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PSY 441

2. Name the basic needs and list them in order of their potency to control the individual's perceptions of the world.

Maslow created a hierarchy of needs that consists of two basic needs, deficiency and growth needs. Deficiency needs contain a series of priorities such as physiological drives, safety needs, esteem needs, love needs including need of belongingness.

Psychological needs include thirst, sex and hunger. Once individuals become deprived of certain needs for long periods of time, it becomes a deficiency of satisfaction. Once satisfaction isn't fulfilled, individuals begin to shift their focus on gaining that satisfaction. Maslow even views this as an obsessive act to fulfill that need because individuals begin to lose self-actualization. This leads to individuals being less interested in making certain responsibilities a priority, such as purchasing a home or even going outside to take a walk.

Safety measures ensure protection when physiological needs are met. Safety needs are protection, limits, law, order, structure and freedom from emotional chaos such as fear and anxiety. The necessity for safety is rooted in children at a young age. For instance, loud environments or inadequate support isn't a healthy environment for children. How children are uprooted shows a reflection on their environment. For adults, a need for a more stable society keeps them at ease without worrying about housing, or safety when walking home at night.

Once physiological and safety needs are met, the need for belongingness and safety begins to become a priority. Individuals tend to want to feel accepted by others, whether through

friends, family and even a community. Maslow believed that the need for acceptance can even improve their self-esteem.

Deficiency love is a satisfaction that needs to be fulfilled by seeking love from others. Once it's satisfied, individuals are capable of being in love (B-love) .

Esteem needs then becomes an urge. Esteem needs are divided into two categories, accomplishments and evaluations. These needs serve as a guidance towards self-actualization, such as obtaining certain status and even fame.

4. Explain the differences between D-cognition and B-cognition.

Maslow studied self-actualized individuals that have been perceived in a state of D-cognition and B-cognition. Deficiency cognition is distinguished from one's perception of reality and serves as an experience of approving or disapproving ourselves and others, including judgment. Being cognition or B-cognition is a dialectical blending of two experiences: one is being aware of one's surroundings, which involves the universe and everything within the universe, second an individual being focused on a single object or natural phenomenon. Some of these experiences through B-cognition are filled with self-validating, non striving, and non judgemental.

## 6. Describe Maslow's theory of therapy

Maslow suggests that therapy must be interpersonal by a degree of nature. Quite frankly, Maslow insists on a certain need for professionalism and silliness to obtain a certain level of friendship. For instance, Maslow states how the relationship between a therapist and client must “encourage not only the therapist's giving of love to the client but also the client's expression of love and affection toward the therapist and others”, (Ryckman,313). He goes on to express how the gratification of a client should be compatible with the therapist, in order for everyone's values to grow positively. Certain conditions must be met between the therapist and client such as “trust, honesty and lack of defensiveness” in order to gain that level of friendship. However, Maslow was met with his challenge once he realized that those with serious help didn't support his therapeutic approach.