

Early schools of psychology

Structuralism - (William Wundt) First scientific lab for psychology to identify and study the basic elements of the mind. (Edward Titchner) *Introspection* - Detailed mental examination of your own feelings, thoughts, and motives

Functionalism - (William James) Focus on the Function (purpose) of behavioral acts, in attempt to explain behavior. Behaviorism and other modern subfields of psychology evolved from functionalism

Principal Approaches to Psychology - Major *modern* perspectives or conceptual approaches to psychology

	General philosophy	Important people	View of cause of disorders	Treatment technique	View on personality	View on motivation
Psychodynamic	Our unconscious mind plays a huge role in everything.	Sigmund Freud Alfred Adler Carl Jung	Unconscious, unresolved repressed issues from past	Psychoanalysis: Free association, dream analysis, TAT test	Id, ego, superego, psychosexual stages	We strive to satisfy our id impulses but we must meet demands of society
Behaviorism	Behavior is the result of reinforcements, punishments and observation.	B.F. Skinner John Watson Thorndike Ivan Pavlov Albert Bandura	Often we mimic our parents or friends' depression and anxiety. We like the attention.	Change maladaptive behaviors through reinforcements. Sys desensitization token economy, aversion therapy	Our personality traits arise from reinforcement punishment	We're driven by extrinsic and intrinsic motivators.
Humanism	focuses on uniquely human issues, such as the self, hope, love, creativity, nature, being, becoming, individuality,	Abraham Maslow Carl Rogers	Barriers to self actualization. Ideal self and actual self not in congruence	Client-centered therapy. Reflective listening Self-help, group therapy	CR said our ideal self must be in congruence with our actual self.	Maslow's hierarchy of needs says basic needs should be met before higher needs
Cognitive	How people perceive, remember, <u>think</u> , speak, and solve problems.	Jean Piaget Noam Chomsky Alan Baddeley Albert Ellis	Irrational thoughts lead to anxiety and depression	RET, reality therapy (change maladaptive thoughts)	Based on how we think and perceive the world.	Based on goals, reducing cognitive dissonance
Evolutionary	We're result of 1000s years of adaptation, survival of fittest	Charles Darwin	Anxiety was a defense mechanism in wild	NA	Extroverts maintain social networks, more likely to pass on genes	Instinct and drive theories
Biomedical	Focus on biology and medicinal treatments	Paul Broca, Wernike, Phineas Gage	Imbalance of NT's, genetics, hormones, brain structure	Drugs and surgery	Genetics, NT's, hormones	Genetics, NT's, hormones