

Santiago Proano

PSY 101: General Psychology

Dr. Stephen Maret

1/30/23

Question 1: The reason why behaviorists use animals is that it is much simpler to use animals while still getting similar or the same results. With humans, there are a lot of variables involved like getting a human to be experimented on, if they are mentally stable for the specific experiment, and much more. With animals, it is much easier to get animals to experiment while still having behavior like a “human”.

Question 2: In Carl Rogers’s client-centered therapy, three features are necessary for it to work. They are unconditional positive regard, genuineness, and empathy. I think that I agree with this because understanding the client is done in each feature. Carl’s approach helps us understand the client. With this approach, the client opens up to the therapist and each feature is needed for this.

Question 3: Noam Chomsky was an American linguist, who at the time made a huge change in psychology. The reason he is so important to psychology is because he saw that psychology (at the time) was too focused on behaviors rather than the mind. He was one of the leading people in the cognitive revolution. His actions set psychology on a course to brand-new discoveries.

Question 5: B.F Skinner was an American psychologist, which focused on behaviorism. He was famous for how he studied the effect of reinforcement and punishment on behavior. He used

experiments like Skinner's box. In this box, there is a rat and the rat can push a lever to receive either a reward or punishment. This allows the rat to be conditioned by reinforcement (if he is rewarded or even punished) and punishments (noises). Each push of the lever conforms the rat on how to act since a reward or punishment is on the line.

Question 20: After examining Carl Rogers's client-centered therapy, I think that it could successfully treat a rapist or murderer. The reason for this is that Carl's approach to therapy creates an unconditional positivity bubble for the client. This allows the client to be more open with the therapist rather than be closed. In this bubble, the client is free from judgment, which helps him explain himself. The murder could have been done due to abuse in the household. The rapists could be treated for their condition. With this approach, these clients could be treated due to the empathy and unconditional positivity shown in this approach.