two of the most influential and enduring theories in humanistic psychology that emerged in the s and s are those of Carl Rogers and Abraham Maslow. Cognitive Psychology Psychology was institutionalized as a science in by Wilhelm Wundt , who found the first psychological laboratory. His initiative was soon followed by other European and American Universities. These early laboratories, through experiments, explored areas such as memory and sensory perception, both of which Wundt believed to be closely related to physiological processes in the brain. The whole movement had evolved from the early philosophers, such as Aristotle and Plato. Today this approach is known as cognitive psychology. Cognitive Psychology revolves around the notion that if we want to know what makes people tick then the way to do it is to figure out what processes are actually going on in their minds. It views people as being similar to computers in the way we process information e. For example, both human brains and computers process information, store data and have input an output procedure. This had led cognitive psychologists to explain that memory comprises of three stages: It is an extremely scientific approach and typically uses lab experiments to study human behavior. The cognitive approach has many applications including cognitive therapy and eyewitness testimony. Biological Psychology We can thank Charles Darwin for demonstrating the idea that genetics and evolution play a role in influencing human behavior through natural selection. Theorists in the biological perspective who study behavioral genomics consider how genes affect behavior. Now that the human genome is mapped, perhaps, we will someday understand more precisely how behavior is affected by the DNA we inherit. Biological factors such as chromosomes, hormones and the brain all have a significant influence on human behavior, for example, gender. The biological approach believes that most behavior is inherited and has an adaptive or evolutionary function. For example, in the weeks immediately after the birth of a child, levels of testosterone in fathers drop by more than 30 per cent. This has an evolutionary function. Testosterone-deprived men are less likely to wander off in search of new mates to inseminate. They are also less aggressive, which is useful when there is a baby around. Biological psychologists explain behaviors in neurological terms, i. Many biological psychologists have concentrated on abnormal behavior and have tried to explain it. For example, biological psychologists believe that schizophrenia is affected by levels of dopamine a neurotransmitter. These findings have helped psychiatry take off and help relieve the symptoms of the mental illness through drugs. However, Freud and other disciplines would argue that this just treats the symptoms and not the cause. This is where health psychologists take the finding that biological psychologists produce and look at the environmental factors that are involved to get a better picture. Evolutionary Psychology A central claim of evolutionary psychology is that the brain and therefore the mind evolved to solve problems encountered by our hunter-gatherer ancestors during the upper Pleistocene period over 10, years ago. The Evolutionary approach explains behavior in terms of the selective pressures that shape behavior. Observed behavior is likely to have developed because it is adaptive. It has been naturally selected, i. Behaviors may even be sexually selected, i. A strength of this approach is that it can explain behaviors that appear dysfunctional, such as anorexia, or behaviors that make little sense in a modern context, such as our biological stress response when finding out we are overdrawn at the bank. Perspectives Conclusion Therefore, in conclusion, there are so many different perspectives in psychology to explain the different types of behavior and give different angles. No one perspective has explanatory powers over the rest. Only with all the different types of psychology, which sometimes contradict one another nature-nurture debate , overlap with each other e. The fact that there are different perspectives represents the complexity and richness of human and animal behavior. A scientific approach, such as behaviorism or cognitive psychology, tends to ignore the subjective i. The humanistic perspective does recognize human experience, but largely at the expense of being non-scientific in its methods and ability to provide evidence. The psychodynamic perspective concentrates too much on the unconscious mind and childhood. As such, it tends to lose sight of the role of socialization which is different in each country and the possibility of free will. The biological perspective reduces humans to a set of mechanisms and

physical structures that are clearly essential and important e. However, it fails to account for consciousness and the influence of the environment on behavior. How to reference this article:

Chapter 5 : Psychological Approach to Analyze Literature | Awin Language

Psychological Approaches target the "software," learned faulty behaviors and habits, along with damaging words, thoughts, interpretations, and feedback that direct strategies for daily living.

These approaches allow us to study: These 5 descriptions are commonly known as: Each approach holds their own individual theory on why and how our human mind functions; on how they should research certain theories and of what scientists beforehand held the correct data to back-up the theories. This theory is based on the evidence provided by Freud. He believed that early experiences had a strong influence on the behaviour of the person in later life. That people had a tiny amount of free will in life, that life was determined by the unconscious mind instead. Freud believed that a person's personality consisted of 3 parts, these were; Id, ego and superego. The ego was then described to be the conscious part of a personality, the part a child develops during interaction in life. It aims for perfection, influenced by role models, and also creates punishments for wrong actions, such as guilt. There are two ways into treating problems with psychodynamics. He described the mind as having similar traits of an iceberg; that only a small amount is visible. Also using three main methods for testing the unconscious mind: Freud's theory was able to recognize that a human's personality contained more than one aspect. Examples such as; we can be irrational, but also rational. These case studies are also then unreliable; as they hold researcher bias. His theory involved the process of natural selection, a study of an idea that genetics and evolution played a main role in human behaviour. That fitness is the extent in which individual characteristics reign over those that are weaker, that they have a higher percentage in survival. As a result, female selection has enveloped into a successful strategy to enhance reproduction success. And that behaviour patterns and physical characteristics adapt by evolution, to ensure they aid for survival and most importantly, reproduction. Biological Psychologists explain the behaviours of humans are inherited and have the function to adapt. These behaviours are explained in neurological terms; meaning the structure of the human brain and how behaviour is influenced. The evolutionary theory also branches out into Social-biology, and explanation to paradoxical behaviour involving the ego of human behaviour. This states that any behaviour that helps the survival of kin will be selected. This approach is able to explain in detail a nonhuman animal based topic; like behaviour, but is less useful in explaining this of humans.. It does however define that behaviour is determined by genetic factors, and that the influence of behaviour can lead to form genetic engineering. The third approach- Cognitive Approach The cognitive approach is focused on explaining internal behaviour. To explore memory and sensory perception, to see if they are related to physiological processes within the brain. It also creates an assumption that behaviour can be explained through the explanation of how the mind works. The approach also explains in more detail how the brain receives information, stores it and also retrieves it, commonly compared to a computer. Schemas are the basic unit of mental process. They are used a lot within this approach. A schema consists of a cluster of concepts, they are socially determined and are learnt through social exchanges. A schema originates from a person's past experience, but does not represent reality. Schemas are therefore used within the cognitive approach to explain why and how the human brain distorts information of a past experience. The fourth approach is- The Behavioural Perspective The basic understandings of this perspective are; that all behaviour is learnt, that the interaction that we have with the environment makes a person who they are. Behaviourism approach is slightly different to the other approaches, this is due to the fact that the view of behaviour is thought to be connected specifically with what we have learnt from the environment. That is it concerned with how the stimuli, i.e. It is then understood that new behaviours are learnt through the processes of; rewarding, punishment and reinforcement. That behaviour is developed through two different consequences; positive consequence and negative consequence rewards and punishments. Classic Conditioning was studied by Ivan Pavlov, a Russian psychologist. He carried out a test on dogs, looking at the responses of natural reflexes and neutral stimulation. Pavlov managed to condition the dogs into salivating whenever they heard the bell ring, this was through a number of repeated processes. Skinner was the man to investigate Operant Conditioning, this was of involuntary and involuntary behavior. It emphasizes the study of the whole person. These needs

where proposed to be: He defined this theory as an organized pattern of a person characteristics. He felt that to allow growth and development, parents should give a child unconditional love, and that that love would allow a child to self-accept and to achieve. This creates a sympathetic environment which would allow the client to open up and regain the self-actualization. Each approach contains a different aspect or view, a different way to collecting the data, a different way to prove a theory. Each approach is specialized in a certain area, contained with the views above. Jacobs Participants were read lists of either words or numbers that they had to recall immediately after presentation. Recall has to be in the correct order serial recall. On average participants could recall 9 numbers but only 7 letters. He also noticed that recall seemed to increase with age. Eight year olds being able to recall an average of 7 digits whereas by the age of 19 recall had increased to 9 digits. NB later studies have suggested that capacity does eventually start to decrease in much older participants. Conclusion STM has a capacity of between 5 and 9 items of information and as age increases we appear to develop better strategies of recall.

Chapter 6 : Understanding Different Approaches to Psychotherapy

Psychology is the scientific study of how we think, feel and behave. In this lesson, you'll get an overview of the five major perspectives that have guided modern psychological research.

Why do you act the way you do? Have you ever wondered why some people are the life of the party and others prefer to curl up with a good book? Or why you remember certain events but not others? Since Wilhelm Wundt opened the first psychology lab in , psychologists have studied various aspects of human behavior, such as personality, brain functions and socio-cultural influences. As psychology progressed, it began to tackle the question of why we do what we do from different angles, including: Biological Approach Biopsychologists look at how your nervous system, hormones and genetic makeup affect your behavior. So what does that mean? It means that for the biological approach, you are the sum of your parts. All of your choices are based on your physical body. The biological approach attempts to understand the healthy brain, but it also examines the mind and body to figure out how disorders like schizophrenia develop from genetic roots. Psychologists in this school of thought believe that unconscious drives and experiences from early childhood are at the root of your behaviors and that conflict arises when societal restrictions are placed on these urges. There are a lot of jokes about Freud and his now mostly outdated theories. But have you ever thought that something about who you are today comes from your experiences as a child? Say, you blame your smoking habit on an oral fixation that stems from being weaned from breastfeeding too early as a baby. They believe that you learn through a system of reinforcements and punishment. The influence of these theories affects us every day and throughout our lives, impacting everything from why we follow the rules of the road when driving to how advertising companies build campaigns to get us to buy their products. You also solve problems based on your memory of past experiences. So, with this approach, we turn away from people as machines without free will and delve back into thoughts and feelings. How you act is based upon internal processes, and there is much more stress upon individuals. Psychologists from this camp focus on how you can feel good about yourself by fulfilling your needs and goals. In contrast to the behavioral approach, the humanistic approach works on individual empowerment. Whether you are right or not, in a larger sense, you are motivated to be the best person you can be. All your choices come from trying to improve your life. Psychology is the scientific study of human thought, feelings and behavior. The five major perspectives in psychology are biological, psychodynamic, behavioral, cognitive and humanistic. Each perspective provides its own view on the roots of why you do what you do. Powered by Create your own unique website with customizable templates.

Chapter 7 : Psychological Approaches

The variety of perspectives in modern psychology gives researchers and students tools to approach problems and helps them find new ways to explain and predict human behavior, leading to the development of new treatment approaches for problem behaviors.

Although the approaches are often seen as distinct, in the implementation and even theoretically there is often overlap. Rigidly adhering to one way of thinking or approaching therapy often limits results and misses the whole picture, and may result in an approach that feels foreign or false to the patient. The therapist helps the patient recognize how the past is repeated in the present. Attachment theories have become more popular recently as new research emerges. These approaches use empirically-based and neurobiological research to understand problematic relationship styles. Scientific studies on attachment have found that issues in adult relationships can be reliably predicted from objectively identifiable, early patterns of attachment between parents and children. Therapists using attachment-based approaches aim for healing unconscious psychological and biological processes in the brain and promoting the development of higher-level capacities. Cognitive-behavioral approaches emphasize learning to recognize and change maladaptive thought patterns and behaviors, improve how feelings and worries are handled, and break the cycle of dysfunctional habitual behaviors. This perspective helps people see the connection between how they think, what they tell themselves, and the feelings and actions that follow. In this approach, relationships and the here-and-now are the focus. Systemic approaches understand problems in a contextual framework and focus on understanding and shifting the current dynamics of relationships, families, and even work settings. The roles and behaviors that people take on in a particular family or context are understood to be determined by the unspoken rules of that system and interaction among its members. This approach can be particularly useful when one member of a family seems resistant to therapy or to change; it opens up other avenues for intervention. Other therapeutic approaches are centered around self-expression, with therapy providing a safe and private place to express feelings, confusion, worries, secrets and ideas. Many people who have been in therapy or have interviewed different therapists report better results when they like and feel comfortable with a therapist experienced in their particular issue. Lynn Margolies is a psychologist and former Harvard Medical School faculty and fellow, and has completed her internship and post-doc at McLean Hospital. She has helped people from all walks of life with relationship, family, life problems, trauma, and psychological symptoms including depression, anxiety, and chronic conditions. Margolies has worked in inpatient, outpatient, residential and private practice settings. She has supervised others, and consulted to clinics, hospitals, universities, newspapers. Margolies has appeared in media -- on news and talk shows, and written columns for various publications. Margolies is currently in private practice in Newton Centre, MA. Visit her website at drlynnmargolies.com. Understanding Different Approaches to Psychotherapy. Retrieved on November 10, , from <https://drlynnmargolies.com>.

Chapter 8 : Different Types & Approaches Of Psychology, Therapy, and Counseling – TherapyTribe

Psychological Approaches is a not-for-profit community interest company focused on work with individuals with complex mental health needs - often associated with a history of offending and social exclusion - for whom services are difficult to access, and sometimes poorly equipped to meet their needs.

You will be listened in a safe, warm, non-judgmental and open space. I am passionate about helping people heal and flourish. This school of therapy views the couple or family as a single system, and treatment is accomplished by direct participation of all members in the therapy sessions. Family-focused therapy was developed to help treat bipolar disorder. Family-focused therapy sessions includes family members with the goal of improving family relationships and creating a support system for treatment. Cognitive-behavioral hypnotherapy is an integrated approach combining clinical hypnosis and cognitive behavioral therapy. Studies have shown CBT-hypnosis can help reduce symptoms at post treatment and may have use in helping to treat post-traumatic stress disorder PTSD. A hypnotherapist will use verbal repetition and mental images to help you feel calm, relaxed and more open to suggestions. Expressive therapy is a form of psychotherapy that uses various creative expression techniques as a form of communication with a therapist. This form of therapy is based on the premise that people can help heal themselves through the process of creating art, music, dance, writing, or other expressive acts. While clients who can use expressive therapy may have a wide range of difficulties, disabilities or diagnoses – expressive therapy is particularly useful in treating mild depression. Expressive therapy is an umbrella term for a variety of creative art therapy types. Some common types of expressive therapy include: Play therapy is an important therapy technique used with children. At a minimum, the use of toys and games can help a therapist establish communication and develop a relationship with a child. The humanistic approach to therapy views human nature as basically good, with a potential to maintain healthy, meaningful relationships and to make choices that are in the best interest of oneself and others. The therapist is a guide to help clients free themselves from assumptions and negative self perceptions. The goal is to encourage growth, self-actualization and self-direction. Similar to the humanistic approach the existential approach to therapy distinguishes itself from other therapeutic styles by its concern for positive growth over pathology. However, the two approaches differ by theme in that the existential therapist is interested in guiding clients to find meaning or purpose in their lives while simultaneously facing their issues. Please note this is a short list of the various methods used in psychotherapy. If your preferred method of therapy is not listed here, and you would like us to add it, please feel free to contact us with a brief description.

Chapter 9 : Five Counseling Theories and Approaches - Blog

Psychologists generally draw on one or more theories of psychotherapy. A theory of psychotherapy acts as a roadmap for psychologists: It guides them through the process of understanding clients and their problems and developing solutions. Approaches to psychotherapy fall into five broad categories.

Contact Author

The Biological Approach Basically, the biological approach to psychopathy is assuming that the mental disorder the person is suffering from is caused by faulty biological mechanisms. The mental disorders are treated like your usual illness in that they are cured by removing the root cause of the illness to restore the body back to its normal state. The biological approach says that mental disorders illnesses are caused by four things: For a long time, psychologists have studied identical twins to try to investigate this theory that psychopathy or abnormalities are genetic. Psychologists will compare identical twins to see if when one twin shows symptoms of a mental disorder, whether the other one will too. For some mental disorders, such as schizophrenia, if one twin has it then the other one will often have it too—this shows that it could very well be genetic. Genes determine a lot of functions in our body, they determine hormone and various neurotransmitter levels. How does this cause a mental disorder? Well, take the neurotransmitter serotonin for example. The levels of serotonin will be determined, for the most part, by your genes. High levels of serotonin have been associated with anxiety and low levels have been associated with depression. Torrey found that the mothers of individuals with schizophrenia had contracted a specific strain of flu during pregnancy.

The Behavioural Approach Basically, the behavioural approach to psychopathy suggests that the response that a person makes to their environment, albeit internal or external, are what determines their mental state rather than their underlying pathology or other such things. This approach is based on the idea that abnormal behaviors are no different from normal ones in terms of how we learn them and are all learned through social learning or classical conditioning. Also, it is thought that the environment the individual is in will be partly to blame for their mental disorder. For instance, if an individual were to show depressive symptoms or behaviours, someone else might be more inclined to help that person. Also, things we see in the media can influence our mental state, for example, if you saw someone on TV crash their car you might then develop a phobia of crashing your own car.

Sigmund Freud The Psychodynamic Approach The psychodynamic approach is essentially based on the view that the abnormal behaviour that an individual is showing is due to underlying psychological conflicts that they may not even be aware of. Freud is the most well-known psychologist that believed in this approach. Freud believed that it was psychological rather than physical things that cause mental disorders such as unresolved conflicts of childhood. The ego defense would then try and deal with these emotions. If this cognitive thinking is distorted, lacking or dysfunctional then abnormal behavior or mental disorders will occur. There are four different concepts regarding human cognition and these are: Which do you think is the most accurate approach to psychopathology?