

Autumn Nash

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### **What lasting contributions to psychology have been made by Jung and Adler?**

Jung and Adler were both influential figures in the field of psychology and made several lasting contributions. Carl Jung is known for developing the concept of analytical psychology, which emphasizes the exploration of the unconscious and the importance of individual symbolism and interpretation. He also developed the concepts of introversion and extraversion, archetypes, and the collective unconscious. These ideas have had a significant impact on the field of psychology and continue to be studied and applied in modern therapy practices.

Alfred Adler is known for developing the theory of individual psychology, which emphasizes the importance of social and cultural factors in shaping personality. He also developed the concept of the inferiority complex and believed that people are motivated by a desire to overcome feelings of inadequacy and achieve superiority. Adler's ideas have had a lasting impact on psychology, particularly in the areas of personality theory and psychotherapy. His influence can be seen in modern approaches such as cognitive-behavioral therapy, which emphasizes the role of thoughts and beliefs in shaping behavior.