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PSY 101

### Chapter 1 Short Answer Questions:

#1: Behaviorists commonly used animals in their experiments because psychologist was under the assumption that learned behavior and inborn qualities could be applied to human behavior. I agree with psychologists who theorized this because humans and animals both have a mutually dynamic bond that is influenced by health and wellness. As creatures we interact and adapt to the environment that we are in. Two astonishing yet influential psychologists who helped further my knowledge on behaviorism is John Watson and B.F. Skinner. John Watson believed in directing his focus of psychology from the mind to behavior and controlling it so that we may be conscious in what we are doing.

#5: However, I favor Skinner more because he concentrated on reinforcement and punishment as a behavioral factor by creating the Skinner Box which was a device that had modifying versions of operant conditioning. Operant conditioning is a method of learning that rewards or punishes you for your

behavior. Like humans and animals, we will develop learned behavior through this. For example, a toddler throws a tantrum, as a parent operant conditioning can help discipline this toddler. If he or she throws a tantrum, calm them down by speaking saying you have to stop crying if you want a lollipop. If not put them on time out or strip a prize possession of theirs to enforce behavioral control. Like a dog, the same rules apply. If you're training a dog, you give orders and it follows through, reward your dog with a treat. If the dog deliberately disobeys, you penalize the dog with something it doesn't like to do so the dog can learn its behavior has consequences.

# 13: Sigmund Freud's idea of the unconscious and impact of early childhood experiences on the rest of a person's life was criticized. Drew Western defended Sigmund Freud's ideas because he felt as though his critics views were misplaced and they jumped to conclusions without analyzing the facts. Sigmund Freud's was successful in his experiment. I agree with Freud's influence on this idea, and I agree with Western for his defense for Freud's study because many people such as myself are still affected by something that happened during n least 1 traumatic event by age 16. Potentially traumatic events include psychological, physical, or sexual abuse ([www.samsha.gov/childtrauma](http://www.samsha.gov/childtrauma)). All these traumatic experiences can cause conflict, affect behaviors and the effects on mental

representation, it can cause a personality development, and through all this it'll be unconscious to those who are strained from an experience especially if we don't get clinical help from a therapist.

#10: Many people assume that psychology is only clinical work but there is a such thing as forensic psychology. Forensic psychology is the development of scientific methods and knowledge to help answer legal questions arising in criminal, civil, and other judicial processing's. A forensic psychologist is in the involvements of investigations and research studies in criminal, civil, or family court. I personally feel like forensic psychologists are important because they get to provide people with the help that they need through the justice system. For example, if someone on trial and convicted for murder is found to be schizophrenic, by the help of the psychologist this person can spend its sentence in a mental facility to help with behavioral issues instead of being incarcerated.

#2: The three features that are central to Carl Rogers's client-centered therapy are: unconditional positive regard, genuineness, and empathy. I agree with Carl Rogers therapeutic technique because people do not like to be judged, especially with they've done something that isn't psychologically appropriate. As a therapist, accepting your client for who they are despite their choices and the

intellectual conversation being engaged is super beneficial. It allows the client to have more freedom to express themselves and allows the therapist to do a better job at providing aid. Jumping first handedly at a client can only make them refrain from sharing or cloud their judgment. I believe that Rogers ability to see the good that exists in people first is very powerful and inspirational and that is a quality that everyone should have.