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Chapter 1

## Psychology

The Evolution of a Science

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### What is Psychology?

- What scientific psychologists do – the study of the mind and brain, using research processes to understand these
- Can span many different levels of explanation, from molecules to social levels

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**Depression at Differing Levels of Explanation**

**Social level**  
Loss of important personal relationships, lack of social support

**Behavioral level**  
Decrease in pleasurable activities, moving and talking slowly, withdrawing from others

**Mental level**  
Depressed thoughts ("I'm a loser"), sad feelings, ideas of suicide

**Neurological/physiological level**  
Differences among people in the size and functioning of brain structures related to mood

**Neurochemical level**  
Differences in levels of the brain's chemical messengers that influence mood

**Molecular level**  
Variations in people's genes that predispose to depression

We can't understand psychology by focusing on only one of these – but only by integrating all of them

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## The History of Psychology

- “Psychology has a long past, but only a short history.”
- For many centuries, psychology was indistinguishable from philosophy
- In the late 1800's, William Wundt developed the first 'official' psychology laboratory in Germany, launching psychology as an experimental science

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## Great Theoretical Frameworks

**Structuralism**

- Major figures were **Wundt** and Titchner
- Aimed to identify the most basic elements of psychological experience



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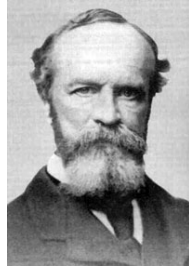
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## Great Theoretical Frameworks

### Functionalism

- Major figure was **William James**, heavily influenced by Charles Darwin
- Hoped to understand the adaptive purposes of psych characteristics




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## Great Theoretical Frameworks

### Gestalt Psychology

- Major figures were **Ebbinghaus** and Wertheimer
- Emphasized how perception is organized
  - “The whole is different from the sum of its parts”




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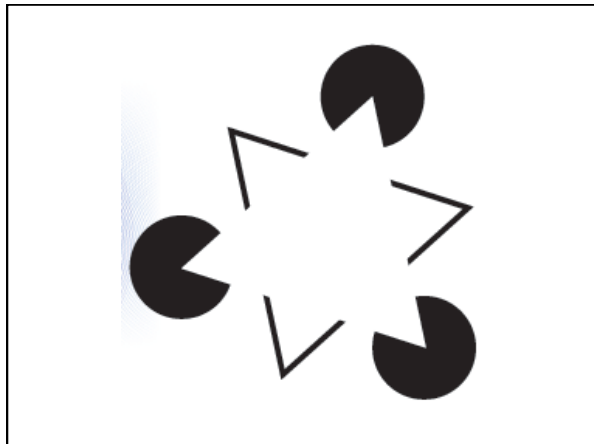
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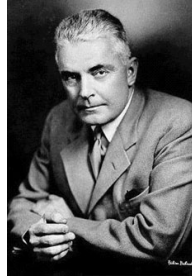
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## Great Theoretical Frameworks

### Behaviorism

- Major figures were **Watson**, Pavlov, Washburn, and Skinner
- Focuses on uncovering the general laws of learning by looking outside the organism




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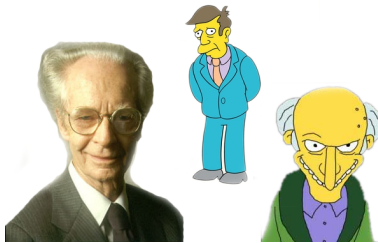
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### FUN FACT!

- The Principal Skinner character in "The Simpsons" was named after B.F. Skinner, but Mr. Burns was modeled after him




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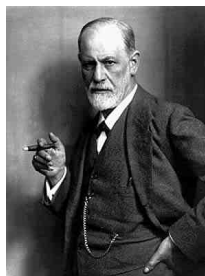
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## Great Theoretical Frameworks

### Psychoanalysis

- Major figures were **Freud** and Jung
- Focused on unconscious forces and motivators that determined mental health and behavior




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## Great Theoretical Frameworks

### Humanistic

- Major figures were **Rogers** and Maslow
- Stresses a person's capacity for personal growth, freedom to choose his or her destiny, and positive qualities



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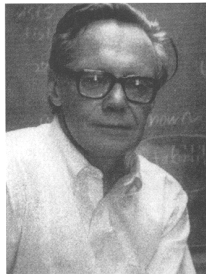
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## Great Theoretical Frameworks

### Cognitive

- Major figures were **Neisser**, Lewin, and Hebb
- Focuses on the role of mental processes in how people process information, develop language, solve problems, and think




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## Growing Role of Women & Minorities

- Francis Sumner (1895–1954): First African American awarded Ph.D. in psychology
- Mary Calkins (1863–1930): First female APA President
- Kenneth Clark (1914–2005): First African American APA President




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## Psychobiology &amp; Neuroscience

- Explains psychological functions by looking at biological foundations
  - Brain structure and activity
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## Sociobiology & Evolutionary Psych

- Work under assumption that humans (and all other animals) have genetically innate concepts of behavior
- Body and brain are products of evolution by natural selection, which influences our thoughts and behaviors

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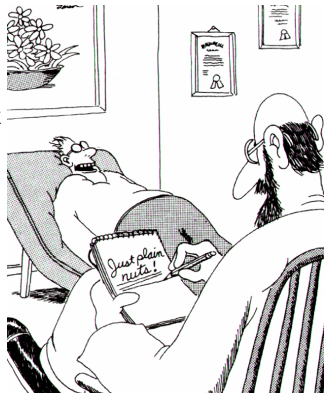
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- What would you think if someone said they were a psychologist?
- What would they do?



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### Three Branches

- Clinical & counseling
- Academic
- Applied

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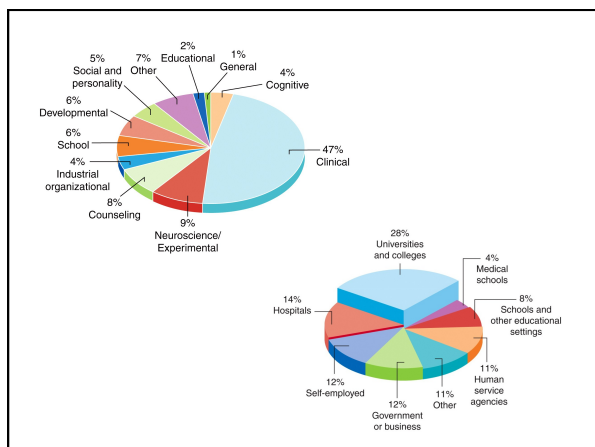
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### The Education of a Psychologist

- B.A. or B.S.
  - Bachelor's degree (4-5 years)
- M.A. or M.S.
  - Master's degree (2-3 years)
- Ph.D. / Psy.D.
  - Doctorate (5-6 years)
- Postdoctoral training
  - Specializing for licensure (1-2 years)

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## Shared Values of ALL Psychologists

- *Psychology is....*
  - Theory-driven
  - Empirical
  - Multi-level
  - Contextual

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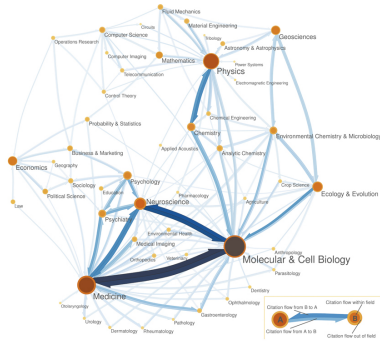
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## Psychology as a Hub Science




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