

Psychological Perspectives (Schools of Thought)

perspective = a mental view



biological

BIOLOGICAL

assumes that behavior & mental processes are largely shaped by biological processes; all behavior & mental processes originate in the brain; all behavior & mental processes are simultaneously a physiological event occurring within the brain.



evolutionary

EVOLUTIONARY

the behavior of animals & humans today is a result of evolution through natural selection; views behavior as adaptive; behavior is encouraged or discouraged by environmental conditions; study the anatomical & biological mechanisms that make behavior possible



psychodynamic

PSYCHODYNAMIC

all behavior & mental processes reflect the constant & mostly unconscious psychological struggles that rage within each person; *psychic determinism*; early experiences, conflicts or traumatic events lie buried in our subconscious and work to shape our current behavior & mental processes; Sigmund Freud



behavioral

BEHAVIORAL

behavior & mental processes are primarily the result of learning which occurs as the result of rewards & punishments; John B. Watson, B.F. Skinner and Ivan Pavlov



cognitive

COGNITIVE

study how people take in, mentally represent and store information; how people perceive and process information & how cognitive processes are related to the integrated patterns of behavior we see



humanist

HUMANISTIC

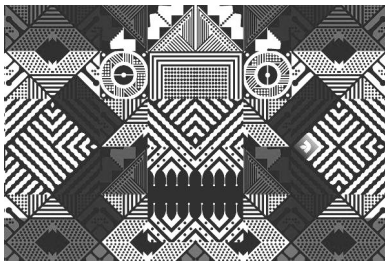
behavior is determined by each person's capacity to choose how to think & act; based on the belief that people are essentially good, in control of themselves & working toward fulfillment of their highest potential (*self-actualization*); Carl Rogers & Abraham Maslow



sociocultural

SOCIAL-CULTURAL

studies how behavior & mental processes vary across situations and cultures; how are we alike as members of one human family? How do we differ as products of different environmental contexts?



ECLECTIC

combines features of 2 or more approaches; no single approach can fully account for all aspects of psychological phenomena

- The Biopsychosocial Approach falls under this category. This approach examines how behavior is a result of biology, personality and society.