Unit 1:
Psychology's History and Approaches

Unit Overview

- What is Psychology?
- Contemporary Psychology

Click on the any of the above hyperlinks to go to that section in the presentation.

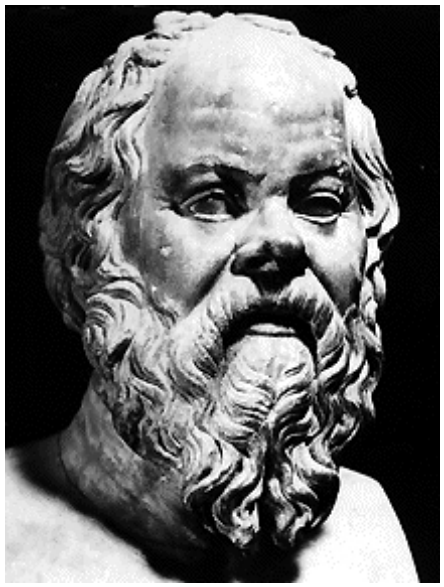
What is Psychology?

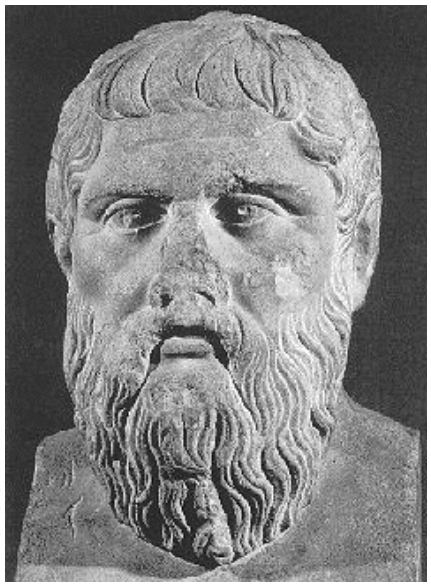
Psychology's Roots
Prescientific Psychology

- Ancient Greeks
  - Socrates
  - Plato
  - Aristotle

Psychology's Roots
Prescientific Psychology

Socrates (469-399 B.C.) and Plato (428-348 B.C.)

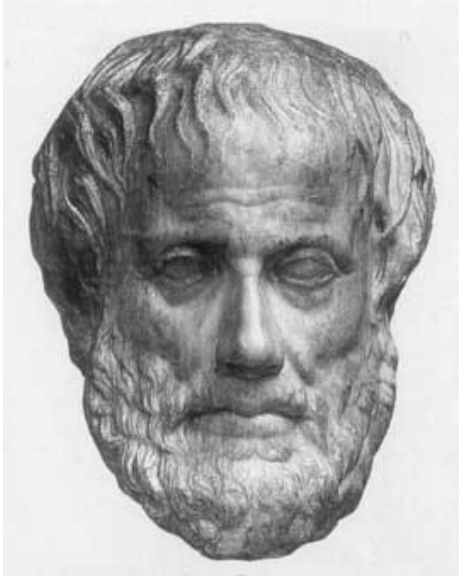

Socrates


Plato

Socrates and his student Plato believed the mind was separate from the body, the mind continued to exist after death, and ideas were innate.

Psychology's Roots
Prescientific Psychology

Aristotle (384-322 B.C.)



Aristotle suggested that the soul is not separable from the body and that knowledge (ideas) grow from experience.

Psychology's Roots
Prescientific Psychology

- René Descartes
- Francis Bacon
- John Locke

Psychology's Roots
Prescientific Psychology

Descartes, like Plato, believed in soul (mind)-body separation, but wondered how the immaterial mind and physical body communicated.

Psychology's Roots

Prescientific Psychology

John Locke (1632-1704)

Locke held that the mind was a *tabula rasa,* or blank sheet, at birth, and experiences wrote on it.

Psychology's Roots
Prescientific Psychology

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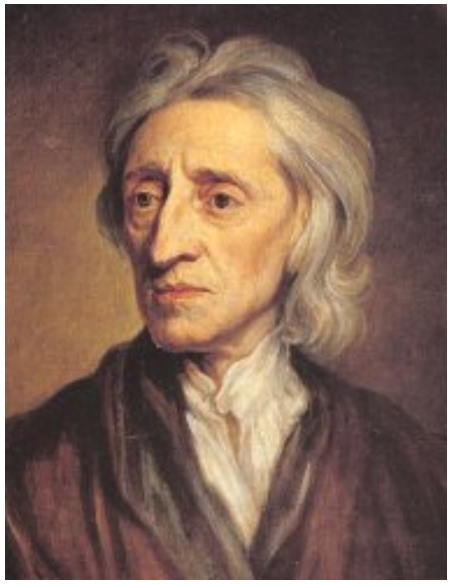


Psychology's Roots
Psychological Science is Born

Wilhelm Wundt (1879)

- **Wundt is referred to as the "father of psychology" because in 1879 he started the first laboratory in psychology for studying humans.**

•He broke into parts the elements of feelings and thought.
•Using a procedure called "introspection" he introduced scientific procedure to study feelings.

Psychology's Roots
Thinking About the Mind's Structure

- Edward Titchener
  - Structuralism
    - introspection

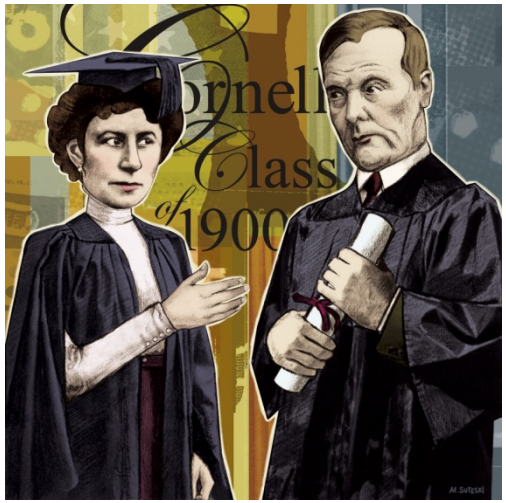
Psychology's Roots
Thinking About the Mind's Function

- Functionalism focused on how behavioral processes function - how they enable organism to adapt, survive, and flourish

Psychology's Roots

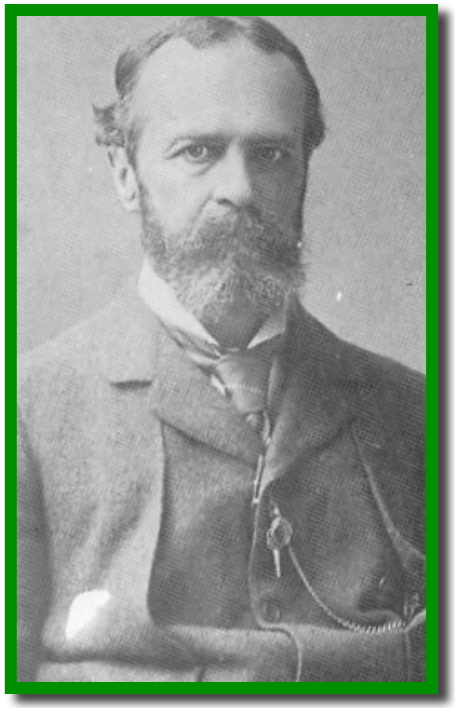
Thinking About the Mind's Function

- William James
  - Functionalism
  - Mary Calkins
  - Margaret Floy Washburn
- Experimental psychology



Psychology's Roots
Thinking About the Mind's Function

William James



James is considered to be one of the founders of American psychology.

In 1890, he published *Principles of Psychology*. The book was 1400 pages long, two volumes in length and it took him 12 years to write.

Unlike Wundt, he did not want to break behavior into parts; he never wanted to lose sight of the individual as a whole.

Psychology's Roots
"Breaking the Glass Ceiling"

- After becoming the first American woman to earn an official Ph.D. in psychology (Vassar, 1894), **Margaret Floy Washburn** went on to a distinguished career. Among her accomplishments, Washburn was the second to be elected president of the American Psychological Association (1921).

Psychology's Roots
"Breaking the Glass Ceiling"

Under the direction of William James, **Mary Whiton Calkins** completed all the requirements for a Ph.D. in psychology (1895) but Harvard denied the degree. She had a distinguished career, establishing a psychology laboratory at Wellesley College and becoming the first woman president of the American Psychological Association (1905).

Psychological Science Develops

- Sigmund Freud

Sigmund Freud and his followers emphasized the importance of the unconscious mind and its effects on human behavior.

Psychological Science Develops

- Behaviorism

Watson (1913) and later B.F. Skinner emphasized the study of overt behavior as the subject matter of scientific psychology.

Watson (1878-1958)

Skinner (1904-1990)

Psychological Science Develops

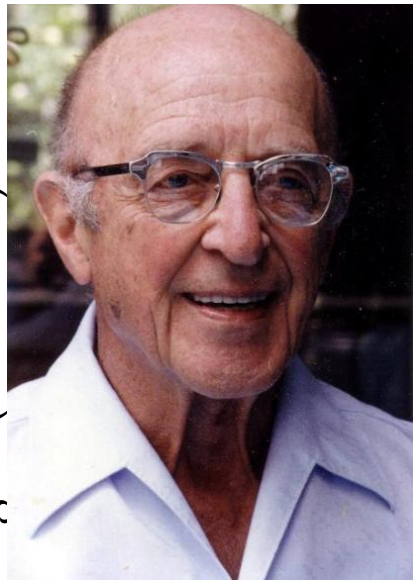
- Humanistic psychology
  - Carl Rogers
  - Abraham Maslow
- Cognitive Neuroscience

Psychological Science Develops

Humanistic Psychology

Maslow (1908-1970)

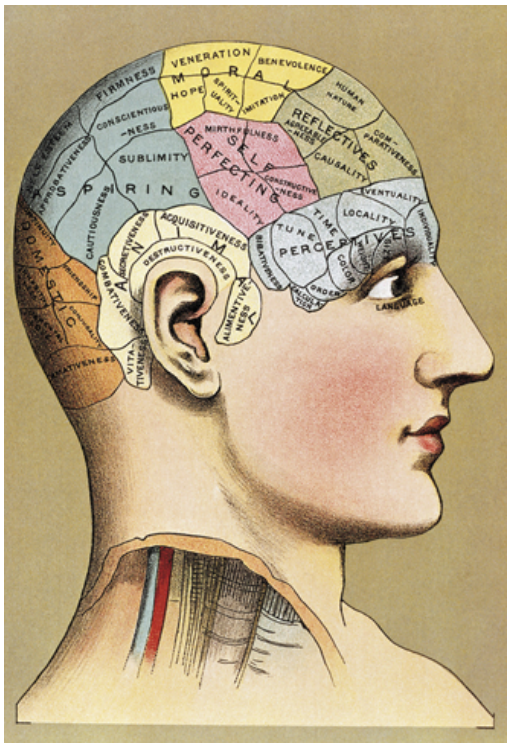
Rogers (1902-1987)



Maslow and Rogers emphasized current environmental influences on our growth potential and our need for love and acceptance.

Psychological Science Develops

- Definition of Psychology
  - **The science of behavior** (what we do) **and mental processes** (sensations, perceptions, dreams, thoughts, beliefs, and feelings)



Contemporary Psychology

Psychology's Big Questions

Stability vs. Change

- Do our individual traits persist as we age?
- Do we become older versions of ourselves?

Psychology's Biggest Question

- **Rationality vs. Irrationality**
  - Rationality – reasonableness, good sense of equity and proportion
  - Irrationality – not reasonable in thinking or behaving, distorted perception of reality

Psychology's **Biggest** Question

- Nature – Nurture Issue
  - Biology versus experience
  - History
    - Greeks
    - Rene Descartes
    - Charles Darwin
      - Natural selection

Psychology's **Biggest** Question

Nature – Nurture Issue

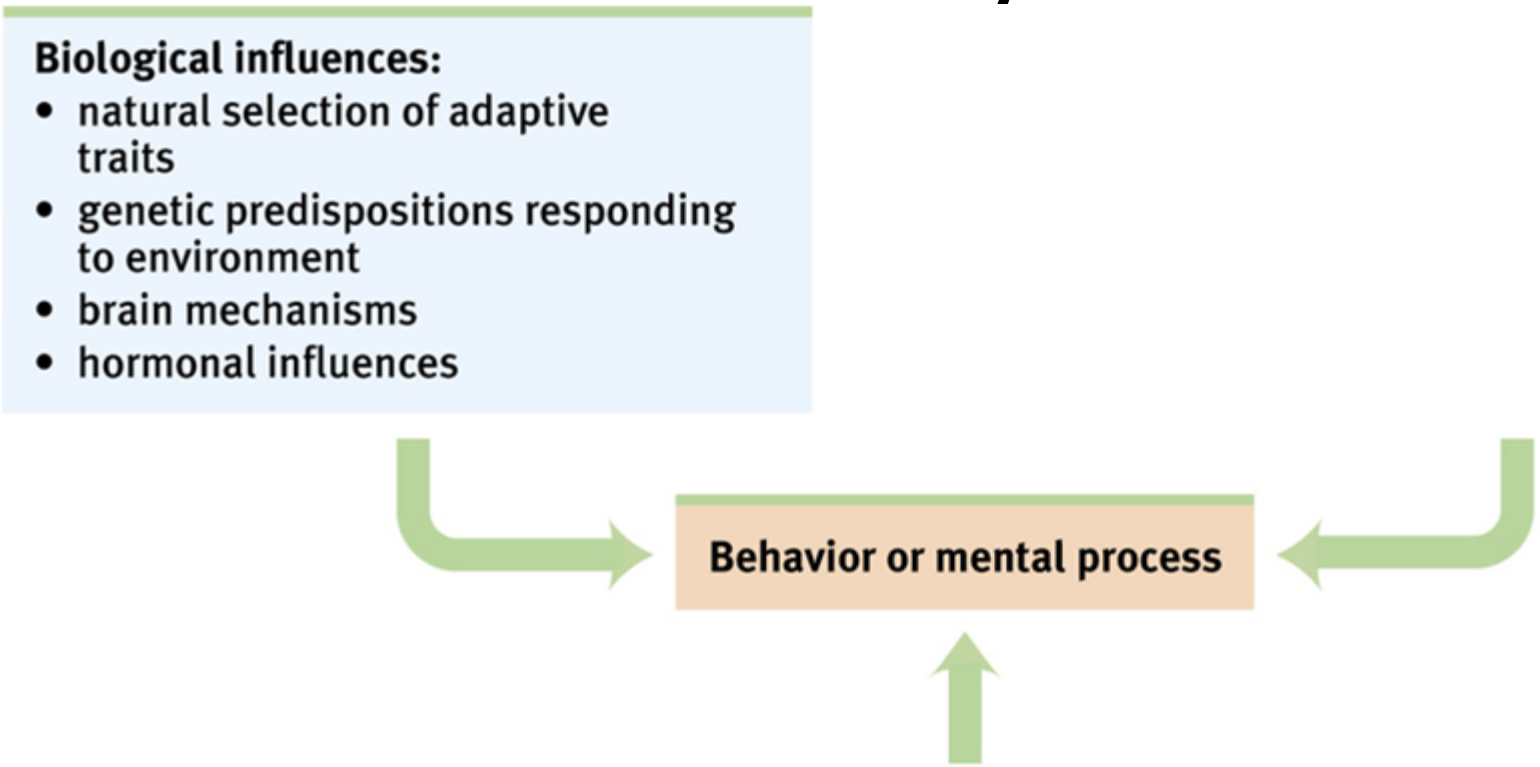
- the relative contribution that genes and experience make to development of psychological traits and behaviors
- Are abilities determined by our genes or our experiences?
- What are the interactions between genetics and environment?
- What effect does it have on behavior?

Psychology's Three Main Levels of Analysis

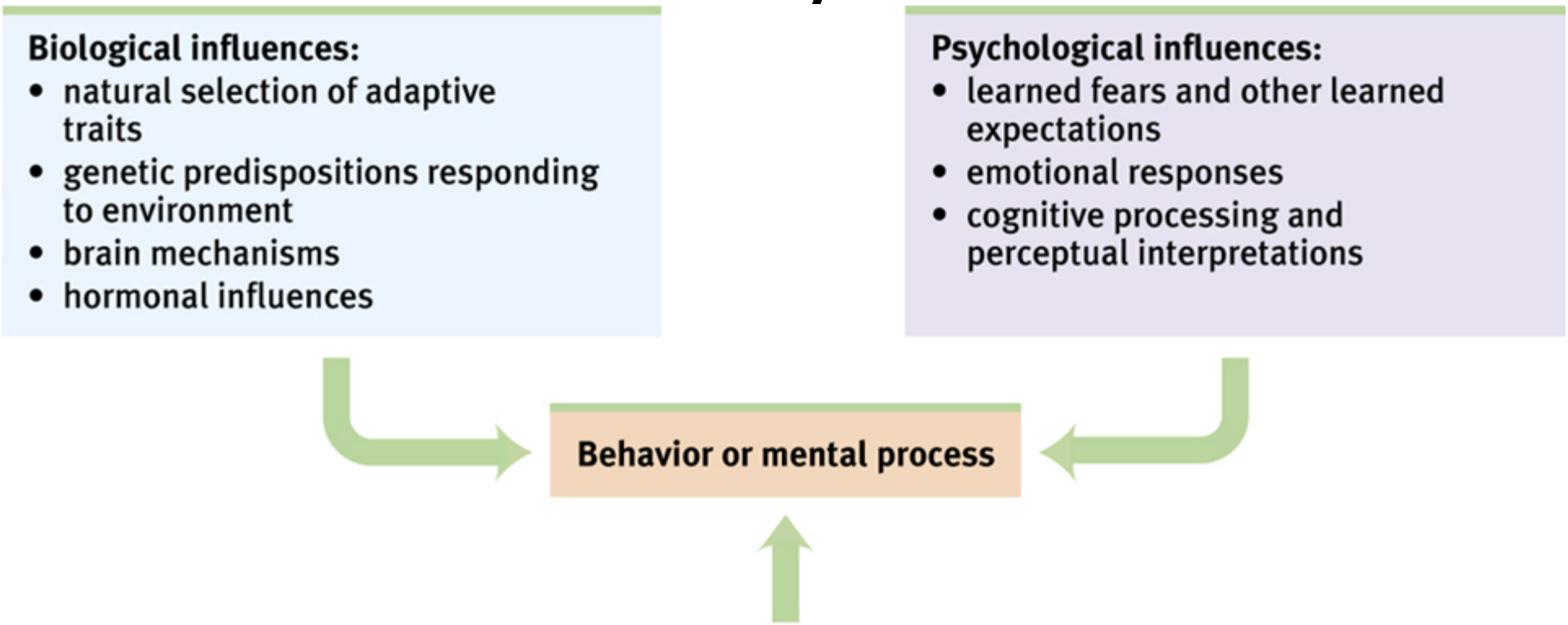
- Levels of Analysis
  - Biological
  - Psychological
  - Social-cultural
- Biopsychosocial Approach

Psychology's Three Main Levels of Analysis

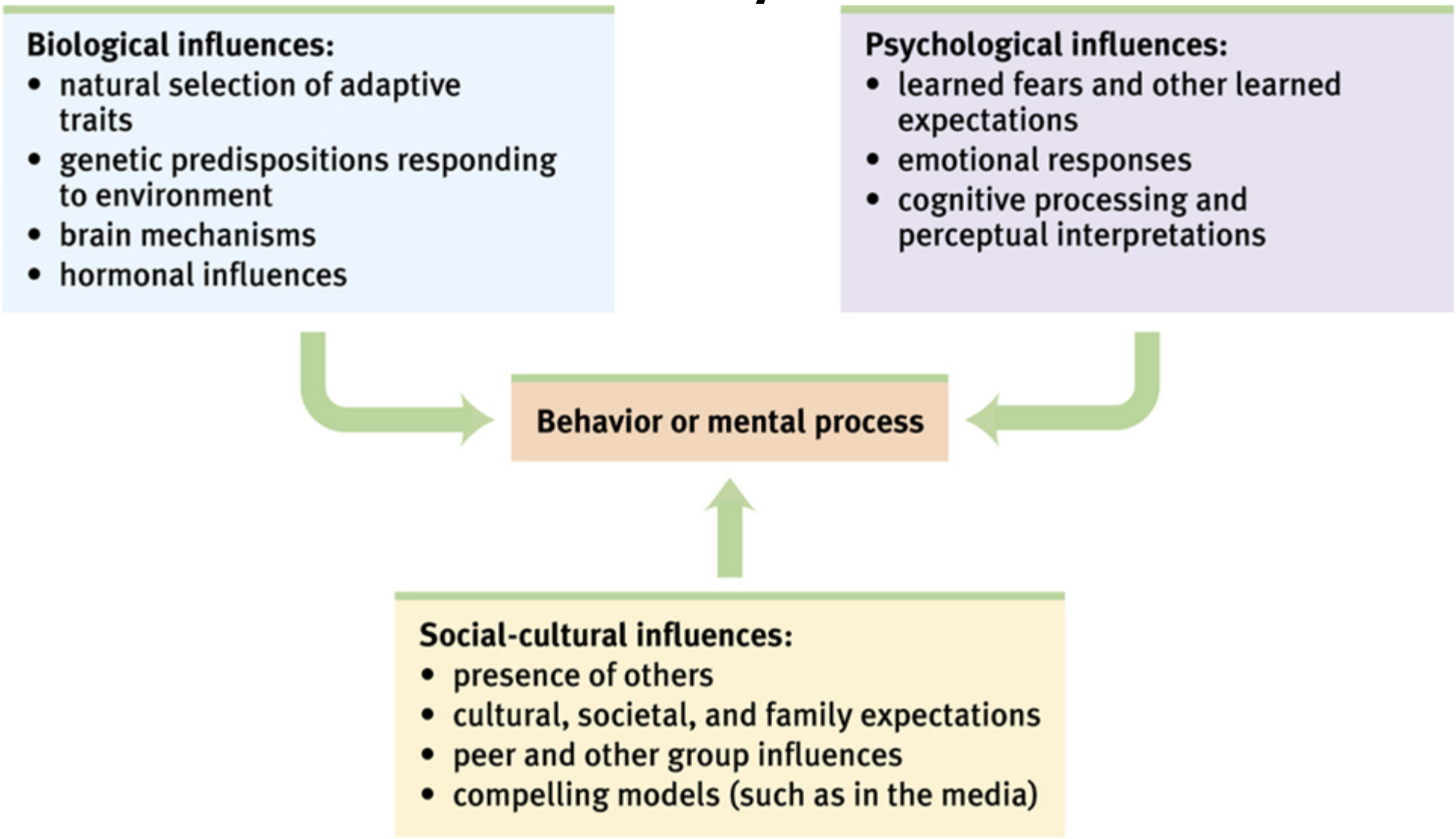
Psychology's Three Main Levels of Analysis



Psychology's Three Main Levels of Analysis



Psychology's Three Main Levels of Analysis



Psychological Approaches/Perspectives

- Biological psychology
- Evolutionary psychology
- Psychodynamic psychology
- Behavioral psychology
- Cognitive psychology
- Humanistic psychology
- Social-cultural psychology

Psychological Approaches/Perspectives

Psychology's Approaches

Approach	Focus

Psychological Approaches/Perspectives

Psychology's Approaches

Approach	Focus
Biological	How the body and brain enable emotions, memories, and sensory experiences; how genes combine with environment to influence individual differences

Psychological Approaches/Perspectives

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Evolutionary	How the natural selection of traits promoted the survival of genes

Psychological Approaches/Perspectives

Psychology's Approaches

Approach	Focus
Biological	How the body and brain enable emotions, memories, and sensory experiences; how genes combine with environment to influence individual differences
Evolutionary	How the natural selection of traits promoted the survival of genes
Psychodynamic	How behavior springs from unconscious drives and conflicts

Psychological Approaches/Perspectives

Psychology's Approaches

Approach	Focus

Psychological Approaches/Perspectives

Psychology's Approaches

Approach	Focus
Behavioral	How we learn observable responses

Psychological Approaches/Perspectives

Psychology's Approaches

Approach	Focus
Behavioral	How we learn observable responses
Cognitive	How we encode, process, store, and retrieve information

Psychological Approaches/Perspectives

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Humanistic	How we meet our needs for love and acceptance and achieve self-fulfillment

Psychological Approaches/Perspectives

Psychology's Approaches

Approach	Focus
Behavioral	How we learn observable responses
Cognitive	How we encode, process, store, and retrieve information
Humanistic	How we meet our needs for love and acceptance and achieve self-fulfillment
Social-cultural	How behavior and thinking vary across situations and cultures

Psychology's Subfields

- Psychometrics
- Basic Research
  - Developmental psychology
  - Educational psychology
  - Personality psychology
  - Social psychology

Psychology's Subfields

Basic Research

- **Biological psychologists** explore the links between brain and mind
- **Developmental psychologists** study changing abilities from womb to tomb
- **Cognitive psychologists** study how we perceive, think, and solve problems

Psychology's Subfields

Basic Research

- **Personality psychologists** investigate our persistent traits
- **Social psychologists** explore how we view and affect one another

Psychology's Subfields

- Applied Research
  - Industrial/organizational psychology
  - Human factors psychology
  - Counseling psychology
  - Clinical psychology
  - Psychiatry

Psychology's Subfields

Applied Research

- **Industrial/organizational psychologists** study and advise on behavior in the workplace
- **Clinical psychologists** study, assess, and treat people with psychological disorders

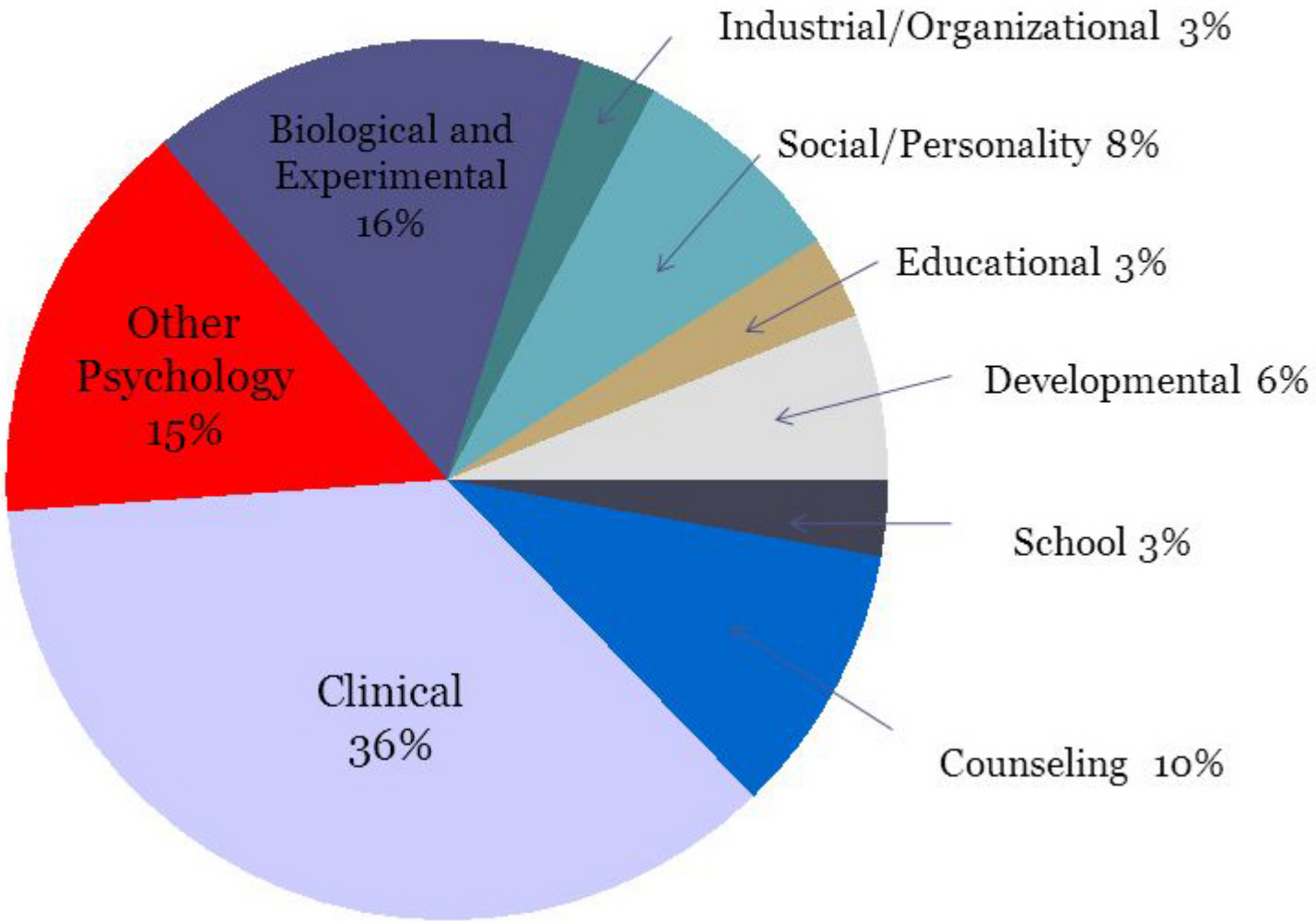
Psychology's Subfields

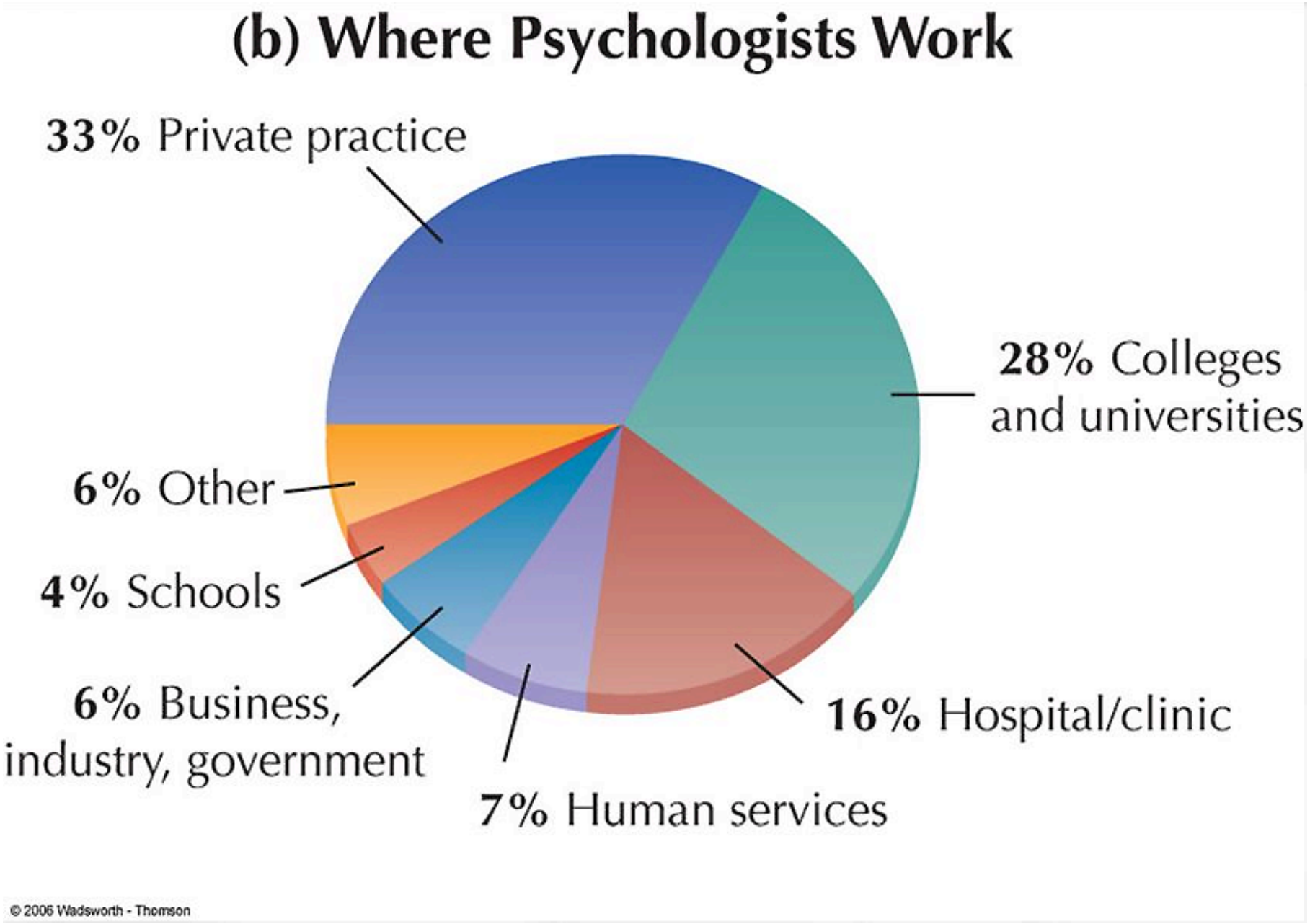
Psychiatry

- A branch of medicine dealing with psychological disorders
- Practiced by physicians who sometimes use medical (for example, drug) treatments as well as psychotherapy
- Requires *both* an M.D. and a Ph.D.

Subfields in Psychology

Distribution of Fields:




(b) Where Psychologists Work
33% Private practice
28% Colleges and universities
6% Other
4% Schools
6% Business, industry, government
7% Human services
16% Hospital/clinic
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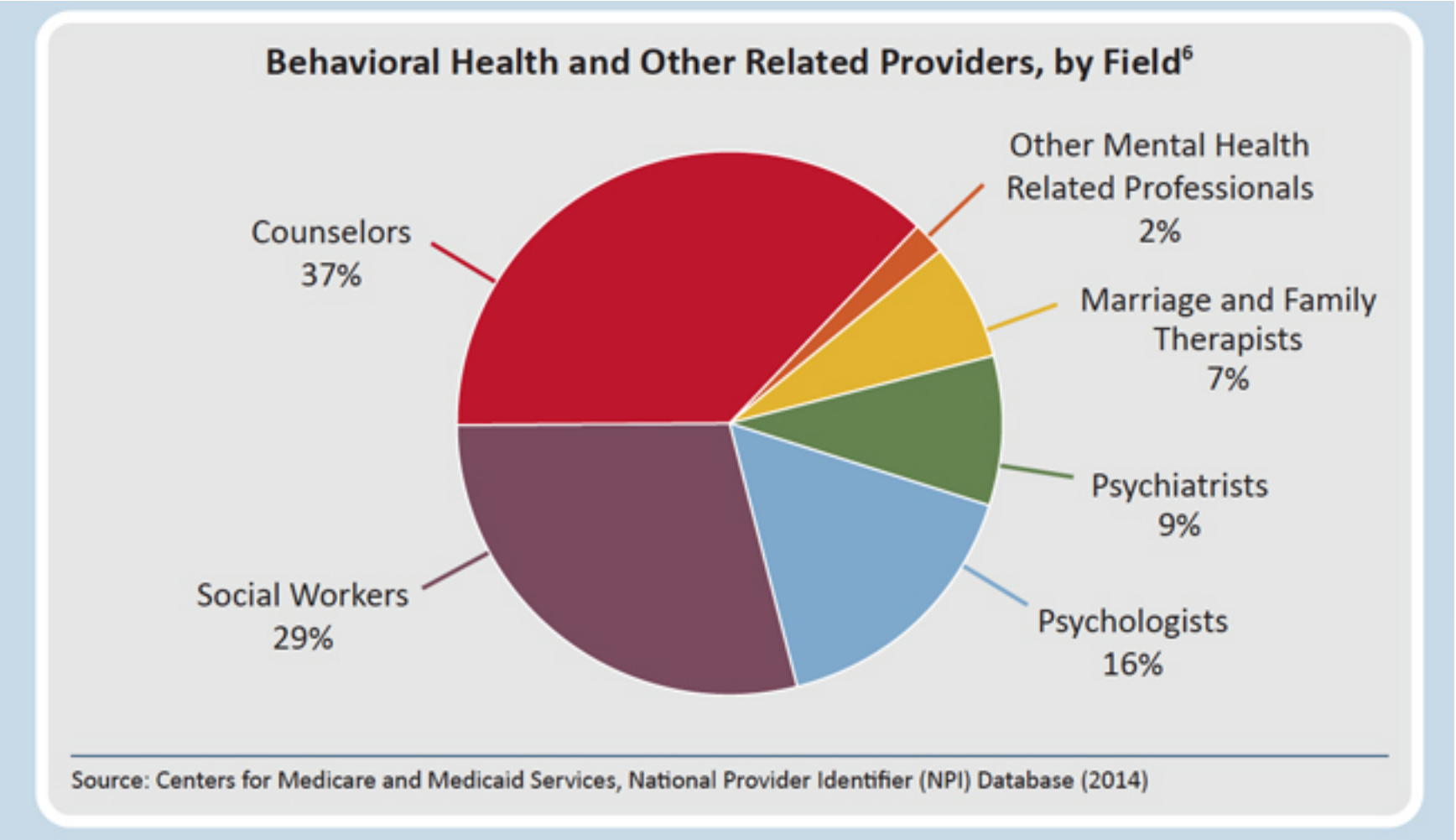
Psychology's Subfields

Behavioral Health Providers



SQ3R

- **Survey:** What you are about to read, including chapter outlines and section heads.
- **Question:** Ask questions. Make notes.
- **Read:** Make sure you read outlines, sections and chapters in entirety.
- **Review:** Margin definitions. Study learning outcomes.
- **Reflect:** On what you learn. Test yourself with quizzes

Tips for Studying Psychology

- SQ3R
- Study Tips
  - Distribute your study time
  - Learn to think critically
  - In class, listen actively
  - Overlearn
  - Be a smart test-taker

The End