

## History and Approaches

### Introspection

- Wilhelm Wundt set up first psychological laboratory in 1879
- Subjects asked to record accurately their cognitive reactions to simple stimuli
- Structuralism = the mind operates by combining subjective emotions and objective sensations

### Gestalt Psychology

- Whole experiences are more than just the sum of the parts of the experience
- Examine not just a client's difficulty but the context in which the difficulty occurs

### Psychoanalysis

- Unconscious mind heavily influenced cognition and behavior
- Repression pushes one's own desires and impulses into the unconscious
- Require dream analysis, word association, and psychoanalytic theories to uncover and understand the unconscious mind, and in turn the problems within the unconscious mind

### Biopsychology

- Human thought and behavior all governed by biological processes
- Cognition and reaction caused by effects of genes, hormones, and neurotransmitters

### Evolutionary

- Traits are passed down as a survival advantage
- Natural selection occurs, leaving only advantageous traits

### Cognitive

- Human thought and behavior explained in terms of how we interpret, process, and remember situational events

### Behaviorism

- John Watson believed only observable components were worth study
- Pavlov experimented with classical conditioning
- Stimuli and responses are studied and assessed
- B.F. Skinner expanded behaviorism to ideas such as reinforcement

## Humanism

- Abraham Maslow and Carl Rogers stressed individual choice, free will, and personal potential
- Contrasts deterministic behaviorists who theorized that all behaviors are caused by past conditioning)
- Behaviors and choices are guided by physiological, emotional, and spiritual needs

## Sociocultural Perspective

- Culture influences cognition and behavior via upbringing and cultural values

## Biopsychosocial

- Human thinking and behavior results from combinations of biological, psychological, and social factors