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**470 Psychology Seminar Fall 2020**

**Unit 1: Short Answer**

#1 The Behaviorists commonly used animals in their experiments because they believed that what was learned from animal experiments could also be applied to understanding, controlling, and modifying human behavior.

#2 The three features that were central to Carl Rogers' client-centered therapy are 1. Unconditional positive regard, 2. Genuineness, and 3. Empathy. I agree that these features are essential in successful client-based therapy because it allows the client to have some locus of control over the circumstance for which they sought counseling and also helps to validate their feelings. Unconditional positive regard conveys to the patient that they are in a position of equal standing in society without feeling judged, or looked down on because of their issue. Genuineness conveys to the client that the psychologist has an actual concern regarding their circumstance and that they are not simply another specimen to be studied. Empathy expresses that the psychologist understands what the patient is sharing. Rogers' three features encourages the client to become interactive in the therapy as opposed to "being treated." The patient becomes more self aware and can then apply tools on their own outside of the therapy session which assist them in making healthier responses to their life challenges.

**#3** Noam Chomsky was a linguist who was influential during psychology's cognitive revolutionary period. Chomsky felt that those in the field needed to move away from simply examining behavior and return to a focus on mental function in order to accurately understand and study behavior. His theories helped bridge the divide between European and American psychologists.

**#4** Pavlov's classical conditioning experiment revealed that animals or humans unconsciously developed a reflex response to a certain stimuli and were overtime trained to produce that reflex/unconscious response to different stimuli when Pavlov paired it with the original stimulus. For instance, Pavlov used the reflex of salivation (in dogs) at the presence of food. He then began ringing a bell along with the presence of food and eventually, the dogs began to salivate when they heard the bell, even when food was not present because they now associated the bell with food.

**#6** In opposition to the Behaviorists, Sigmund Freud concluded that the cause of human behavior was the result of psychological urges (*sometimes sexual*) and childhood experiences. Freud believed our behavior was determined in the unconscious mind and was often expressed through dreams. He also theorized that conflict resolution between the unconscious and conscious parts of the mind is the catalyst of who people become in adulthood. Whereas the behaviorists theorized that human behavior was the result of one's genetic make-up, or the product of their environment. The Behaviorists did not consider the unconscious at all.

**#8** The five trait dimensions in the Five Factor Model are used to account for personality variations because over time, those in the field have observed and identified consistent patterns of thought and behavior which can be associated with particular personality types. However, these five dimensions, which are conscientiousness, agreeableness, neuroticism, openness, and extroversion covers the entire range of all individual personalities which can be exhibited.

**#10** Forensic Psychology encompasses the practice of psychology as it relates to the justice system. Psychologists who work in this arena of the field apply their skill and expertise predominantly in determining the mental state of people in their capacity to stand trial, participate as jurors, witnesses and also give advice on beneficial treatment for offenders. This also applies to psychological evaluations in child custody cases, as well as criminal/defendant profiling which is based on expertise in behavioral patterns. Forensic psychologists must also possess an understanding of the law to apply psychological knowledge in specific situations.

**#13** Drew Westen felt that Freud's theories were so heavily criticized mainly because Freud's early work was so controversial that others in the field failed to acknowledge or even review his later writings and theories. Westen believed that Freud's ideas about early childhood experiences, and the unconscious mind and their effects on adult motivations was highly relevant. I agree with Westen because Freud's psychsexual theories and his ideas about women and psychosis are major deterrents to his credibility as a psychologist, especially today.

However, his work in the conduct of clinical practice and the notion of personality gradually evolving are concepts to which I can personally relate. I think they are groundbreaking to the field of psychology.

**#14** Some feminist critiques of early psychological approaches were firstly, that the field of psychology as a whole was non-inclusive of female contribution in research, theory and practice. The male, mostly white psychologists were criticized by their few female counterparts for not considering women as having any relevance on the field. During the early years, when ideological standards were still being formulated for the field, the common understanding regarding the female mind was based solely from social and cultural stereotypes of women. No experiments or studies were documented. It was thought that women had the delusion of wanting to be scientists, but lacked the capacity. It was also assumed that, subconsciously the main objective of the female mind was to become a wife and mother.

**#22 video question** Each successive field of psychology acts as a reaction against its predecessor by acknowledging the study or research of those prior but, questioning its individual validity, purpose and function as it relates to current society. For example, as Plato and Aristotle were the founding philosophers in their study of basically everything, Descartes narrowed their work into a more specific area of study in separating the physical and mental. The Structuralist questioned this and sought to further explain these theories by identifying mental structure and how it applied to the human experience. Functionalists questioned this structure and wondered if it could be correlated to human experience. Freud took this and then began to focus on the

unconscious. The behaviorists then questioned whether these theories could actually be tested and thought that study of the unconscious was irrelevant to the human being in everyday life. Humanism, Cognitivism and now Positive psychology have followed. Each school of the field has improved upon its predecessor with the goal of understanding thought patterns and behavior in order to benefit the quality of the human experience.