

Prologue (1/15)

From speculation to science: The Birth of Modern Psychology

- Aristotle theorized about personality, memory, motivation, etc.
- Wilhelm Wundt and psychology's first graduate students studied the "atoms" of the mind" by conducting experiments at Leipzig, Germany (1879). This work is considered the birth of psychology as we know it today.
 - 2 key elements that helped make psych a science
 - carefully measured observations
 - experiments

Edward Titchener's Structuralism

- Structuralism: use introspection (looking inward) to explore the structural elements of the mind
 - Somewhat unreliable

Psychology Pioneers

- William James (1842-1910) developed functionalism
- What are the function of human thoughts, feelings, and behaviors? How did they contribute to our ancestor's survival?

Trends in Psychology: Freudian/Psychodynamic Psychology

- Sigmund Freud: physician, founder of psychoanalysis (late 1800s): his school of study and treatment focused on the role of unconscious drives, wishes, and needs, and emphasized the importance of childhood experiences

Trends in Psychological Science: Behaviorism

- John B. Watson: by pairing a bunny with a loud noise, Watson taught a baby ("Little Albert") to fear rabbits-called classical conditioning
- B.F. Skinner: used operant conditioning to teach pigeons to do amazing thing to get rewards, he later wrote about how human communities could be shaped by this method

Trends in Psychology: Humanism

- Abraham Maslow & Carl Rogers
- 1960s: studied people who were thriving, developed theories and treatments to help people to feel accepted and to reach their full potential

Shifting definitions of "psychology"

- "The science of mental life" (1900)
- Study of behaviors (1920s)
- Study of internal mental processes, helped by neuroscience (1960s)
- Today: "the science of behavior and mental processes"

The Big Issue in Psych: Nature-Nurture Question

- To what extent are our traits already set in place at birth (our "nature")?
- And to what extent do our traits develop in response to our environment/experience (our "nurture")?
- Nature vs. Nurture
 - Plato-ideas such as "the good" and "beauty" are inborn
 - Descartes-some ideas are innate

- Aristotle-all knowledge comes through the senses
- Locke-the mind is a blank slate “written on” by experience
- Darwin-some traits, behavior, and instincts are part of the nature of the species
- We share a common origin that gives us an inborn human nature in common AND we have differences that are shaped by our environment

Biology plus Environment... are part of the psychology's three biopsychosocial levels of analysis

- The deep level, biology: genes, brain, neurotransmitters, survival, reflexes, sensation
- The outer level, environment: social influences, culture, education, relationships
- In the middle, psychology: thoughts, emotions, moods, choices, behaviors, traits, motivations, knowledge, perceptions

Types of Research (basic vs. applied)

Professions

- A clinical psychologist (Ph.D.) studies, assesses, and treats troubled people with psychotherapy
- Psychiatrists are medical professionals (M.D.) who use treatments like drugs and psychotherapy to treat psychologically diseased patients