

PSY234

Topic list

Week 1- introduction

Week 2- psychodynamic approached since freud + neuropsychanalysis

Week 3 – trait approach and dynamic approach

Week 4 – evolutionary theory and positive psychology

Week 5 – personal construct theory + integration and future research

Week 6 – personality assessment

Week 7- break

Week 8 – social psychology

Week 9 – person perception + erros/bias

Week 10 – attributions + social self

Week 11 – emotion + disgust

Week 12 – group influence

Week 13 – leadership + power.

Lecture 1

Personality → individual differences in behaviour. Consistency across different situations

Social psychology → reactions to situational influences. It is the scientific investigation of how the thoughts, feelings and behaviours of individuals are influenced by the actual, imagined, or implied presence of others.

- Social and personality each draw on same theories.
- Research incorporates both situational manipulations together with individual difference measures.
- They each concern the science of how we think, feel and relate to one another
- Sad people are less accurate than happy people
- People tend to underestimate the extent to which other people share their opinions and attitudes
- Sad people are less likely to offer help
- People are less likely to be aggressive if they are first given the opportunity to lash out

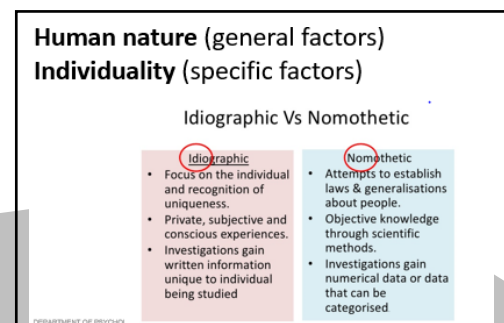
Personality

- Personality is particular pattern of behaviour and thinking that prevails across time and situations that differentiates one person from another.
- May be defined as the underlying causes within the person of individual behaviour and experience.

Personality theories

- Theories aim to understand the whole person rather than simply the parts.

Opposites attract	Birds of a feather flock together
Absence makes the heart grow fonder	Out of sight, out of mind
Too many cooks spoil the broth	Two heads are better than one
The pen is mightier than the sword	Actions speak louder than words
You can't teach an old dog new tricks	You're never too old to learn



- Attempted synthesis of other areas of psychology

Psychopathology → personality research emerged out of 'abnormal psychology'. Implications for therapy. It helps us understand normal and mentally healthy functioning. Helps us understand what is necessary for mental health.

Nurture → how the environment nurtures us. E.g. social factors, cultural factors

Determinism → Everything (including our behaviour and thoughts) is caused by antecedent (prior) conditions.

Freewill → the choices that we make are not bound by causal conditions

- Humans are prone to error
- There are two kinds of criticism : logical and empirical
- Logical → testing logical coherence of theories. (theoretical/conceptual analysis, identifying contradictions, hidden assumptions, vagueness, ambiguity)
- Empiricism → observational is essential to science. Determining whether observations support a theory or not. It includes qualitative and quantitative data
- Methods of assessment : early research, indepth study of one person, rare cases, generalisability, clinical/counselling application, self report questionnaires, projective tests (inkblots, thematic apperception test), (using ambiguous stimuli. Individual interpretations reveal aspects of their personality) physiological measures (brain research, pet fmri)
There is now recent advances such as internet research, social media and online contexts

Lecture 2 -psychodynamic approaches since Freud

Sigmund Freud

- Personality → id, ego, superego
- Unconscious and conscious mind
- Defense mechanisms
- Psychosexuality

Current psychodynamic approaches

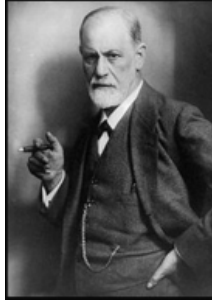
- PLURALISM → Anywhere between 12-20 psychoanalytic schools
- Each school emphasises and or rejects various elements in Freud's theory
- Unified methodology → generally qualitative / clinical approaches

Post Freudian developments

- **Ego psychology** → emphasis on ego rather than id
- **Objective relations approaches** → emphasis on relationships rather than drives
- **Attachment theory** → mentalisation and theory of mind
- **Neuropsychanalysis** → affective neuroscience

Ego psychology

- Accepts id theory by ego has a central role
- Emphasis on person (social) environment relation in the here and now
- Emphasis on ego's function and strengths and weaknesses
- ANNA FREUD → ego and mechanisms of defence
- ERIK ERIKSON → psychosocial stage theory
- HEINZ HARTMANN → ego functions and adaptation



The ego's relation to the id might be compared with that of a rider to his horse. The horse supplies the locomotive energy, while the rider has the privilege of deciding on the goal and of guiding the powerful animal's movement. But only too often there arises between the ego and the id the not precisely ideal situation of the rider being obliged to guide the horse along the path by which it itself wants to go.

(Sigmund Freud)



Hartmann's ego psychology

- 'rider' → drive -autonomous ego functions
- Greater emphasis on conscious (cognitive processes) over unconscious processes
- Greater focus on normal rather than pathological development (growth)
- Defence mechanisms and coping
- Ego strengths and adaptive functioning
- Freud → ego not present at birth
- Hartman → in-born 'ego functions'
- Reality testing, impulse control, judgement, defence and coping strategies, synthetic function and self-representation (identity), cognitive and perceptual processes (memory)
- Egos function → ADAPTING PERSONAL INTERNAL NEEDS TO THE ENVIRONMENT
- THERAPY → strengthening the ego
- HEALTHY EGO → 'conflict free sphere' of the ego
- Acting without conflict/better adjustments
- NOT ENOUGH ATTENTION PAID TO SOCIALISATION