

Psychology - The scientific study of behavior and mental processes.

- Psychology is cognitive thinking

The biological approach to psychology involves brain function

- Brain function requires neurotransmitters and hormones
- Emotion = Affect

Etiology - The cause of psychological disorders

Biology + Psychology + Social(Environment) = Biopsychosocial

History of Psychology

Charles Darwin (1800s)

- Evolutionary Perspective
- Humans evolved from earlier primates
- Natural Selection
- Biological Preparedness (Biologically prepared to fear things that threaten our survival)
- *Survival of the fittest*
- Genetic Adaptions

Wilhelm Wundt (1800s - 1900s)

- Founder of Psychology

Sigmund Freud (1800s - 1900s)

- Theory of Psychoanalysis
- Psychodynamic Approach (Systematic study of psychological forces)
- Emphasized the role of unconscious conflicts determining behavior and personality

Three Stages of Consciousness

Conscious → Preconscious → Unconscious

Personality is split in three parts - **ID, Ego and the Superego**



ID - Little Devil

- Born with It
- Pleasure Principle
- Unconscious
- Sexual and Aggressive instincts (Primal)
- Immediate Gratification

Super Ego - Little Angel

- Unconscious
- Society Values and Morals
- Right / Wrong
- Should / Shouldn't
- Guilt

Ego - Self

- Preconscious
- Compromises demands between ID and Super Ego.
- When Ego can't compromise it employs a defense mechanism that can either be healthy or unhealthy

John B. Watson (1800s-1900s)

- **Behaviorism** - The study of observable behaviors especially as they pertain to the process of learning.
 - Behavior and Consequences
 - Rewards and Punishments
 - Laws of Learning

B.F. Skinner (1900s)

- **Behavior Shaping** - The process of reinforcing successful gradual steps until the subject performs the target behavior.
- **Operant Conditioning Terms**
 - Operant = Target behavior
 - Conditioning = Learning
 - Positive = Applying or Giving
 - Negative = Removing or Taking away
 - Reinforcement = Increases the Operant
 - Punishment = Decreases the Operant

3 Types of Consequences

1. **Positive Reinforcement** - Giving or applying the desired to increase the Operant.
 - **2 Types of Reinforcers**
 - Primary = Food, Drink or Sex
 - Secondary = Money, Compliments, Etc..

2. **Negative Reinforcement** - Removing or Taking away the undesired to increase the Operant.
 - **2 Types of Reinforcers**
 - Escape Conditioning = Ending the behavior **after** it has started.
 - Avoidance Conditioning = Avoiding the behavior **before** it starts.

3. **Punishment** - Decreases the Operant.
 - **2 Types of Punishment**
 - Positive Punishment- Giving or applying the **undesired** to decrease the Operant.
 - Negative Punishment = Removing or Taking away the **desired** to decrease the Operant.

Ivan Pavlov (1800s - 1900s) - Classical Conditioning

Terms:

- Conditioning - Learning
- Conditioned (**C**) Learned
- Unconditioned (**UC**) - Unlearned
- Stimulus (**S**) - Trigger or initiating behavior
- Response (**R**) - Reaction to the stimulus
- Neutral (**N**) - Stimulus that does not automatically produce the response on interest

CLASSICAL CONDITIONING GRID

Reflex	<i>Unconditioned Stimulus (UCS) - Unconditioned Response (UCR)</i>
Process of Learning	<i>Neutral (N) - Unconditioned Stimulus (UCS) - Unconditioned (UCR)</i>
Learned	<i>Conditioned Stimulus (CS) - Conditioned Response (CR)</i>

- **Specific Phobia** - An irrational fear of a specific object or situation that interferes with the person's functioning.
- **Stimulus Discrimination** - When a person learns to respond only to the original stimulus, and not to other similar stimuli.
- **Stimulus Generalization** - When is a person responds not only to the original stimulus, but also to other similar stimuli.
- **Second Order Conditioning** - Chain reaction of fear association

Example:

Whenever a person comes home from work, the first thing they do is feed their dog. As a result, their dog gets excited as soon as he hears their car pulling up at the driveway, barking and running to the door. Eventually, he begins to get excited as soon as any family member arrives in their car, thinking that he will get fed as well. Every time he hears any car pull up at the driveway, he starts barking and running to the door. That is Stimulus Generalization. But if none