

Weeks 1-4 Personality Quiz

Personality In Context

- Implicit: Our internal observations that construct an idea of others, flawed in that we can't check these judgments, based on chance encounters
- People make casual inferences about behaviour - behave how we do because of who we are
- Implied stability is important to measuring personality
- Personality study began to understand mental health problems
- Aims: Motivational basis, basic nature of humans, descriptions of behaviour, measure personality, understand personality development, understand people to facilitate interventions, assess heredity vs environment
- Only lay definitions include physical attributes
- Definition: A dynamic organisation, inside the person, of psychophysical systems that create the person's characteristic patterns of behaviour, thoughts and feelings – Allport
- Psychophysical: Personality is within the body or mind and had interactions between the two

Personality Theories

- Personality has clinical (idiographic) and individual differences (nomothetic) approaches
- Clinical approach started by Freud, though Greeks and Mesmer were earlier attempts
- Differences approach started by physiognomy which became craniology (Gall), advanced by Galton who started measuring norms and using statistics
- Evaluation of Theories: Descriptive, explanations of behaviour, empirical validity, testable concepts, comprehensiveness, parsimony, heuristic value, applied value
- What: the characteristics of someone, how they are organised, how they behave towards others.
- How: the determinants of personality, what experiences, biology etc. occurs for someone to behave the way they do, importance of the past.
- Why: what motivates someone, what drives them, what are their needs, wants and desires.
- Theories of personality put different emphasis on each of these three aspects.
- How we think about people is driven by cultural context
- Family Influence: Own behaviour (such as being beach people, role models, selective rewarding of behaviour)

Freud

- Promoted many conversations
- Little consideration of context
- He thought Personality fixed by 5, stages more about morals and socialization
- Changes possible but had to go back to when things went wrong in childhood
- Relational, family focus, childhood key window still hold
- Introduced irrational thought through dreams being classified as primary processing, which is important for CBT
- Unconscious: Manifests through hypnosis, dreams (manifest and latent), Freudian slips

- Drivers: Sex (libido), food & thirst (life preservers)
- Introduced subliminal messaging
- Mind has 3 levels: Conscious, preconscious, unconscious (most influential)
- Id is raw (no delayed gratification), becomes ego through socialization, then superego which is the conscience, mediator
- Clinically not about a relationship but analysis, focusing on catharsis (purging emotion)
- Assumptions of free association: All thoughts lead to significant subconscious material, knowledge of therapy leads to more significance except blocked by resistance, resistance is reduced by relaxation

Defence Mechanisms

- Holds today, used for maintaining psyche
- **Denial**
- **Repression**: Only harmful when pathological
- **Projection**
- **Reaction Formation**: Overcoming an undesirable tendency by emphasising the opposite e.g. cleanliness, can lead to obsessional neurosis
- **Rationalisation**: Protects self-esteem by giving concealing reasons for events e.g. no job
- **Isolation**: Recalling trauma without emotions
- **Conversion reaction**: Unacceptable thoughts are converted into physical symptoms, like psychosomatic disorders
- **Sublimation**: Most mature defence mechanism, modifying unconscious drives to a socially acceptable form e.g. gastroenterologists having anal fixations
- **Phobic avoidance**
- **Regression**: Retreating to a simpler stage of life before a certain anxiety
- **Undoing**: One superstition is avoided by another e.g. bad luck seeing ambulance so hold collar until seeing a dog
- **Displacement**: Fear of expressing feelings directly so they're deflected elsewhere

Evaluation of Freud

- Case studies that weren't fully published, addressed complexity of human behaviour, defence mechanisms good
- Overly stressed sexual drives and isn't very specific
- Not very empirically testable, subliminal messaging and ego components do exist
- Highly comprehensive, but not Validly so
- Parsimonious but not in regards to explanation of emotional basis
- Very heuristic and extreme applied value in the past
- Pessimistic, ignored social

Quiz Weeks 5-9 Notes

Ellis

- Businessman then sex researcher, mostly self-funded, treatment present focused
- Ideas, expectations, hypothesis in first 2 years, 2-5 predict environment & develop beliefs of how to treat others, rational 6+ though adults are also irrational
- Irrational Ideas: First can't stand pain (low frustration tolerance) then doing poorly (self-downing), avoidance of partial negatives > low tolerance > delayed gratification
- Parents pass on irrationalities such as raising kids to expect fair world, use language too literal that creates irrationals
- Always free will, don't always want it or realise it, ultimately individual always in control of their world (responsibility) thus can't demand of others
- Human Nature: Rational, 80% genetic, opt for short-term happiness but both need to be balanced – stay alive, be happy at core
- Always put the self first, but this isn't selfish, everyone is valuable and fundamentally good – lifetime capacity for change
- Psychological disturbances come from irrational, insight only the first step to change
- Interpretation comes from four interrelated processes: Perceive, Emote, Think, Sense

Treatment

- REBT assumes all processes have overlap and are a certain kind of thought
- Self-talk provides access to beliefs, emotions, interpretation
- Ego Disturbance: Emotional tension from threat to 'self' i.e. failure, look to others
- Discomfort Disturbance: Results from demands about others, can be low-frustration tolerance (the world owes me) or low-discomfort tolerance (I should always be comfortable), both cause catastrophizing
- ABC: Activating event, Beliefs/thoughts, Consequences/feelings/actions. B is what can be changed, people think others A/B cause their C, not their B > their C
- Disputation: Evidence for beliefs, exploring thoughts about B's
- Education: Homework is core to change as it must happen in the real world
- Irrational Beliefs: I must, you must, conditions must
- Self-evaluation is unhealthy, just focus on kindness to self and no blame
- Therapists: High moral standards, check client's morals, no judgement, fallible

Evaluation

- Clear descriptions, focused on the present
- Models that provide insight into perception, organization, behavior
- Most heavily tested theory in contemporary psychology
- Easily tested, comprehensive theory
- Simplistic conceptually, but complex practically
- Widely used across clinical, education, personal growth

Rogers

- Nothing predetermined, humanist, capacity for change, no objective reality, adulthood more important than childhood, dislikes punishment or being told
- Subjective perception of reality can be stable (frame of reference, beliefs) or unstable (mood, experience)
- Individuals are the experts on themselves, therapist guides
- Actualization is the only positive motivator, drive for satisfaction (biological) and drive for potential/worthwhile qualities (psychological)
- Only real self is genetic and true potential, everything else is self-concept
- Incongruence between real self and self-concept = conditions of worth – extreme enough causes psychopathology
- High functioning parents have few conditions of worth causing children to have self-concepts based on organismic value rather than conditions of worth
- Supportive school environments lead to actualization guiding development
- Everyone can self-actualize over their lifetime, distorted but follow intuition
- Emphasises therapeutic relationship, problems will reveal themselves and then recognize, accept, identify, support = congruence

Terminology

- Actualizing Tendency: Innate system that will unfold a fully-functioning person if constantly placed in optimal environment
- Unconditional Positive Regard: Necessary for optimal, not love, accept and value for who someone is, unselfish
- Conditions of Worth: Develop because we are loved when we do what others want, distorts direction of actualizing, our value predicated by others value of us
- Conditions acquired early and resistant to change, restricts experiences sought out i.e. 'pretty one' doesn't go to university
- Organismic Valuing: Innate processes for defining what's right and wrong, thought babies would point towards healthy options intuitively (wrong)
- Fully Functioning Person: Open to experiences, high self-acceptance, few conditions of worth thus high self-esteem, guided by organismic valuing
- Conditions of Counselling: Psychological contact, client incongruence, counsellor congruent + unconditional positive regard + empathetic understanding towards client, client can see this

Evaluation

- Overly optimistic, doesn't describe all of behavior well, conditions of worth are good
- Attempted to explain all behavior based off abnormal, doesn't acknowledge enough
- Heavily reliant on self-report
- Wanted to be testable, but concepts are hard to objectify
- Originally not comprehensive, then tried to be but was speculative
- Not parsimonious because too simplistic
- Lots of controversy and debate
- Widely applied
- The theory is arguably too far removed from requirements of society