

## 20<sup>th</sup> Century Psychological Theories

---


## Psychoanalytical Theory

---

- Based on all behavior is meaningful and is influenced by unconscious impulses and conflicts.

---

### Sigmund Freud



- Father of psychoanalysis and psychotherapy
- Introduced concept of the id, ego, and superego
- Developed theory of the unconscious mind and its influence on behavior
- Believed that the relationship between the child and parent effects their psychosexual development

---

### ID = "It"

---

- Irrational & emotional part of the mind
- At birth a baby's mind is all ID (want, want, want)
- Primitive mind (basic needs & feelings)
- "Pleasure principle"
- "I want it & I want it all now."
- ID = Child

---

### EGO = "I"

---

- Rational part of mind
- Relates to the real world
- "Reality principle"
- Compromises & negotiates between ID & SUPEREGO
- EGO = Adult

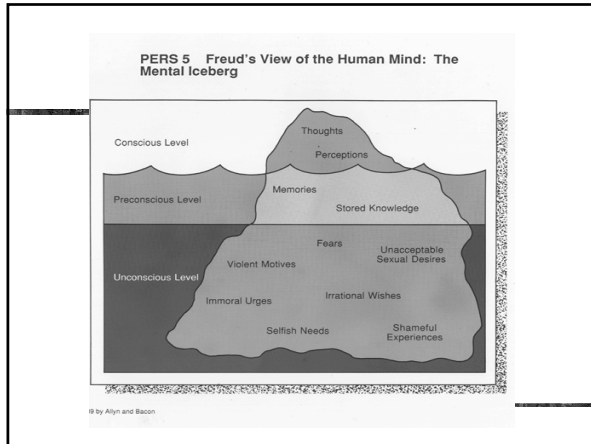
---

### SUPEREGO = "Over-I"


---

- Last part of the mind to develop
- Moral part of the mind
- Embodiment of parental & societal values

---



## Carl Gustav Jung




- Believed in the "collective unconscious"
  - that a healthy personality is a balance between the conscious and unconscious.
- Introduced concept of archetypes - Believed there are female tendencies in men and male tendencies in women.
- Ex. Anima (female) and Animus (male)
- Developed the notion of "individuation"
  - Who am I?

## Behavioral Theory


- Based on behavior is learned and can be reinforced or modified

## John B. Watson



- Goal of psychology – prediction and control of behavior
- Observable and measurable responses to specific stimuli were keys to behavior modification
- conditioned a baby named Albert to fear a small white rat by pairing the sight of the rat with a loud noise – "Little Albert" experiment

## B. F. Skinner



- Introduced principles of reinforcement
- Virtually all behavior learned from environmental experiences
- Worked on "operant conditioning" which lead to what we now call behavior modification
- This is the theory that it is possible to change any behavior by using appropriate stimuli and reinforcers – built on Pavlov's theory

## Humanistic – Existential Perspectives

During the 1950's and 1960's

## Carl Rogers

---

- Person – centered or humanistic psychologist
- Believed that all people need to be “prized and loved” – 60’s period “All you need is love”. - Beatles song
- Nursing practice is based very strongly on Rogers’ theory.
- Put into practice reflective listening. The therapist mirrors back to show client he is listening.

---

## ■ *The Beatles*

- *All you need is love*
- *Lyrics*




---

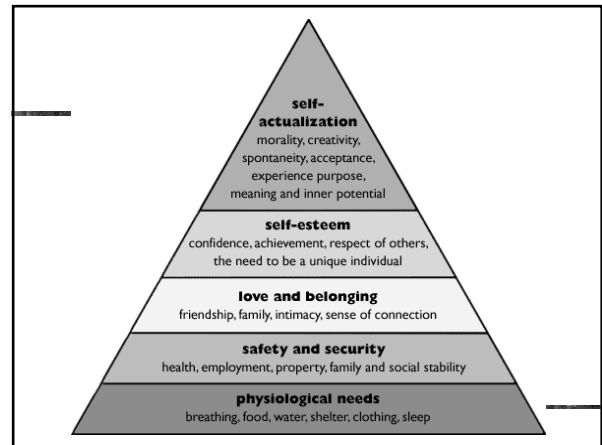
## Abraham Maslow

---

### ■ Hierarchy of Human Needs

- It states that basic human needs must be met before higher level of needs can be realized.

---



## Sample Exercise

---

### ■ Maslow's Hierarchy Activity

- He believed individuals are controlled by their values and the choices they make
- He felt strongly that the best way to learn about psychology was to study well-adjusted, not disturbed, people
- He moved away from the view that people are controlled by the subconscious (psychoanalysis) or by the environment (behaviorism)

---

## Frederick (Fritz) Perls

---

- Developed Gestalt therapy – integration of all organisms can offer completion to humans
- **Gestalt therapy** is the extension of awareness, when all current senses and behaviors merge influencing the interconnection of the individual and his surroundings.
- Emphasis is on the “here and now” and person’s awareness of self, others, and their environment.
- Uses “empty chair” technique for therapy
- All people are social and they are not able to reach fully their potential without building a relationship with others

---

## Cognitive theory

- Developed by Albert Ellis.
- Faulty information processing – thinking that locks person into dark, inflexible way of thinking and behaving
- Rational emotive theory –people have feelings. Feelings stimulate behavior. To change the behavior you have to change the feeling.
- Ex. When I get sad I eat. Next time I get sad do something else to make you feel good. - Dr. Phil – reverse can also be true.

## Strategic Theory

- Reality for each person is created through communication with others
- The structure of language creates reality for individual
  - Choice, use, and organization of words influence one's perceptions of one's experiences
- Jay Haley – believed in the use of the paradox. This is called "Opposite psychology."
- Ex. Dominant teenage son trying to control the family. Next let the kid sit at the front of the table.

## Neuropsychology

- Wave of the future
- Individuals are chemically predisposed to behave in particular ways due to genetic makeup
- Neuroimaging techniques and brain mapping demonstrate how chemistry and hormones dictate behavior.
- Twin studies: separated at birth, but still have same likes/dislikes, etc.

## Psychopharmacology

- Drugs help maintain a more "normal" neurochemistry:
  - Antipsychotics
  - Antidepressants
  - Antianxiety agents
  - Sedatives-hypnotics
  - Antiparkinsonian agents
  - Anticonvulsants
  - Antimanic drugs