

Introduction to Psychology as a Discipline

Main Topics

1. Definition of Psychology
2. History of Psychology
 - Paradigms of Psychology
 - Current era in Psychology
3. What psychologists do
 - Academics vs Practitioners

1. Definition

Psyche - “soul” or “mind”
Logos - “study of a subject”

Psychology: the science of behavior
& mental processes

History of Psychology

Wilhelm Wundt

(1832-1920)

- founder of psychology
as a science (1879)
- introspection

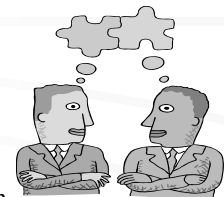


Paradigms of Psychology

1. Behaviorism (1920 - 1950)
 - introspection is subjective
 - “black box”
 - focus on observable/measurable behavior

Cognitive Paradigm

- Process of
 - thinking
 - remembering
 - understanding
 - knowledge acquisitionplays an important role in human experience.
- Can be measured by observable behavior.

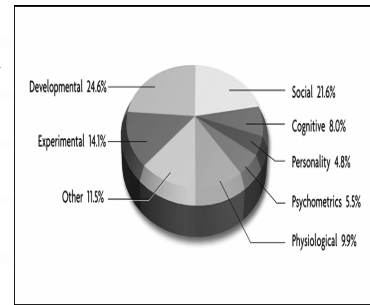


Current Era in Psychology

- Recognition of Complexity
- Systemic Approach
- Multiple fields

Multiple fields

- Developmental
- Social
- Biopsychology
- Cognitive
- IO - Industrial/Organizational



Current Era in Psychology

Recognition of Cultural Influences



What Psychologists do

- Academics
- Practitioners



Academics

1. Teach



2. Research

- apply
- basic



Academics

Practitioners

- Teach
- Research
- 1879 Wundt
- Paradigms:
 - behavioral
 - cognitive
- Multiple fields

Practitioners

Help people with psychological problems

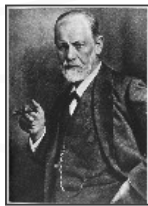
- Clinical psychologists (PhD, PsyD)
- Psychiatrists
 - MD
 - prescribe drugs
- Psychotherapists (MA)

Paradigms

1. Psychoanalytic
2. Humanistic

Other practitioners

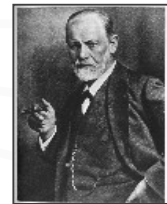
1. Psychoanalytic



Sigmund Freud
1856-1939)

1. Psychoanalytic

- Developmental stages
(fixation)



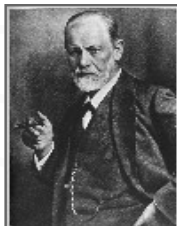
1. Psychoanalytic

- Personality
(Id, Ego, Superego)

Defense mechanisms:

to reduce anxiety due to a conflict
between Id & Super Ego

- Denial
- Projection
- Displacement



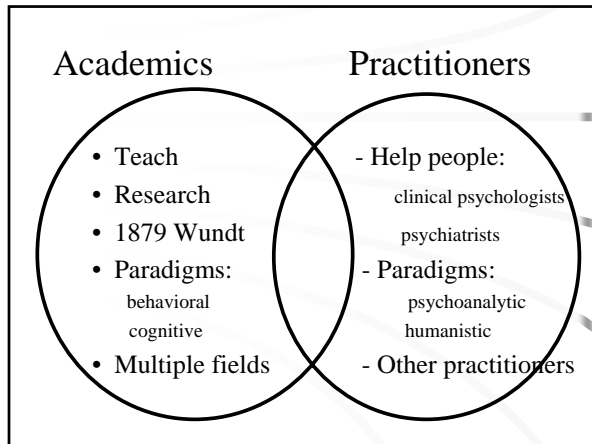
2. Humanistic Paradigm

Assumption:

all people are fundamentally good

Maslow

Self-actualization: fulfillment of the
potential for goodness & growth



- ## Other Practitioners
- School/Vocational Psychologist
 - Forensic Psychologist
 - IO - industrial/organizational
 - Human factor/Ergonomist