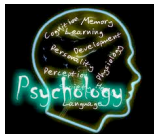


- **Mind** refers to an individual's sensations, perceptions, memories, thoughts, dreams, motives, emotional feelings and other subjective experiences.

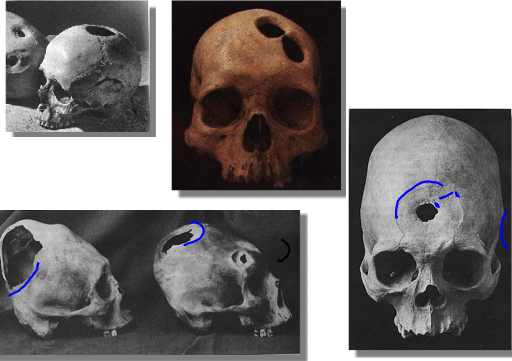
[illegible]

A [social worker](#) is someone who has a master's degree in Social Work and has passed a licensing test in order to be a Licensed Clinical Social Worker (L.C.S.W.)

The Origins of Psychology

(Here's a brief look at important developments in what would become psychology. For each of these ask yourself: "What did they get right? What did they get wrong?")

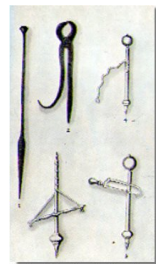
Trephining: The process of cutting a circular hole in the skull in order to release "evil spirits." The oldest fossil evidence we have for this goes back 400,000 years!!!

[illegible]

Trephining Tools



Aztec trephine



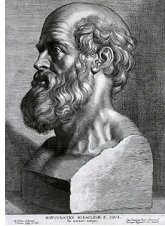
Ancient Greek metal trephines

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.

Hippocrates (460-370 b.c.e.): A Greek physician who created the Theory of the Four Humors.

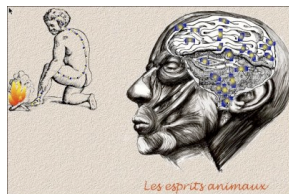
(Yellow bile, black bile, phlegm, blood)

*This was the first connection between physiological function and personality.

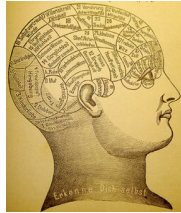
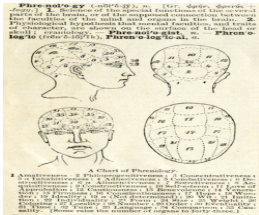
[illegible]

René Descartes (1596-1650
c.e.)

Descartes believed that nerves were hollow tubes through which animal spirits flowed.

[illegible]

Phrenology: Franz Josef Gall (1758-1828) believed that a trained observer could discern intelligence, moral character, etc. by feeling the bumps on a person's head.



Localization

↳ The theory that human brains are organized in the same way.

- This is partially correct.

* There are individual differences

Formal Origin of Psychology

- Wilhelm Wundt

- Created the first psychology laboratory in Leipzig, Germany in 1879.



Introspection: -The process or reporting the sensations that a subject feels when he/she is exposed to a stimulus.

Wundt believed that a highly trained participant could become aware of biological experiences caused by the stimulus and report them accurately.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Modern Approaches to Psychology



1.) Psychoanalytic Approach:

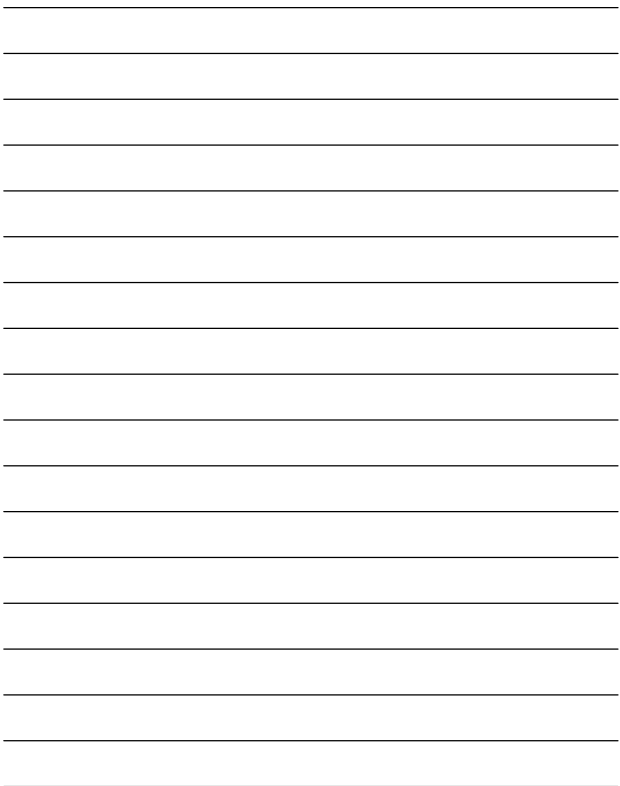
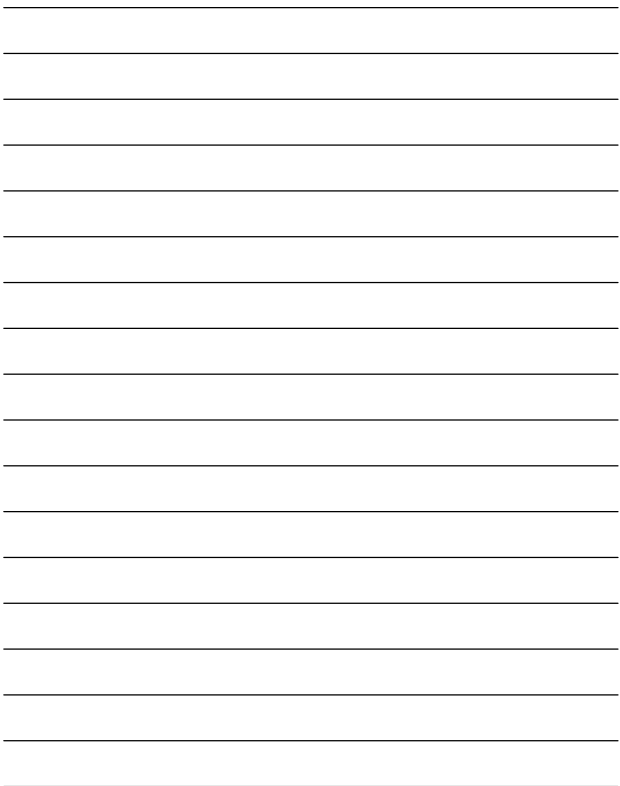
-Behavior is motivated by inner forces and conflicts in the subconscious over which the individual has little awareness or control.

Subconscious Mind: The memory of everything that has ever happened to a person is stored below your level of consciousness and those memories impact your current behavior and relationships.

Sigmund Freud: The most well-known name in the history of psychology. He was a pioneer in the field of psychology whose work continues to have great heuristic* value.

* Educational value.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Freud believed that a trained psychologist could "unlock" the subconscious mind with the following techniques.

1. Dream Analysis:
2. Free Association:

The process of asking a subject a word and then having the person respond with whatever comes to mind. He would then use these to make connections in thinking.

The term "Freudian Slip" was meant as an expression of your subconscious thought process.

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. No handwriting or other markings are present on the page.

Psychotherapy: an interactive process between the patient and a mental health professional. The goal is to explore thoughts, feelings, emotions, etc. of the patient in order to achieve higher levels of functioning by increasing the patient's overall well-being.

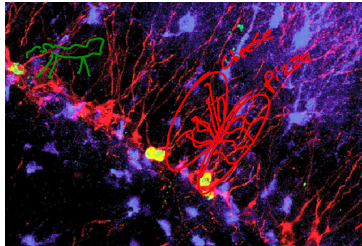
Many mental health professionals use this model. The key for psychologist's using the Psychoanalytic approach

[illegible]

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"The way this works is that you say the first thing that comes to your mind..."

[illegible][illegible]

2. Behavioral Approach to Psychology:
Observable behavior should be the focus
of psychology.

The advocates felt that the Psychoanalytic approach lacked scientific validity and preferred a method of study in which the data could be confirmed. An added benefit of this approach was that animals could also be studied.

[illegible]

John B. Watson (1913) declared psychology a failure



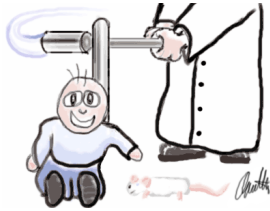
- Psychology "has failed signally . . . To establish itself as a natural science."
- Psychology should be "a purely objective experimental branch of natural science."


Watson blamed introspection for psychology's failure

- "Psychology must discard all reference to consciousness."
- Introspection describes only what is conscious.
- This description cannot be verified.
- Psychology should "no longer delude itself" that it can observe mental states.

[illegible]

Little Albert: Watson's most famous subject.



Watch little Albert being terrified by John B. Watson.
 www.youtube.com/watch?v=Xt0ucxOrPQE



B. F. Skinner

- Believed you could ^{gain} complete understanding of behavior by studying & modifying the environment in which people operate

"Give me any 10 infants...

and I will turn them into anything that you want me to as long as I have complete control over their environment and experiences."



B.F. Skinner



- Skinner Box - controlled exp. environment.

Effects of behaviorism in the U.S.

- The great majority of psychologists came to view introspection as an imperfect or irrelevant source of information.
 - But few wanted to proscribe introspection totally.
- Emphasis shifted to control of behavior rather than observation of mental processes -- e.g., B. F. Skinner.

- Modern behaviorist,
- Try to change behavior in order to change or improve a person's health.

3. Humanistic Approach (Abraham Maslow)

- Study the unique char. of humans.
- believed that people naturally have the ability to control their lives and behavior

Behaviorists believe

A leads to B $A \rightarrow B$

Humanists believe $A \rightarrow \text{choice} \rightarrow B$

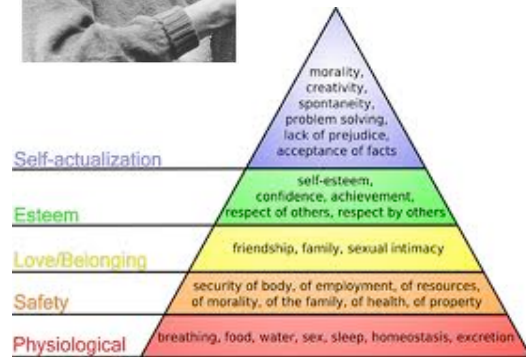
A followed by ☐ choice

then B. That's what distinguishes humans from animals.



Abraham Maslow

Hierarchy of Needs

[illegible][illegible]

4. Cognitive Perspective

↳ Thinking/mind

- Focuses on how people process, store + use info. and how this info. influences our problem solving + creativity.

→ Examine how a person's view of the world determines their experience of it.

5. Biological Approach

- Fastest growing approach in psychology because every thought, emotion, feeling, or action has a biological component. As our understanding of medical science improves, the connection between psychology and biology must continue to merge.

6. Socio-cultural Approach.

- Psychologists study the impact of society and culture on human behavior, thought and emotion, etc.

Ex: Tsunami, Berry vs. Belly

Methods of Research in Psychology

1. Begin w/ a specific question.
2. Decide which method of research fits best.
3. Determine a representative sample*.

* Sample must accurately represent the group you are studying in order for your results to be valid. Represents the group or pop. that you are studying.

[illegible]

Research Methods

1. **Naturalistic Observation:**
 - Observed the subject in its natural environment w/ as little disruption as possible.
 - + See subject in natural environment.
 - Limited to behaviors exhibited while you are observing.

Ex: Jane Goodall.

[illegible]

2. Case Study: an intense study of one person or specific group.

+ Tons of data!

- Can't apply this data to other people (or populations). Good way to develop a hypothesis.

Ex: Sigmund Freud did this extensively and your parents do it with you.

[illegible]

3. Survey

+Most practical way to gather information on large numbers of people.

- Limited rates of response. No ability to ask follow up questions.

[illegible]

4. Longitudinal Study: Conducted by following the same group of subjects over many years.

- + Highly reliable and valid data.

- Time and money.

[illegible]

5. Cross-Sectional Study: Organize subjects by age and then randomly sample these groups.

- + Time, \$. Cheap and quick way to collect data.

- Data contains different subjects so the data is not as valid or reliable.

[illegible]

6. Experiment

+ Allows the researcher to control the environment and decrease the possibility of external variables which would skew the results.

- Not always possible to control every variable, especially with humans.

Hypothesis - educated guess about the outcome

Variables

Independent Variable

- The variable being changed by the experimenter to study its effect.

Dependent Variable

- The variable being watched to examine the impact of the I.V.

Hypothesis:

Students who study longer will score higher on the test.

Ind. Var.

Study Time

Dep. Var.

Test Scores

- Experimental group
 - Subjects exposed to the I.V.
- Control group
 - Subjects not exposed to the I.V.

Placebo effect

The power of pos. thinking
can impact a study.

Hypothesis

- Patients receiving experimental surgery will improve knee strength.

Ind. Var.

Surgery

Dep. Variable

knee strength

Control Group

- No Surgery.
- Just Therapy.
- 15% Full recovery

Experimental Group

- Surgery
- Therapy
- 90% Full recovery

Placebo Group

- Cut Skin
- therapy
- 40% Full recovery

Self-Fulfilling Prophecy

- unknowingly acting in a way that skews your research.

Single-Blind
Subjects

Single-Blind
- subjects unaware of grouping

Double-Blind

- Subjects/experimentor unaware of grouping

[illegible]This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.