

Psychological Perspectives of Behavior

	Perspective				
	Biological	Psychodynamics	Cognitive	Behavioral	Humanistic
Human Nature	The human animal	Humans in conflict, intrapsychic forces	Humans as thinkers and information processors, highly complex computers	Humans as reactors to the environment	Humans as free agents, seeking self actualization and personal meaning
Causes of Behavior	Genetic and evolutionary factors; brain and biochemical processes	Unconscious motives, conflicts, and defenses; role of early childhood experiences, nonrational	Thought, planning, perception, memory processes	Past learning and present environment	Free will, choice, and drives to self-actualization and find meaning in life
Focus	Study of brain-behavior relations	Study of unconscious motives, conflicts, and defenses	Study of conscious mental processes, perception	Study of learning and the effects of environmental stimuli	Study of meaning, values, and purposes in life
Method of Study	Measure hormones and brain chemicals, behavior genetics	Clinical observations in psychotherapy	Laboratory studies of humans	Natural and laboratory settings	Observable behavior and exploration of life/meaning
Representative	Contemporary psychiatry	Freud	Piaget (childhood development), Beck & Ellis (self-talk)	Skinner, Watson	Rogers, Maslow
Comments	Evolutionary psychology, “an organisms body determines its behavioral capabilities”	“all psychodynamic theories emphasize the role of inner personality factors and unconscious processes in explaining behavior”	Man is a rational problem solver whose actions are governed by conscious & thought, planning; Gestalt	Rewards & punishment, human reconditioning, social engineering; “the erroneous belief that human behavior is caused by inner factors diverts attention from the real causes of behavior which resides in the outer world” -Skinner	Conscious motives, will, choice, man’s inherent goodness, innate force toward growth and individual potential; “When the human personality unfolds in a benign and supportive environment that allows these creative forces free rein, the positive inner nature of the person emerges”