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History of Psychology
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Essay

Carl Jung and Alfred Adler are both very influential people in the field of psychology. They have shed a new light on psychology and have made major contributions that still exist today. Carl Jung (1875-1961), was a Swiss psychiatrist and psychoanalyst who found analytical psychology. Alfred Adler (1870-1937), was an Austrian medical doctor and psychotherapist, who was the founder of the school of individual psychology. Their theories and ideas have impacted psychology positively to have lasting contributions.

Carl Jung was able to explain two levels of the unconscious mind which he called personal unconscious and collective unconscious. Personal unconscious is known as material that was once conscious, but then later on was forgotten or suppressed, such as memories, wishes, or impulses. Collective unconscious is unknown to the individual, such as things one is unaware of, and not having any memory of them. Jung believed that humans were connected to each other and their ancestors through a shared set of experiences. The human unconscious was a theory by Carl Jung that became very popular in the past and still has an effect today, helping people understand the unconscious mind.

Alfred Adler influenced psychology by his theory on birth order. Adler was interested in finding out the connection between one's personality and birth order, after examining his patients' childhood years. Adler believed that based on whoever was the oldest, middle, or youngest child, they all had different social experiments and attitudes towards life. He explained the first child to become insecure, hostile, and have a strong interest in maintaining order. The second child was seen as ambitious, rebellious, and jealous because they wanted to do better than the first born child. Lastly, the youngest child is more spoiled and may experience difficulties in the real world, because they are used to the support from their family. Adler's theory still has an effect in psychology today.