Psychology is 135 years old-- wonder how mind works for thousands of years

Willhelm Wundt- structuralism- consciousness can be broken down to thoughts, experiences, emotions and other elements- Objective introspection- process of objectively examining and measuring one's thoughts and mental activities-- 1st attempt to bring objectivity and measurement to psychology-- 1st experimental laboratory. why he is father of psychology

Titchener came up with the structuralism term agreed with Wundt but thought objective introspection could be sued on thoughts as well as on physical sensations. His student Margaret F. Washburn- 1st female PhD in psychology

William James- functionalism-- 1st professor or psychology- Harvard. Wrote 1st textbook- Principles of Psychology. importance of consciousness to life. Mind allows people to function in world. Influenced by Darwin's natural selection- behavior traits can adapt. Mary Whiton Calkins (his student) denied PhD Harvard. elements of functionalism in education psychology and industrial organization psych

Gestalt- "whole is greater than the sum of its parts" perception can only be understood as a whole. we seek patters. Gestalt part of cognitive psychology

psychoanalysis/psychodynamic- Sigmund Freud (neurologist) unconscious mind we repress urges, stress and childhood experiences. Followers Alfred Adler, Carl Jung and Anna Freud

Behaviorism- Pavlov and Watson. Reflex caused to occur in response to unrelated stimulus. Pavlov's dogs salivated with meat power- and metronome. Then metronome alone- called conditioning. Watson ignore consciousness and focus on Observable behavior- all behavior is learned- phobias- Freud have to cured by figuring out repressed feelings. Watson said phobias based on conditions (learned) counter conditioning- untraining something

8 modern perspectives:

psychodynamic- still focus on unconscious mind and influence of conscious behavior and childhood experiences. Less emphasis on sex. ore emphasis on self, social and interpersonal relationships

behavioral- B. F. Skinner development operant conditioning to explain how voluntary behavior is learned- behavior that is followed by pleasurable consequences is reinforced

humanistic- reaction to the first two. focus on people's ability to control own lives- free will-- strive for self actualization- achieving one's full potential- Abraham Maslow and Carl Rogers

Cognitive focus on how people think, remember, store and use information (uses gestalt) focus on memory, intelligence, perceptions, thought processes, problem solving, language, and learning

Cognitive neuroscience- study physical working of brain and nervous system. when thinking. use MRI and PET

Sociocultural- study of groups, rules of social situations, study of cultural norms, values and expectations. about effect people have on one another. Reminds people that the way they behave influenced by whether they are alone, with friends, social norms, fads, etc bystander effect people less likely to help in a group- because of diffusion of responsibility - feeling someone else should help

biological- study of the biological bases of behavior and mental processes. many other names biopsychology etc. hormones, heredity, brain chemicals, tumors are some biological cases of behavior. Things studied- sleep, emotions, aggression, sexual behavior and disorders

biopsychosocial- look at biology, psychology and social interactions as reasons for behavior

evolutionary- focuses on biological bases for universal mental characteristics that all humans share. Explain things like why fear of snakes is so common. Based on Darwin's natural selection. Humans can solve problems of early hunters and gatherers.

\*No one perspective has all of the answers

psychologist- no medical training doctorate degree. intense academic training

psychiatrist- medical training specializing in the diagnostic and treatment of psychological disorders (MD or DO)

Psychiatric social workers- trained in area of social work and usually has a masters focusing on environmental conditions that can impact mental disorders such as poverty and stress

Psychologists do counseling, research, teaching, designing equipment and workplaces, and developing education material

Basic research- research to gain knowledge. Applied research- to solve a problem

mental illness not treated morally (kindly) until 1793

clinical psychology- most similar to psychiatry, largest number of these. diagnose and treat psychological disorders

counseling psychology- 2nd most. diagnose and treat less sever issues like family problems

developmental psychology- study changes in way people think

experimental psychology- study many areas like memory and thinking- they just do research

social psychology- study how behavior is effected by presences of others

personality psychology- focus on differences in personality. and influence of heredity

physiological- study of biological bases of behavior

neuropsychology- relationship between brain system and behavior

comparative- focuses solely on animals and animal behavior

industrial/organizational- focuses on relationship between people and work environment.