

## UNIT 1: HISTORY/PERSPECTIVES

### Psychology

Philosophy (understanding the world through introspection) and

Physiology (the scientific study of organisms and their fx)

### Ancient Greece (600-300 BC)

Hippocrates - Studied the human body, Father of medicine

Plato vs. Aristotle

PLATO	ARISTOTLE
Dualism	Monism
Innate	Experience
Rationalism	Empiricism

### Renaissance (1300-1600)

Francis Bacon- empirical, a theoretical

### Beginnings of the Modern Period (1600-1750)

Rene Descartes – dualism, mentalistic, interactionist, *Cogito Ergo Sum*

John Locke – monist, Empiricism, *Tabula Rasa*

### Modern Period (1600-1750)

James Mill (extreme empiricist), Monist – reductionist, Associationist

Immanuel Kant - Rationalism and empiricism, *A Posteriori* and *A Priori*

### Early Psychological Perspectives

Structuralism –1st major school of thought in psych. Goal was to understand the “structure” of the mind

William Wundt, G Stanley Hall, Edward Titchener

Functionalism - What do people do and why?

William James - Principles of Psychology

Mary Calkins

Pragmatism - Knowledge is validated by its usefulness

John Dewey - Education/learning and psychology

Associationism - How events are linked in mind - learning

Hermann Ebbinghaus - repetition / associations in memory

Edward Lee Thorndike - “Law of Effect” (satisfaction not time)

**Behaviorism** - From a desire to get to more concrete studies - away from introspection

John B. Watson - “give me a dozen healthy infants...”

S->R (automatic link)

Ivan Pavlov - conditioning of dogs - involuntary

BF Skinner - Experimental Analysis of BX. voluntary Operants (bx)

**Cognitivism**- Thought processes. Cognitions = thoughts. Serial vs parallel processing

Ulric Neisser

**Psychoanalytic** - Unconscious conflicts, Repressed urges, Childhood experiences, All thought, actions, emotions are determined (Determinism)

Sigmund Freud

**Humanistic** - Free will, Self-esteem, The Self, The human experience and potential

Abraham Maslow – self-actualization

Carl Rogers

**Biological**- Brain chemistry. Structure, function, anomalies...

**Sociocultural**- Cultural relativity, Social norms

John Berry

**Sociobiological/Evolutionary**- How human adapt and change with society, and how that influences their psyche,

Mutation/adaptation

Charles Darwin

**Gestalt** - “whole is greater than the sum of its parts”

Max Wertheimer

### Biopsychosocial Model

**Careers:** b/w psychologist and psychiatrist, scientific vs applied career options