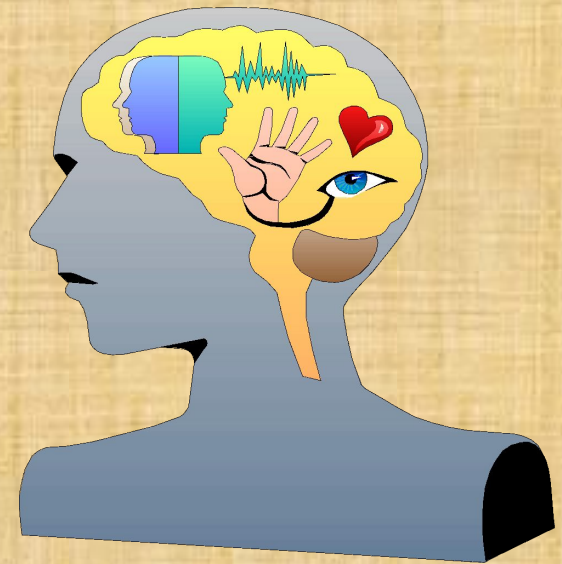


Psychology schools of XXth century

1. **Structuralism;**
2. **Psychoanalysis and analytical psychology ;**
3. **Behaviorism;**
4. **Humanistic psychology;**
5. **Gestalt Therapy.**

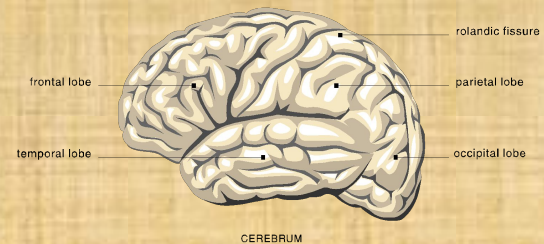


1. Structuralism

A systematic movement founded in Germany by **W.Wundt** and mainly identified with **E.Titchener**. Structuralism sought to analyze the adult mind (defined as the sum total of experience from birth to the present) in terms of the simplest definable components and then to find the way in which these components fit together in complex forms.

Introspection

The major tool of structuralist psychology was introspection – a careful set of observations made under controlled conditions by trained observers using a stringently defined descriptive vocabulary.



Criticism

BUT, introspection relies on subjective or self-report data which is a weak methodological form of data collection.

Example. - If you become angry and then begin to examine your anger through introspection you alter your current state (most likely stopping to examine your current state will reduce your anger and hostility) and thus the experience of anger.



2. Psychoanalysis

The method of psychological therapy originated by **Sigmund Freud** in which free association, dream interpretation, and analysis of resistance and transference are used to explore repressed or unconscious impulses, anxieties, and internal conflicts, in order to free psychic energy for mature love and work.



(continuation)

The theory of personality developed by Freud focuses on repression and unconscious forces and includes the concepts of infantile sexuality, resistance, transference, and division of the psyche into the id, ego, and superego.





Sigmund Freud (1856-1939)

Sigmund Freud was the founder of the psychoanalytic school of psychology (Image: 1907).

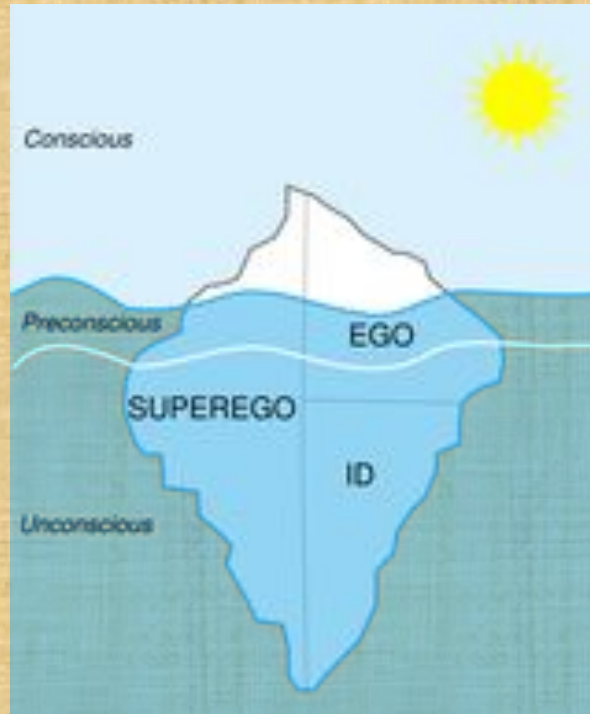
The psychoanalytic framework stresses the importance of understanding:

- that each individual is unique,
- that there are factors outside of a person's awareness (unconscious thoughts, feelings and experiences) which influence his or her thoughts and actions,
- that the past shapes the present,
- that human beings are always engaged in the process of development throughout their lives.

The unconscious is a basic term of psychoanalysis

In Freud's psychoanalytic theory, the **unconscious mind** is a reservoir of feelings, thoughts, urges, and memories that outside of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. According to Freud, the unconscious continues to influence our behavior and experience, even though we are unaware of these underlying influences.





Conscious / unconscious mind

The unconscious mind is often represented as an iceberg. Everything above the water represents conscious awareness, while everything below the water represents the unconscious.

**Analytical
psychology is
continuation of the
classical
psychoanalysis
ideas**

Analytical psychology is the school of psychology originating from the ideas of Swiss psychiatrist, Freud's pupil and afterwards opponent **Carl Jung (1875-1961)**.



Essence of analytical psychology

- Jung believed that the mind could be divided into unconscious and conscious parts. He felt that the unconscious mind was made up of layers. **The personal unconscious** is the part of the unconscious mind in which is stored each person's unique personal experiences and memories that may not be consciously remembered.

(Essence of analytical psychology)

- Jung referred to the second layer of unconsciousness as **the collective unconscious**. This level contains memories and behavioural predisposition's that all people have inherited from common ancestors in the distant human past, providing us with essentially shared memories and tendencies.

Individuation

In analytical psychology **individuation** is the process through which a person becomes his/her 'true self'. Hence it is the process whereby the innate elements of personality, the different experiences of a person's life and the different aspects and components of the immature psyche become integrated over time into a well-functioning whole. Individuation might thus be summarised as the self-formation of the personality into a coherent whole.

Archetypes

People across space and time tend to interpret and use experience in similar ways because of "archetypes" - universal, inherited human tendencies to perceive and act in certain ways. During analytic therapy, Jung may use certain archetypes to explain a person's unconscious thoughts that in turn affect their outward behaviour.

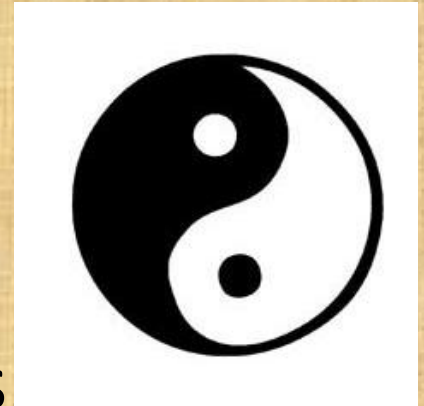
Archetypes: e. g. the Shadow

In Jungian psychology, the **Shadow** is a part of the unconscious mind consisting of repressed weaknesses, shortcomings, and instincts. It may be (in part) one's link to more primitive animal instincts, which are superseded during early childhood by the conscious mind.



Archetypes: e. g. the **Anima** and the **Animus**

The **Anima** is the personification of all feminine psychological tendencies within a man, the archetypal feminine symbolism within a man's unconscious.



The **Animus** is the personification of all masculine psychological tendencies within a woman, the archetypal masculine symbolism within a woman's unconscious.

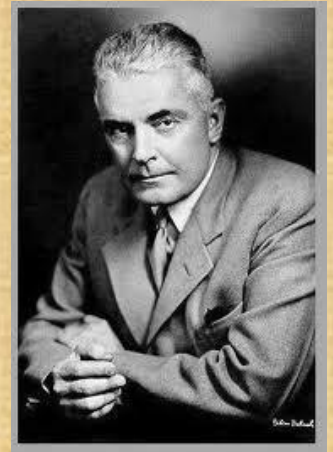
3. Behaviorism

Behavioral psychology, also known as behaviorism, is a theory of learning based upon the idea that all behaviors are acquired through conditioning. Conditioning occurs through interaction with the environment. According to behaviorism, behavior can be studied in a systematic and observable manner with no consideration of internal mental states.

Founders

John B. Watson (1879-1958) held the view that psychology should only concern itself with the study of behavior, and he was not concerned with the mind or with human consciousness. He considered it paramount that men could be studied objectively, like rats and apes.

Watson's work was based on the experiments of Ivan Pavlov, and classical conditioning.

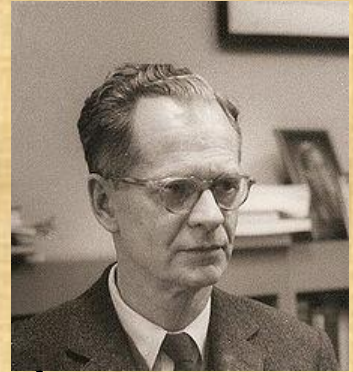


(Founders)

Frederic Skinner (1904 –1990)

made his reputation by testing Watson's theories in the laboratory. Skinner ultimately rejected Watson's almost exclusive emphasis on reflexes and conditioning.

He developed the theory of "operant conditioning", the idea that we behave the way we do because this kind of behavior has had certain consequences in the past.



Principles of Behaviorism

1. The material world is the ultimate reality, and everything can be explained in terms of natural laws. Man has no soul and no mind, only a brain that responds to external stimuli.

2. A central tenet of behaviorism is that thoughts, feelings, intentions, and mental processes, do not determine what we do. Humans are biological machines and do not consciously act; rather they react to stimuli.

(Principles of Behaviorism)

3. Consistently, behaviorism teaches that we are not responsible for our actions.

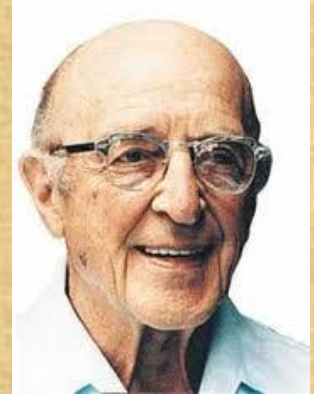
4. Behaviorism seeks not merely to understand human behavior, but to predict and control it. From his theories, Skinner developed the idea of "shaping." By controlling rewards and punishments, you can shape the behavior of another person.

4. Humanistic psychology

A movement in psychology supporting the belief that humans, as individuals, are unique beings and should be recognized and treated as such by psychologists and psychiatrists. The movement grew in opposition to the two mainstream 20th-century trends in psychology, behaviorism and psychoanalysis.

Founders

The two psychologists,
Carl Rogers (1902 –1987)
and
Abraham Maslow (1908-1970)
initiated the movement with this
new perspective on understanding
people's personality and improving
their overall life satisfaction.



Humanists adhere to these beliefs:

1. The present is the most significant aspect of someone. As a result, humanists emphasize the here and now instead of examining the past or attempting to predict the future.
2. To be mentally healthy, individuals must take personal responsibility for their actions, regardless if those actions are positive or negative.

(continuation)

3. Each person, simply by being, is inherently worthy. While any given action may be negative, these actions do not cancel out their value as a person.
4. The ultimate goal of living is to attain personal growth and understanding. Through constant self-improvement and self-understanding can an individual ever be truly happy.

5. Gestalt Psychology

School of psychology that provided the foundation for the modern study of perception. The German term Gestalt, referring to how a thing has been “put together” (*gestellt*), is often translated as “pattern” or “configuration” in psychology.

The school emerged in Austria and Germany at the beg. of the 20th century and gained impetus through the works of **Max Wertheimer** (1880-1943), **Wolfgang Kohler** (1887-1967), and **Kurt Koffka** (1886-1941); its principles were later expanded by **Kurt Levin** (1890-1947).

Gestalt Therapy

Gestalt therapy is a humanistic therapy technique that focuses on gaining an awareness of emotions and behaviors in the present rather than in the past. The therapist does not interpret experiences for the patient. Instead, the therapist and patient work together to help the patient understand him/herself. Patients are encouraged to become aware of immediate needs, meet them, and let them recede into the background.

