

History of Psychology

Ancient Greeks

- Socrates – mind and body are separate
- Aristotle – mind-body connected; nurture supreme

European Philosophies

- Descartes
 - Dualism
 - pineal gland
 - Fluid pumped to muscles creates movement
 - Born with some innate knowledge
- Locke – tabula rasa
 - Led to idea that “all men are created equal”
- Empiricism – knowledge gained through sensory experience and can be tested

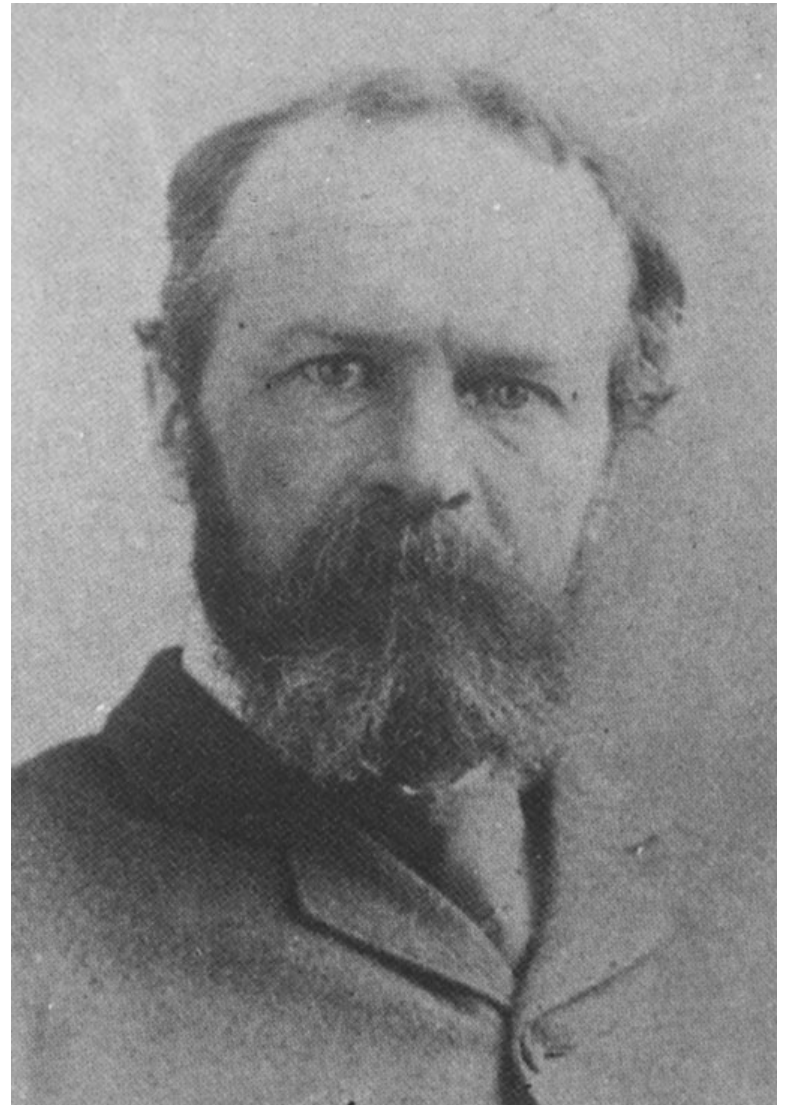
Father of modern psychology

- Wilhelm Wundt founded first experimental psych lab in 1879 in Leipzig
- Reaction time task



William James

- Brought together psychology, physiology, philosophy, and religion
- Has had a huge impact on American thinking
- Founded first American psychology lab

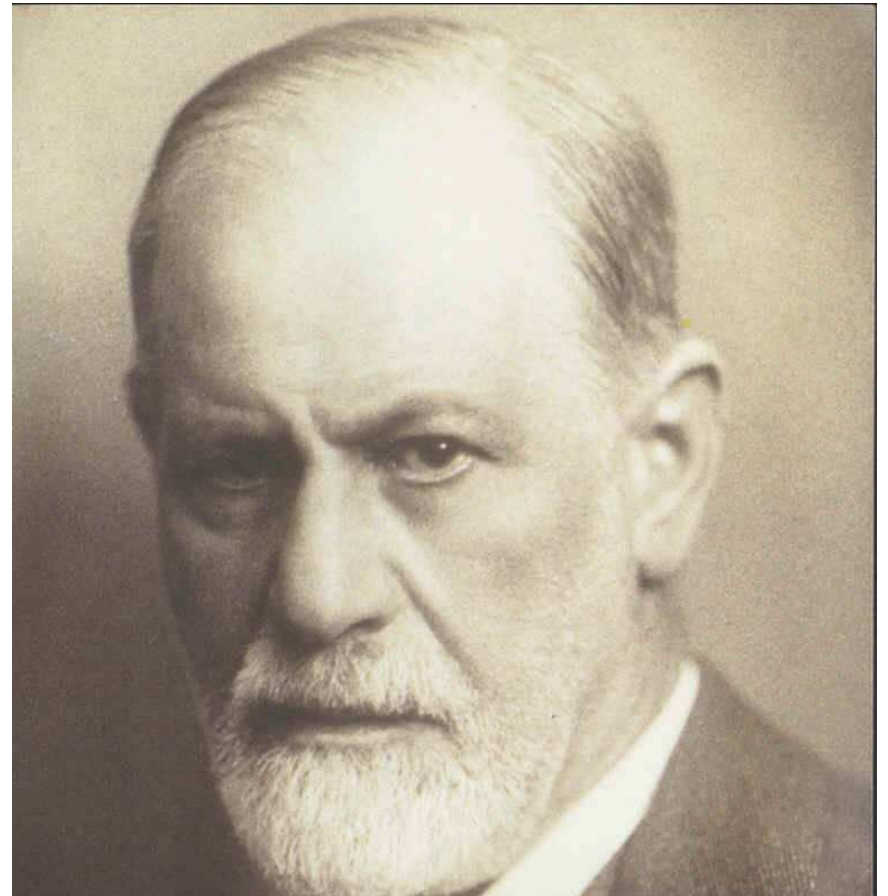


William James Quotations

- “For morality, life is a war, and the service of the highest is a sort of cosmic patriotism which also calls for volunteers.”
- “Genius...means little more than the faculty of perceiving in an inhabitual way.”
- “If you want a trait, act as if you already have the trait.”
- “The hell to be endured hereafter, of which theology tells, is no worse than the hell we make for ourselves in this world by habitually fashioning our characters in the wrong way.”
- “No matter how full a reservoir of maxims one may possess, and no matter how good one's sentiments may be, if one has not taken advantage of every concrete opportunity to act, one's character may remain entirely unaffected for the better.”

Freud

- Austrian neurologist
- Many theories based on his therapy experiences with middle-aged Victorian-era women
- Developed psychoanalysis

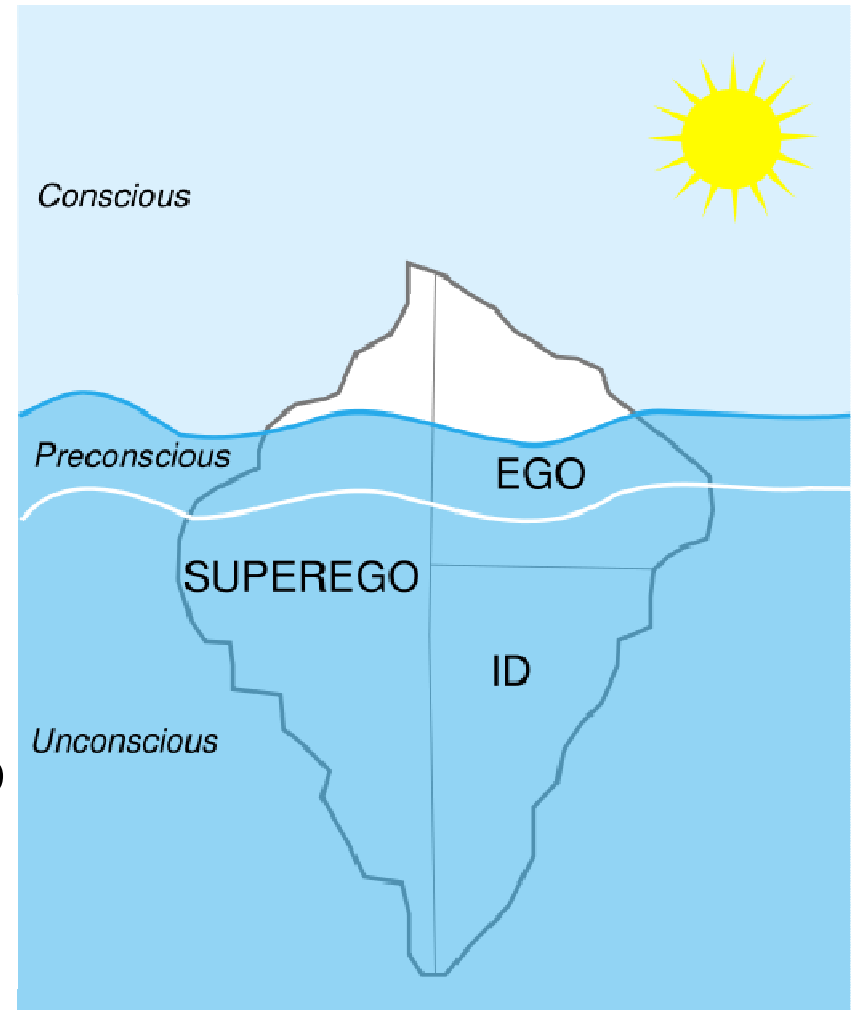


Freud quotes

- “Flowers are restful to look at. They have neither emotions nor conflicts.”
- “I have found little that is ‘good’ about human beings on the whole. In my experience most of them are trash, no matter whether they publicly subscribe to this or that ethical doctrine or to none at all. That is something that you cannot say aloud, or perhaps even think.”
- “No one who has seen a baby sinking back satiated from the breast and falling asleep with flushed cheeks and a blissful smile, can escape the reflection that this picture persists as a prototype of the expression of sexual satisfaction in later life.”
- “Our knowledge of the historical worth of certain religious doctrines increases our respect for them, but does not invalidate our proposal that they should cease to be put forward as the reasons for the precepts of civilization. On the contrary! Those historical residues have helped us to view religious teachings, as it were, as neurotic relics, and we may now argue that the time has probably come, as it does in an analytic treatment, for replacing the effects of repression by the results of the rational operation of the intellect.”

Id, Ego, and Superego

- Id
- Superego
 - “The concept of superego has been subject to criticism for its sexism. Women, who are considered to be already castrated, do not identify with the father, and therefore form a weak superego, apparently leaving them susceptible to immorality.” - Wikipedia
- Ego



Behaviorism

- John B. Watson
- Classical conditioning
 - Ivan Pavlov
- “Little Albert”
- “Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select--doctor, lawyer, artist, merchant- chief, and yes, even beggarman and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors.”

Behaviorism

- B. F. Skinner
- “I did not direct my life. I didn't design it. I never made decisions. Things always came up and made them for me. That's what life is.”
- “The real problem is not whether machines think but whether men do.”
- Operant conditioning
 - Rewards, reinforcement, punishment

What is Psychology?

- It is the science of behavior and mental processes.
- Difference between a psychologist and a psychiatrist?
 - Psychiatrists are MDs with a residency in psychiatry
 - Psychologists usually have PhDs

Big Issues in Psychology

- Nature/nurture
 - Genetics/social

