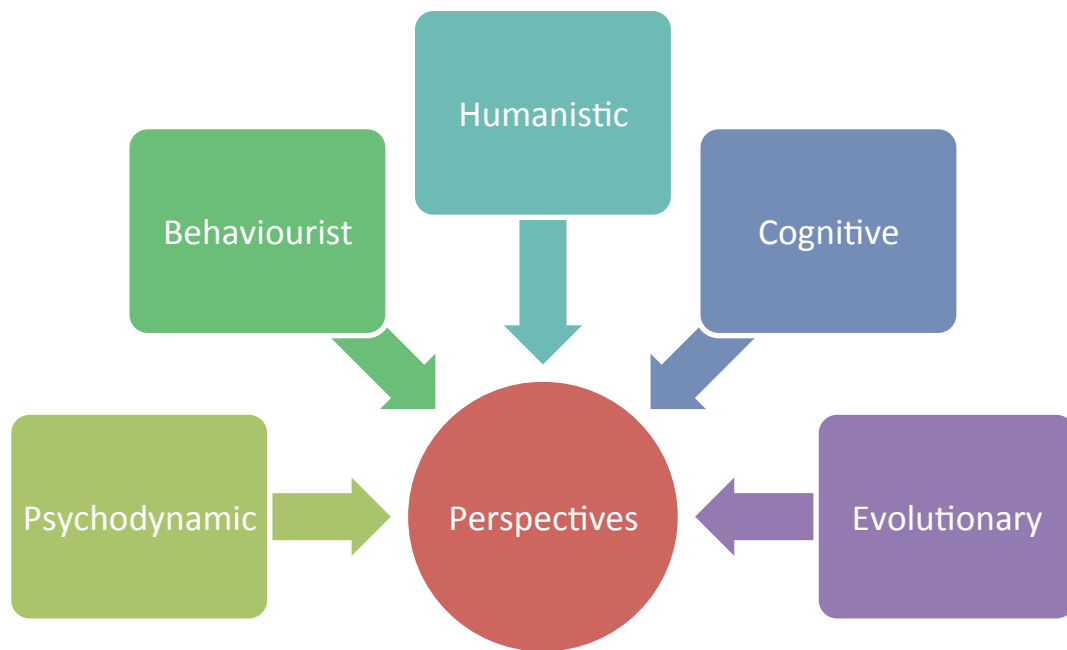


PSYCHOLOGICAL PERSPECTIVES:



Psychodynamic perspective:

Key people: Freud (1856-1939)

Characteristics:

- Physical symptoms can be caused by psychological thoughts
- Actions are determined by thoughts
- Much mental activity occurs outside the awareness
- Mental processes may conflict with each other

Behaviourist perspective:

Key people:

- John Watson (1878-1958)
- BF Skinner
- Pavlov

Characteristics:

- Rejects dualism
- Follows tabula rasa
- Goal of making psychology empirical science
- Punishment and reward

Unless you can physically see a behaviour, there is no point in discussing it

Humanistic perspective:

Key people: Carl Rogers (1902-1987)

Characteristics:

- Emphasis on actualisation of self (Maslow)
- Goal is reaching one's potential
- Assumes the uniqueness of the individual
- Often described as "person-centred"

Cognitive perspective:

Characteristics:

- Regards unseen processes as important
- Interested in how humans receive/process information
- In response to modern computers
- Related to Rationalist questions on how we know
- Experimental methods are used in a way to infer mental processes

Evolutionary perspective:

Characteristics:

- Everything we do has a purpose as it helps us to survive
- Same vein as Functionalists → assert that traits exist to enable survival
- The study of human social/mental processes must take into account origins of behaviour