

## Approaches

### 1) HUMANISTIC APPROACH.

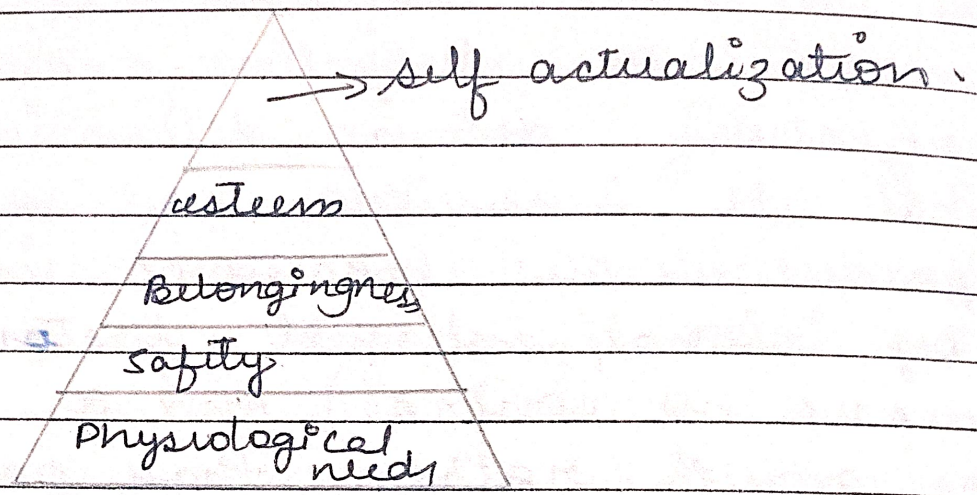
- Became the 3<sup>rd</sup> force in Psychology and proposed the importance of subjective experience and personal growth. (Rogers and Maslow)
- Began in response to concerns by therapists against perceived demitiation of psychodynamic theories especially psychoanalysis.
- Psychologists such as Carl Rogers and Maslow felt that the existing (psychodynamic theories) failed to adequately address issues such as the meaning of behaviour and the nature of healthy growth.

However, the result was not simply new variations on psychodynamic theories but rather are fundamentally new approach.

- There are several factors which distinguish the humanistic approach from other approaches i.e. the difference can be seen in the emphasis on subjective meaning and a rejection of determinism (propose that all behaviour, has a cause thus predictable our behaviour is governed by internal/external factors which we've no control) And a concern for the growth rather than pathology.
- The main aim of humanistic approaches is to provide concepts and methods for stimulating, learning, growth and development both in individual person as well as in society. Thus enhancing well being the overall quality of life.
- Humanist psychologists tries to help people to develop in a better way thus making them more competent, more aware, happens in the hope of reaching some state of 'optimal mental health'.
- The central theme in humanistic theories is the drives towards self actualization to realize once full potential other themes include personal growth, openness

to experience living in the present, personal responsible, and unhereditary goodness of people.

MASLOW



Maslou's Triangle.

DEFICIT NEEDS

The first four levels are of needs are called deficit needs or D needs.

If you don't have enough of something then it's said that you have a deficit i.e. you feel the need. But you get all you need you feel nothing at all.

Homo Homoeostasis - state of equilibrium/balance.

In other words they seize to be motivational and he also takes about these levels

in terms of homeostatis. It is the principle by which the body system (thermostat) operates in other words when it gets too cold, the thermostat switches the heat on and when it gets too hot it switches the heat off in the same way human body when it lack a certain substance develops a hunger for it. When it gets enough of it then the hunger stops.

### GROWTH NEEDS.

- Maslow has used a variety of terms to refer to last level of needs. He has called it growth motivations (In contrast to deficit motivations they are called being needs or B needs) in contrast to D needs
- These are needs that do not involve balance of homeostatis they involve the continuous desire to fulfill potential to "Be all that you can be".
- If you want to be fully self actualised you need to have lower level needs taken care of atleast to the considerable extent

## Characteristics of Self actualisation

• Acc. to Maslow who are self actualized?

① Quality centered - which means they could differentiate what's fake and # what's real or genuine.

② Problem centered - means they treat life difficulties as problems demanding solution not as personal trouble to be railed at or surrendered to

③ Enjoy autonomy a relative independence, physical or social needs.

④ Resisted and enervation i.e they will ~~not~~ be susceptible to social pressure to be "well adjusted" or "fit in"

⑤ Had a quality of acceptance of self and others

⑥ They were often strongly motivated to change negative quality themselves that could be changed.

- ⑦ They possess qualities such as spontaneous, naturally and simplicity.
- ⑧ They prefer being themselves rather than being artificial.
- ⑨ They had a sense of respect towards others - Maslow also called democratic value.
- ⑩ They had a quality called Human Kinship i.e. social interest and humanity.
- ⑪ were strong in ethical behaviour.
- ⑫ They were spiritual but never conventionally religious in nature.
- ⑬ They had a certain freshness of appreciation and ability to see things even/ordinary things in words.
- ⑭ They had the ability to be creative, inventive and original.
- ⑮ They tended to have more ~~high~~ peak experiences than the average person.

⑫ A peak experience is one that takes you out of your self and that makes you feel things tiny or very large to some extent one with life or nature or god.

↳ It gives you a feeling of being apart of the infinite and ~~into~~ internal

⑬ Had an hostile ~~to~~ sense of humour

⑭ Had a different perception of means and ends.

⑮ Had different ways to relating to others first day enjoyed solitude and the comfortable being alone and they enjoy deeper personal relations with a few close friends rather than more shallow relationship with many people

Carl Rogers one of the founders of humanistic approach.

Roger theory is phenomenological it plays a strong emphasis on the experience of the person, their feeling, their values and all i.e. summed up by the expression (inner life) Rogers theory is also called as self theory Person theory or client-centered theory

In terms of Rogers theory there are 2 fundamental ideas which are particularly particularly worth noting.

1) Rogers talk about healthy development terms of how individuals perceive their own being healthy individual will tend to see congruence between there (self) and to they feel they should be (ideal self). While no one tends to experience perfect congruence at all times the related degree of its an indicator of health.

2) The second fundamental idea is the second idea is the condition for healthy growth and the road of the

therapist is fostering healthy growth through a process roger's called person centred therapy

- The therapist's see to provide a empathy, openness and unconditional positive regards.
- Roger call this technique no directive therapy based on the concept that the therapist is simply a "mirror" who reflects the individual thoughts and feelings

• Rogers theory can be explained under the following 3 headings

- 1) Induring aspect of personality
- 2) self actualisation
- 3) Development of self.

I Induring aspect of personality

The main aim of roger's theory is to explain the growth and development within the individual so this theory does not appear to lay much emphasis on personality development rather prefer to devote his attention to such constructs that are of fundamental importance to the theory these are organism and the self.

Organism Rogers approach to the study of person is phenomenological and idiographic his views of human behaviour is in his opinion "the core of man's nature is essentially positive" and he is a "trustworthy organism".

Acc. to Rogers the organism is the locus of all experience including everything potentially available to awareness at any given moment. The totality of experience constitutes the phenomenal field. The phenomenal field is the individual frame of reference that can only be known to another except through empathetic experience and at that level to can never be known perfectly.

Rogers emphasized that the individual way of behaviour depends upon the phenomenal field (subjective reality) and not upon the stimulating condition (external reality)

The phenomenal field at any given moment is made up of conscious or unconscious experience. The person tends to check his or her experience

against the reality this testing of reality provides with dependable knowledge of the method so that one is able to behave realistically in most of the cases the person accepts his or her experiences as true representations of reality.

While in reality they may not be the true representation as a result the person may develop misconceptions about himself/herself and about the external world.

Self

## 2) Psychodynamic Approaches.

Sigmund Freud founded the psychoanalytic school, which emphasized the role of unconscious motives and thoughts and their dynamic interrelationships in the determination of both normal and abnormal behaviour.

The key concept here is unconscious.

According to Freud, the conscious part of the mind represents a relatively small area, whereas the unconscious part, like the submerged part of the iceberg, is the much larger portion.

In the depth of the unconscious are the hurtful memories, forbidden desires, and other experiences that have been repressed - that is, pushed out of consciousness.

However, Freud believed that unconscious material continues to seek expression and emerges in fantasies, dreams, slips of the tongue etc.

Until such unconscious material is brought to awareness and integrated into the conscious part of the mind, it may lead to irrational and maladaptive behaviour.

## Fundamentals of Freud's Psychoanalytical

The structure of personality: Id  
Ego  
Superego

In an effort to explain human behaviour, Freud theorized that a person's behaviour results from the interaction of three key components of the personality or psyche: the Id, Ego, and Superego.

### (A) ID:-

It is the source of unstructured drives and is the first structure to appear in infancy.

These drives are inherited and are considered to be of 2 opposing types:

- life instinct, which are constructive drives primarily of a sexual

\* Freud used the term "sexual" in a broad sense to refer to almost anything pleasurable from eating to painting

nature and which constitute the libido, the basic emotional and psychic energy of life.

• death instincts which are destructive drives that leads towards aggression, destruction and eventual death.

The Id operates on the pleasure principle engaging in completely selfish and pleasure-oriented behaviour, concerned only with the immediate gratification of instinctual needs with reference to reality or moral considerations.

Although the id can generate mental images and wish fulfilling fantasies referred to as primary process thinking it cannot undertake the realistic actions needed to meet instinctual demands.

## (B) Ego

Acc. to Freud's theory, a second part of the personality that he called the ego develops after the first few months of life. The ego mediates between the demands of the id and the realities of the external world.

One of the basic functions of the ego is to meet id demands, but in such a way as to ensure the well-being and survival of the individual.

The ego's adaptive measures are referred to as secondary process thinking, and the ego operates on the reality principle.

Froed viewed id demands, especially sexual and aggressive strivings, as inherently in conflicts with the rules and prohibitions imposed by society.

### C) SUPEREGO-

Froed postulated that as a child grows and gradually learn the rules of parents and society regarding right and wrong, a third part of the personality gradually emerges from the ego - the superego.

It is essentially what we refer to as the conscience.

Froed believed that the interplay of id, ego and superego is of crucial significance in determining behaviour.

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## Prosexual stages of development.

In addition to his concept of the structure of Personality, Freud also proposed that there are five psychosexual stages of development that we pass through from infancy through puberty.

→ Oral stage - During the first 2 years of life, the mouth is the principle erogenous zone. An infant's greatest source of gratification is sucking, a process that is necessary for feeding.

→ Anal Stage From ages 2 to 3, the anus provides the major source of pleasurable stimulation during the time when toilet training is often going on and there are urges both for retention and for elimination.

→ Phallic Stage From ages 3 to 5 or 6, self manipulation of the genitals provides the major source of pleasurable sensation.

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→ latency period. From ages 6 to 12 sexual motivation recedes in importance as a child becomes preoccupied with developing skills and other activities.

→ Genital stage - After puberty, the deepest feelings of pleasure comes from sexual relations.

## Oedipus Complex

The attachment of the child to the parent of opposite sex accompanied by envious and aggressive feelings towards the parent of same sex. These feelings are largely suppressed (i.e. made unconscious) because of the fear of displeasure or punishment by the parent of the same sex.

Electra Complex is a psychoanalytical term used to describe a girl's / female sense of competition with her mother for the affection of her father. It is comparable to the ~~exp~~ Oedipus complex in males.

3)

## Existential Approach

It is originally developed by Rollo May, Victor Frankl and Irvin Yalom.

It centres on the premise that each person is essentially alone in the world and that realization of this fact can overwhelm us with anxiety.

- The anxiety may take number of forms and is the ~~root~~ root of all psychopathology.

Existential therapists place great emphasis on client's abilities to overcome meaninglessness by creating their own meaning through the decisions they make.

They especially encourage clients to make choices that are determined by restrictive relationships they have had in the past.

Existential psychology rejects the mechanistic views of the Freudians and instead see people as engaged in a search for meaning.

- At a time when so many people are troubled by the massive problems of a technological society and seek to repair their alienated modes of living, existentialism has gained great popularity.
- It seems to promise the restoration of meaning of life, an increased spiritual awakening, and individual growth that will bring freedom from the conventional shackles created by a conformist society.
- Its roots lie deep in the philosophies of Kierkegaard, Heidegger, Tillich, Sartre, Jaspers and others.
- The existentials make a number of assertions about human nature.
- Basic to all is a fundamental human characteristics: the search of meaning.
  - imagination
  - symbolization
  - judgment.

- Many existentialists believe that decision making involves a set of unenviable choices.

- One can choose the present which ~~involves~~ represents lack of change and commitment to ~~the~~ the past.

That choice will lead to guilt and remorse over the missed opportunities.

- But one can choose alliance with the future. That choice propels the person into the future with an anxiety that stems from one's inability to predict and control the unknown.

- It requires courage to choose future and suffer the inevitable anxieties this choice entails.

- A person can find that courage by having faith in self and by recognizing that choosing the past will be inevitably lead to a guilt that is

## Goals

- Ultimate goal is to help the individual reach a point at which awareness and decision making can be exercised properly.
- One learns to accept responsibility for one's own decisions and to tolerate the anxiety that accumulates as one moves toward change.

→ (meaning of life)  
 Logotherapy

One of the most widely known forms of existential approach is logotherapy

This encourages the client to find meaning in what appears to be a callous, uncaring and meaningless world.

Victor Frankl developed this technique

— There are 2 techniques described by Frankl.

- Paradoxical intention is a popular technique in which the client is

told to consciously attempt to perform the very behaviour or response that is the object of anxiety and concern. Fear is replaced by the paradoxical wish.

For eg suppose a girl complains that she is fearful of blushing when she is in the group. She would be instructed to try to blush in such occasions.

Acc. to Frankl, the paradoxical fact is that she will usually be unable to blush when she tries to do what she fears she will do. Typically, the therapist tries to handle all of this in a light tone.

~~Def~~ Dereflection instructs the client to ignore a troublesome behaviour or symptom.

Many clients are exquisitely attuned to their own responses and bodily reactions.

Dereflection attempts to direct the client's attention to more constructive activities and reflections.

## 4) Behaviouristic Approach

- Behaviourism advanced when J. B. Watson stated that only observable behaviours can be the empirical root that will sustain the field on psychology.

The 1950's and 1960's saw psychologists across the globe simultaneously beginning to develop therapeutic approaches that relied on the theories of learning.

They focused on changing the behaviour of individuals experiencing psychological distress to help them cope them.

### Assumptions

- Behaviour is the result of external environment, internal cognitions & other mental processes, such as attitudes and beliefs.
- Using learning theories are a valid method to bring about significant and lasting psychological change.
- Therapeutic interventions and techniques are not universal and must be

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tailored to the needs of each client and their presenting problems.

— Psychological ailments are not disorders, but "problems in living".

### Classical Conditioning.

Developed by Ivan Pavlov, classical conditioning pairs a natural stimulus ~~for instance,~~ with a neutral stimulus to get a desired response.

UC	UR	CS	CR
Food	Saliva	Bell	Saliva

(Dog salivation).

### Operant Conditioning

This is focus of rewarding individual for displaying desirable behaviour and penalising them for displaying undesirable ones.

These training is achieved through reinforcements and punishments.

Reinforcements work to increase desirable behaviour and punishment work to decrease undesirable behaviour.

Positive  
(means adding)

Negative  
(means removing)

Reinforce  
ment  
(to increase  
behavior)

Adding some  
pleasant thing  
to reward the  
individual  
(chocolate giving)

Removing something  
displeasing to reward  
the individual.

Punishment  
(to decrease  
the  
behavior)

Adding something  
displeasing  
(time out)

Removing something  
pleasing  
(not allowing to play  
video game for throwing  
lanterns).

Contingency Management

Token Economy

Time out

Response lost.

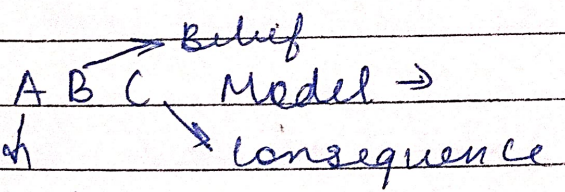
# Cognitive

- By 1960's, behaviour therapy was slowly evolving to include methodologies that worked on the unobservable - on thoughts, emotions and the inner world.
- The influence of the ~~ent~~ inner working of the mind was undeniable.

Beck

## Cognitive distortions

- Minimizations
- Magnifications
- Over generalisations
- Selective abstraction



Acting event

## Assumptions

- The source of psychological problem is irrational thoughts
- Cognition, emotions and behaviour are interrelated to each other
- Ellis also believed that an individual's connectedness with other people in her community also determines her psychological well being.