

	General Philosophy	Important People	Cause of Disorder	Treatment Techniques	What influences our behavior?
Psychodynamic	Unconscious motives and experiences in early childhood govern personality and mental disorders. Dream interpretations. Not consciously aware of some memories.	Sigmund Freud Alfred Alder Carl Jung	We have an impulse to fulfill our primitive needs which are in conflict with societal rules ; Inner unconscious conflict	Psychoanalysis Dream analysis Looking to reduce anxiety and guilt over unconscious impulses	We strive to satisfy our impulses but we must meet the demands of society
Behaviorism	Only observable events (stimulus - response relations) can be studied scientifically. Behavior is learned and is the result of reinforcement, punishments and observation .	John Watson BF Skinner Pavlov A Bandura	Our maladaptive behavior is reinforced and learned	Change behaviors through learning new responses.	We are driven by intrinsic and extrinsic motivators.
Humanism	Humans are free, rational beings with the potential for personal growth and are fundamentally different than animals. Behavior is based on our capacity to choose how to think and act ;	Carl Rogers Maslow	What are the barriers to self-actualization? Conflict b/w Ideal self vs actual self	Client-centered Self-Help Group therapy Patient decides what is important to talk about	Maslow's Hierarchy of Needs says basic needs should be met before higher need. Self-actualization. Free will, choice. Hierarchy of needs.
Cognitive	Human behavior cannot be fully understood without examining how people acquire, store and process information . Interpretation of others' actions shape behavior. How people perceive, remember, think, speak and solve problems	Piaget Chomsky Ellis	Irrational thoughts lead to anxiety, depression and aggression	Based on how one thinks and views the world Using reason / logic to control emotions, getting rid of irrational thoughts	reducing cognitive dissonance; reducing tension caused by inconsistencies b/w attitudes and behaviors
Biological	An organism's functioning can be explained in terms of the bodily structures and biochemical processes that underlie behavior. Shaped by biology; our wiring, structures and chemicals in our brain and the hormones in our blood	Phineas Gage W. James	Imbalance of hormones, transmitters misfiring, brain structure; Lesions, trauma	Drugs surgery	Genetics; hormones
Evolutionary	Natural selection favors behaviors that enhance reproductive success. Behavior is a result of years of adaptation; survival of the fittest	Charles Darwin	Survival, aggression is a defense mechanism in the wild	N/A	All instinct and drive
Socio-Cultural	Studies group behaviors. influences of social and cultural environments on behavior; learn the values and norms of their society .	Lev Vygotsky	how cultural beliefs and attitudes impact ;	effectively address the needs of various populations; define goals consistent with the life experiences and cultural values of clients	Examines rules of the social groups and subgroups in which the individual is apart of.

