

~~UCR~~ UCR: unconditioned response. UCS: unconditioned stimulus
CR: conditioned response. CS: conditioned stimulus NS: neutral stimulus.

processes.

Psychodynamic - Theory that explains that behaviors and mental processes are based on a modern interpretation of Freud's ideas about the influence of the unconscious.

- Behaviors and mental processes are the result of unconscious motivations and conflicts.

Key individuals: Carl Jung, Alfred Adler, Erik Erikson.

- Behaviors and mental processes are impacted by the personality (id, ego, superego).

Early behaviorism - Theory that explains behaviors are learned and maintained through associations. *society reinforcement shapes people.*

- Behaviors are learned as the result of operant consequences such as reinforcements and punishments (B.F. Skinner).

- Behaviors are learned by watching and imitating others in observational or social learning (Bandura).

Key individuals: Ivan Pavlov, John Watson, Edward Thorndike, B.F. Skinner, Albert Bandura (Social cognitive).

*Modern psychology contains more aspect:
Behavior, cognition...*

Humanistic - Theory that explains that behaviors and mental processes are influenced by the fact that humans are naturally good and trying to reach full potential through free will.

- Individuals are striving to meet all their needs on the hierarchy with the goal of self-

actualization (Maslow). Abraham Maslow

A period that had
been dominating

- Individuals need acceptance (unconditional positive regard), genuineness, and empathy to become the best version of themselves (Rogers). Carl Roger.

Studying creativity, aspiration, language,
intelligent.

Cognitive - Theory that explains that behaviors and mental processes are ~~not~~ influenced by thoughts, attitudes, memories, and expectations. *also might be the cause of mental illness.*

Key individuals: Jean Piaget (cognitive development theory), Albert Ellis and Aaron Beck (cognitive therapy).

Biological - Theory that explains that behaviors and mental processes are influenced by differences and changes in nervous system function. *The base that parents had built are significant.*

- Neurotransmitters (brain chemicals), ~~horm~~ hormones, and nervous system activity.

- Genes inherited from one's parents.

Key individuals: Roger Sperry, Michael Gazzaniga

Evolutionary - Theory that explains that behaviors and mental processes are present in humans today because they were naturally selected for creating a reproductive or survival advantage for species.

- Natural selection *History of how human had been surviving shape them to who they are.*

- Psychology applies Darwin's theories to behaviors and mental processes in addition to physical traits.

Key individuals: Charles Darwin

Sociocultural - Theory that explains that behaviors and mental processes are influenced by ethnicity, religion, gender, language, nationality, and economic status and the learned norms associated with these groups.

- Behaviors and mental processes are influenced by norms

- Individualistic VS. Collectivist cultures.

Key individuals: Solomon Asch, Stanley Milgram, Phillip Zimbardo, and Leon Festinger

Biopsychosocial - Theory that explains that behaviors and mental processes are best explained by combining multiple approaches.

- Each approach has strengths and weaknesses, and a combination of these approaches creates the best explanation.

Biological - biological and evolutionary.

Psychological - cognitive, behavioral, humanistic, and psychodynamic.

Sociocultural perspective.