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History of Psychology

1. Titchener was recognized for his contribution to structuralism, creating his version of psychology that described the structure of the mind. The structure used analytical introspection as a primary method to reduce complex mental states to the simplest elemental mental process that appear in consciousness. Essentially stating that the complex perceptions can be raised through basic sensory information. Titchener realized there was value in all the senses and they played a significant role in understanding both the human mind and human behavior/emotion. He sought to analyze the adult mind, he faced criticism because the mind is not capable of studying itself and that leaves a great room for bias and being subjective. Attempting to gain understanding of conscious experience was the overarching goal of structuralism.