

PSYCHOLOGY

Introductory Class Activity

PSYCHOLOGY

- Psychology is the scientific study of the human mind and its functions.
- Looking at our inner feelings and behaviours.
- In psychology it can consist of many things such as one's emotions, what they are thinking. It is also used to help those who have issues controlling the balance of emotions in the brain.
- Our feelings do not always match our behaviours. If you make fun out me I may feel sad inside yet act tough on the outside.

HISTORY OF PSYCHOLOGY

- Wilhelm Wundt founded the first exclusive psychology laboratory in 1879, and he did labs that did experiments relating to psychology. This is when it started as a science, but the concept has been around a lot longer.
- Early techniques included, using chemistry and physics.

WAVES OF PSYCHOLOGY

Waves are different ways of thinking over time.

We have gone through about five waves.



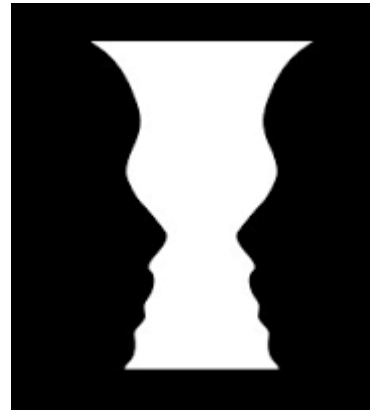
WAVE ONE: INTROSPECTION

- William Wundt the creator of introspection theory consist a person's emotions, free will, personal identity, and belief
- Introspection is when someone considers their own thought, feelings and motives.
- Introspections involves the observation of one's consciousness and awareness.
- Involves what a person is thinking about themselves and experiencing in that moment.
- These ideas do not have much impact on how psychologists

WAVE TWO: GESTALT PSYCHOLOGY

- It was the next way of thinking and was led by Max Wertheimer.
- He believed not in how we feel, but in how we experience the world and how it affects our lives.
- “Whole of the experience can be more than the sum of its parts.”

There are two
different ways to
see this picture.
What are they?



WAVE THREE: PSYCHOANALYSIS

- Sigmund Freud started this wave of thinking (early 1900s)
- Psychoanalysis is a system of psychological theory and therapy that aims to treat mental disorders by investigating the interaction of conscious and unconscious elements in the mind.
- Use techniques such as dream interpretation and free association.
- Believed that people could be cured by changing their conscious into unconscious thoughts and motivations, thus gaining “insight.”
- We protect ourselves from our real feelings by using defense mechanisms

WAVE FOUR: BEHAVIOURISM

- Early to mid 1900s
- People started to ignore how you feel inside
- The theory that human and animal behaviour can be explained in terms without appeal to thoughts/feelings
- Psychological disorders are best treated by altering behavioral patterns
- Personality, emotion, and learning are to be explained through observational behaviour
- Behaviours are learned through positive and negative reinforcements

WAVE FIVE: ECLECTIC

- We are currently in this wave which is about variety
- Derives ideas, style or taste from a broad and diverse range of sources
- Belonging to a class of ancient philosophers who did not belong to or found any recognized school of thought but selected such doctrines as they wish from various schools

WAVE FIVE: ECLECTIC.... THE SEVEN SCHOOLS OF PSYCHOLOGY

- Wave five is made up of about seven different perspectives
- In other words, psychologists today pick and choose from about seven schools of thought to help you with your problems

BIOPSYCHOLOGY (NEUROSCIENCE) PERSPECTIVE

- One of the seven schools of psychology that is part of the fifth (and current) wave of psychology
- Belief in the concept that all of your feelings and behaviours have an organic root
- Branch of psychology that analyzes the brain and neurotransmitters influence our behaviours, thoughts and feelings

EVOLUTIONARY PERSPECTIVE

- Focus on Darwinism
- We behave the way we do because we inherited those behaviours
- Those behaviours must have helped ensure our ancestors survival

PSYCHOANALYTIC PERSPECTIVE

- One of the seven schools of psychology that is part of the fifth (and current) wave of psychology
- Focuses on the unconscious mind
- We repress many of our true feelings and are not aware of them
- In order to get better, we must bring forward the true feelings we have in our unconscious

BEHAVIOURAL PERSPECTIVE

- Focus on observable behaviours while putting feelings to the side
- A person's environment determines someone's behaviour (we are conditioned to behave certain ways)
- To change behaviours, we have to recondition the client
- This method can be used on animals as well

HUMANIST PERSPECTIVE

- The humanistic perspective is an approach to psychology that shows empathy and stresses in human behavior.
- Focuses on spirituality and free will
- We have to strive to be the best we can be “self-actualization”
- Happiness is defined by the distance between our “self-concept” and “ideal-self)

COGNITIVE PERSPECTIVE

- One of the seven schools of psychology that is part of the fifth (and current) wave of psychology
- The cognitive perspective is concerned with understanding mental processes such as memory, perception, thinking, and problem solving, and how they may be related to behavior.
- A cognitive personality theory may explain individual differences in behavior with respect to differences in the way people think and process information.
- Cognitive therapists attempt to change the way you think

SOCIAL-CULTURAL PERSPECTIVE

- One of the seven schools of psychology that is part of the fifth (and current) wave of psychology
- Used to describe awareness of situations surrounding certain people and the way they act affected specifically by their surrounding social, and cultural factors
- Much of your behaviour and feelings are dictated by the culture you live in



PSYCHOLOGY'S BIG THREE DEBATES

Nature vs. Nurture

Stability vs. Change

Continuity vs. Discontinuity



PSYCHOLOGY'S THREE BIG DEBATES: NATURE VS. NURTURE

- Nature is seen as we are born one way and that is the primary reason for how and why we do things. You are born a criminal, you are destined for that path.
- Nurture is seen as how we grow up shaping us and is the reason for why we do things. Bad experiences and attitudes resulted in criminal behaviour.
- Both play a part, but how much each plays a part is the debate.

PSYCHOLOGY'S THREE BIG DEBATES: STABILITY VS. CHANGE

- Debate over if our personalities are constant or change throughout our lives

PSYCHOLOGY'S THREE BIG DEBATES: CONTINUITY VS. DISCONTINUITY

- Continuity and discontinuity are two competing theories in developmental psychology that attempt to explain how people change through the course of their lives.
- Continuity contends that people change gradually over the course of their lives.
- Discontinuity contends that people change abruptly at key points in their lives.
- Changes can cover a wide variety of someone's social or behavioral makeup, including emotions, traditions, beliefs, habits, personality, etc.

WHAT ARE YOU
INTERESTED IN
LEARNING/EXPLORING?



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TOPICS IN PSYCHOLOGY

- Mental illness
- Dreams
- Psychopathy
- Psychologists
(Freud, Jung,
Maslow, Dr.
Phil)
- Behaviour
problems
- The teenage
brain
- The brain
- Addictions
(illegal or
steroids)
- Anxiety
- Eating
Disorders
- Bullying
- Anger issues
- Bipolar
- Depression
- Autism
- Stress
- PTSD
- Shyness
- Sleep
- Schizophrenia
- Phobias
(spiders,
enclosed
spaces, etc.)
- Hypnosis

EXAMPLE TOPICS +
STUDENT INITIAL
RESEARCH

SCHIZOPHRENIA

-A long term mental disorder or severe brain disorder in which people interpret reality abnormally. It may result in combinations of hallucinations, delusions, and extremely disordered thinking and behaviour.

-The word schizophrenia means “split mind”, which refers to a disruption of the usual balance of emotions and thinking. Schizophrenia isn't a split personality or multiple personalities.

-Requires lifelong treatment.

DEPRESSION

depression is not simply a change of mood or a sign of weakness it is a medical condition which involves emotional, physical, behavioral, and cognitive symptoms

BIPOLAR

- Bipolar disorder also known as manic depression.
- Bipolar is where the brain switches on different moods to mess with the person's mental state.
- Ex. you can just be normal and then suddenly hit with a mood swing which you can be happy, energetic and then suddenly you are sad and severely depressed.
- You are required to take medication to prevent these mood swings or it can act up.
- This can affect anyone, these factors can happen from a lot of things such as family history, biology or environment.

MENTAL ILLNESS

- Mental illnesses can take many forms, just as physical illnesses do.
- All mental illnesses can be treated.

DREAMS

- A series of thoughts, images and sensations occurring in a person's mind during sleep.
- During sleep in a person's mind will experience a series of thoughts, images and sensations occurring.

ILLEGAL ADDICTIONS

- also know as a substance use disorder
- The dependance on an illegal drug or medication
- alcohol and nicotine are considered drugs also but are legal.



ANXIETY

Definition:

A state of intense apprehensive or worry often accompanied by physical symptoms such as shaking, intense feelings in the gut, etc. A common mental illness or after a very distressing experience.