

EXAM NEXT THURSDAY

10-08 and 10-10 notes

Humanistic Psychology

- Gentle, world not a terrible place
- Premise: to understand a person, you must understand his or her unique view of reality
- Studying the mind is fundamentally different → interactionist pattern, when you study people, they study you back
 - Self-awareness
- Goal: seek to understand awareness, free will, happiness, and the many related aspects of the mind that are uniquely human and that give meaning to life
- RECIPROCAL DETERMINISM- view of rock and how you feel about rocks in general, rocks literally and figurative impact on you, and the way you go about studying the rock, Bandura
 - o Accepting true—people of conscious thoughts, free will, environment interaction
- Psychoanalytic (no free will) vs behaviorist (no free will, it's the situation) vs humanist (free will, made choice to perceive as hostile)?

Phenomenology: Awareness is Everything

- Definition: one's conscious experience of the world; everything a person hears, feels, and thinks
- At the center of humanity
- Psychologically more important than the world itself
 - o Reality exists, but it has to be perceived to matter. If a tree falls in the forest, who cares if it makes a sound?

Phenomenology: Awareness is Everything

- Awareness= The basis of free will
- Construal: a person's particular experience/interpretation of the world
 - o Forms the basis of how you live your life
 - o Free will is achieved by choosing your construal
 - o Everyone's construals different

Optimistic Humanism: Rogers and Maslow

- Began with existential assumptions
 - o Phenomenology is central
 - o People have free will
 - o Diff between phenomenology and existentialism
 - Phenomenology- sum of conscious experience moment to moment (see, think, hear, interpret, perceive)
 - Part of existentialism
 - Existentialism- What does it mean that you can even do that? What is the meaning of human existence? More meta

Optimistic Humanism: Rogers and Maslow

- Began with phenomenology, then added another crucial idea
 - o People are basically good: they seek to relate closely with one another and they have an innate need to improve themselves and the world
 - There is no proof for this assumption

Optimistic Humanism: Self-Actualization

- People have one basic tendency and striving—to actualize, maintain, and enhance *their own* experience – western idea
- Phenomenal field: the entire panorama of conscious experience
 - How a person can be understood
- Actualization: (broadly) need to maintain and enhance life
 - Goal of existence is to satisfy this need
 - Humanism trying to answer existential questions (satisfy need)

Optimistic Humanism: The Hierarchy of Needs (Maslow)

- Basic assumption: the ultimate need or motive is to self-actualize
 - Only active when the more basic needs have been met
- Hierarchy of needs: how human motivation is characterized
- Explains why people choose behaviors
- Deficit- if not getting these needs met, in deficit (don't need to self-actualize) → hierarchy of relative competency

The Sixth Level

- Maslow later added an additional level: **Self-transcendence**
 - Arose from doubt about whether self-actualization should really be the cap. Encompasses:
 - working for causes greater than one's own
 - Service to others
 - Devotion to a philosophical or artistic ideal
 - Devotion to a cause (science, environment, social justice, religion)
 - seeking peak experiences (experiences that transport you outside self, cause to grow and become something greater than you are)
 - eastern (often left off our hierarchy)

Optimistic Humanism: The Hierarchy of Needs

- Practical applications
 - Career choice
 - What need does it need to meet
 - Employee motivation
 - Understand happiness in different cultures (equate happiness w concepts)
- CONSTRUAL, PHENOMINALISM, EXISTENTIALISM

Optimistic Humanism: The Fully Functioning Person

- Definition: someone who perceives the world accurately and without neurotic distortion and takes responsibility for his or her choices
- Face the world without fear, self-doubt, or neurotic defenses
- Life is rich in emotion and self-discovery
- Importance of unconditional positive regard
- Conditions of worth
 - Limit your freedom to act and think (“not good unless...”)
 - Hungry to have people see and value us

Optimistic Humanism: Psychotherapy

- Goal: help the client become a fully functioning person

- The therapist develops a genuine and caring relationship with the client and provides unconditional positive regard

Optimistic Humanism: Psychotherapy

- Goals of the therapist
 - o Help the client perceive his or her own thoughts and feelings without the therapist seeking to change them in any way
 - o To make the client feel appreciated no matter what he or she thinks, says, or does.
- Time-consuming
 - o Gloria tapes contrasts therapy methods (his job is to understand her perception and allow her to find her own interpretation of the world)
 - Albert Ellis vs Carl Rogers (humanistic, believed people needed to find answers), trying to draw to same idea
 - You're being fake, stop.. need to be authentic

Optimistic Humanism: Psychotherapy

- Efficacy research
 - o Real and ideal self-perceptions became more closely aligned after therapy
- Criticism of research
 - o Both real and ideal selves change with therapy (environment and behavior in therapy)
 - o Having closely aligned real and ideal selves is not always a good measure of psychological adjustment

Personal Constructs: George Kelly

BRIEF BIOGRAPHY

- Born in 1905 in Kansas.
- No siblings—parents very devoted to him. Much of schooling over the years was at home.
- Thought Freud's book was incredulous nonsense
- Very religious parents—opposed things like dancing and playing cards
- Went away to high school at age 13
- Not much interest in Psychology
- Bachelor's (math and science), Master's (sociology), then became interested in Psychology

Personal Constructs: Kelly

DEVELOPMENT OF PERSONAL CONSTRUCT THEORY

- origins in work Kelly did with rural farming families in Kansas during the Great Depression
- used standard clinical methods--including Freudian--at first
- wondered why the patients seemed to get better no matter what goofy interpretations he gave them
- seemed to get better no matter what goofy interpretations he gave them
- Decided: patients just need a way to explain things, needed framework to put on the chaos which is their lives, good if explanations came from authority and from same culture
- Rogers—getting better bc receiving unconditional positive regard

Personal Construct Theory