

History and Perspectives

M1

Psychology: Study of Behavior and mental processes.

Empiricism: science should be observation and experiment.

Historical Perspectives: 1879

1. **Structuralism: combine subjective emotions and objective sensations**
 - a. **Wilhelm Wundt, German**
 - b. **Edward Titchener, Structure and introspection**
2. **Functionalism: Function of structures – thoughts and feelings**
 - a. **William James - 1st American psychologist**
 - b. **G. Stanley Hall - the first American to earn a Ph.D. in psychology, the first to open a psychology lab in the U.S., and the first president of the APA.**
 - c. **Mary Calkins –female trained under James, not awarded degree**
3. **Behaviorism: observe and record people's behavior**
 - a. **John B. Watson (founder), then B. F. Skinner**
4. **Gestalt psychology: the whole is bigger than the sum of it's parts.**
 - a. **whole picture – especially with perception (Max Wertheimer)**
5. **Psychoanalysis: Unconscious, childhood memories, sexual urges**
 - a. **Freud – unconscious, repression, defense mechanisms**

M2

Modern Psychological perspectives: 1960s

Humanistic – Maslow, Rogers – free will, choosing what's best for oneself

Cognitive – how the person thinks is the key

Psychodynamic – Freud first, Adler, Horney , Jung

Biopsychology (or neuroscience) – brain and body keys to understanding behavior

Evolutionary (or Darwinian) – natural selection

Behavioral – all is learned through conditioning principles

Sociocultural – looks at environment as key

Positive psychology- Martin Seligman- positive emotions, positive character traits, human strength

M3

Basic Research Psychologists

Developmental, educational, experimental, psychometric, social, personality

Applied Research Psychologists

Forensic, health, Industrial organizational, neuropsychologist, rehabilitation, school, sports

Helping professions

Clinical, community, counseling, psychiatrist