

Humanistic and positive psychology

Sogang University, Fall 2023

week 12, 11/20/2023

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Class Hours: Mon 01:30-04:15 PM



Revised course schedule

Week 8 (Oct/23)	Midterm Exam		
Week 9 (Oct/30)	Ch. 6	Traits & Types	
Week 10 (Nov/06)	Ch. 7	Personality Stability, Development, and Change	Survey I Discussion
Week 11 (Nov/13)	Ch. 12	Cancelled	Recorded lecture (TBA)
Week 12 (Nov/20)	Ch. 13	Positive Psychology	Discussion
Week 13 (Nov/27)	Ch. 14	Culture	Discussion
Week 14 (Dec/04)	Ch. 15	Personality Processes	Survey II
Week 15 (Dec/11)		Self and Identity	Guest lecture (Self)
Week 16 (Dec/18)	Final Exam		

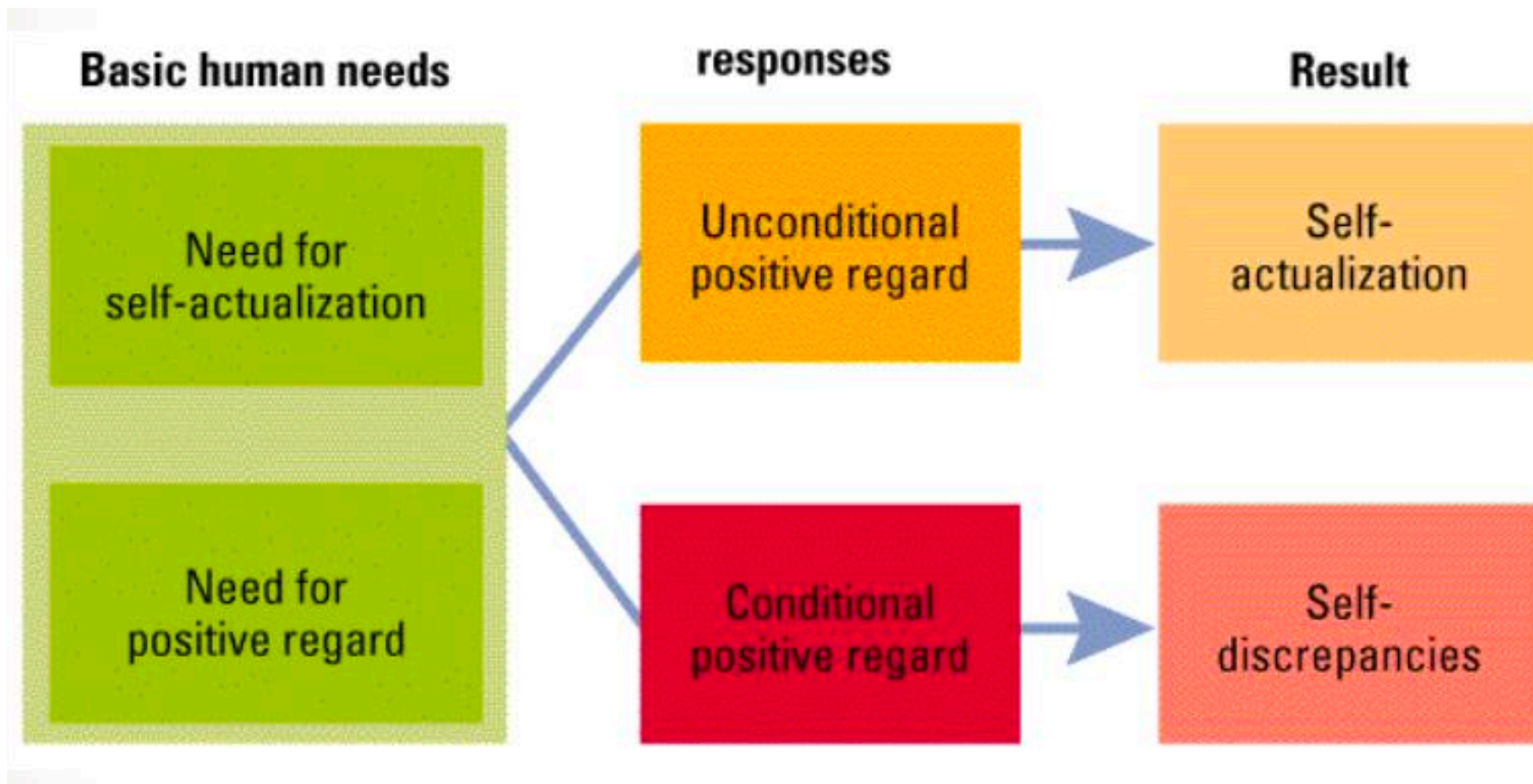
Carl R. Rogers (1902-1987)

- Key Concepts
 - Actualization Tendency: The basic human motivation to actualize, maintain, and enhance the self
 - Organismic Valuing Process: The process of judging experiences in terms of their value for fostering or hindering actualization
 - Remember the humanistic belief that people are basically good

Development of Personality Adjustment

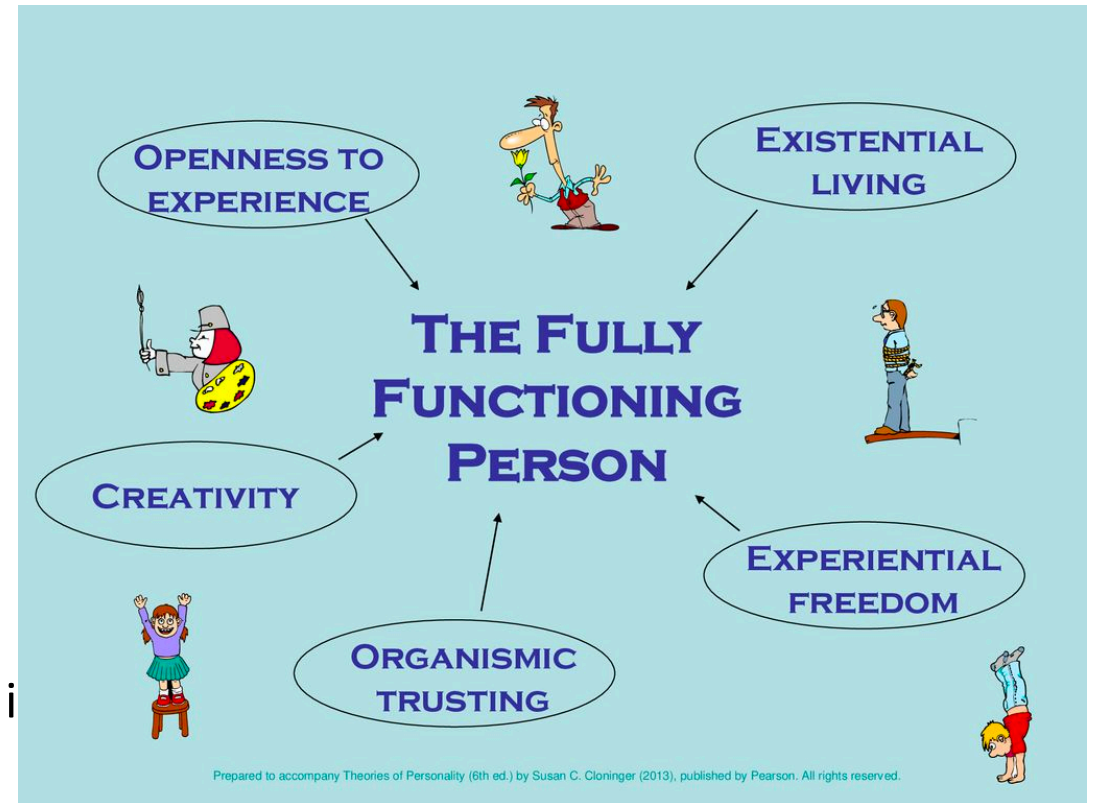
- Humans have a need for positive regard
 - Origins unclear (Rogers even said unimportant)
 - Universal and persistent
- Human development is facilitated by unconditional positive regard
 - Parenting practices
 - Personal relationships
- Placing conditions on worth is generally bad: Conditional Positive Regard
 - Approval, love, or acceptance is granted only when a person expresses desirable actions and attitudes

Carl rogers' personality theory



Fully Functioning Persons

- Open to experience
- Trust in themselves
 - Trust their own feelings and judgments
 - Give themselves unconditional positive regard
- Live the “Good Life”
 - Freedom of choice
 - Creative
 - Trustworthy
- Not always happy, blissful, or contented
- Very comparable to Maslow’s ideas of self-actualizing i



Key Aspects of Rogerian Therapy

- Seek a Transformation: “He [the Client] approaches the realization that he no longer needs to fear what experience may hold, but can welcome it freely as part of his changing and developing self.”
- Therapist shows unconditional positive regard for the client
- Personality change occurs gradually in therapy
- Rogers argued that an individual may not be ready for therapy

Evaluating Rogers

- Strengths
 - Empirical approach to the effectiveness of therapy
 - Major impact on therapy and areas outside of psychology like education
 - “I find a deep satisfaction in discovering that some of my basic learnings in psychotherapy apply to other areas of life.”
- Weaknesses
 - Too much emphasis on subjectivity? Too simple?
 - Is this view of human nature too optimistic?
 - Is there more to mental health than believing one is the person one wants to be (Funder, 2004)?

George Kelly (1905-1967)

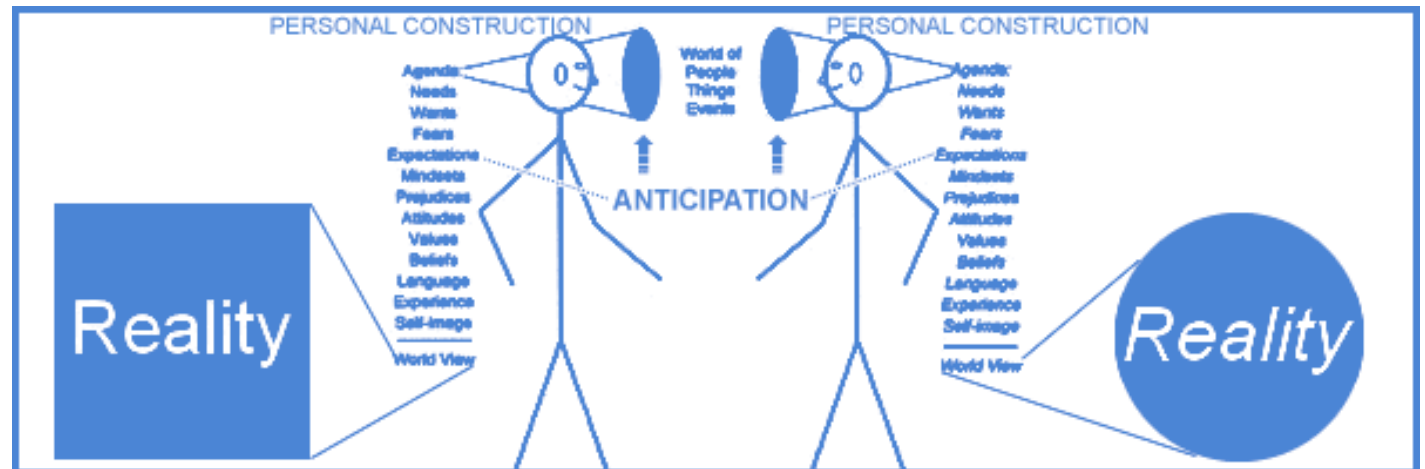
- Basics
 - Kelly saw the person as a theorist of human nature.
 - Constructive Alternativism: People can interpret the world in different ways. To understand the person you have to understand how he or she interprets the world
 - Fundamental Postulate: A person's processes are psychologically [determined] by the ways in which he [or she] anticipates the events.

People Process Information in “Biased” Ways

- Life often presents us with ambiguous stimuli so we interpret this information according to our preconceived ideas.
- “Common Mistakes” people make
 - Confirmation bias
 - Self-fulfilling prophecies
- Thus, in a sense we do construct our own reality.
- If people “define situations as real, they are real in their consequences” (Thomas & Thomas, 1928, p. 572).

Personal Constructs

- Personal Constructs guide how we construe our experiences (How we explain, interpret, and give meaning to our experiences)
- Personality is defined by personal constructs
- Kelly's theory is sometimes classified as a cognitive theory of personality



Therapy for Kelly

- Understand the client's personal constructs
- Explore and then help the individual change these constructs
- Used several approaches to help clients explore and change constructs
 - Self-characterization sketch
 - Role playing
 - Fixed-role therapy (acting in the real world)

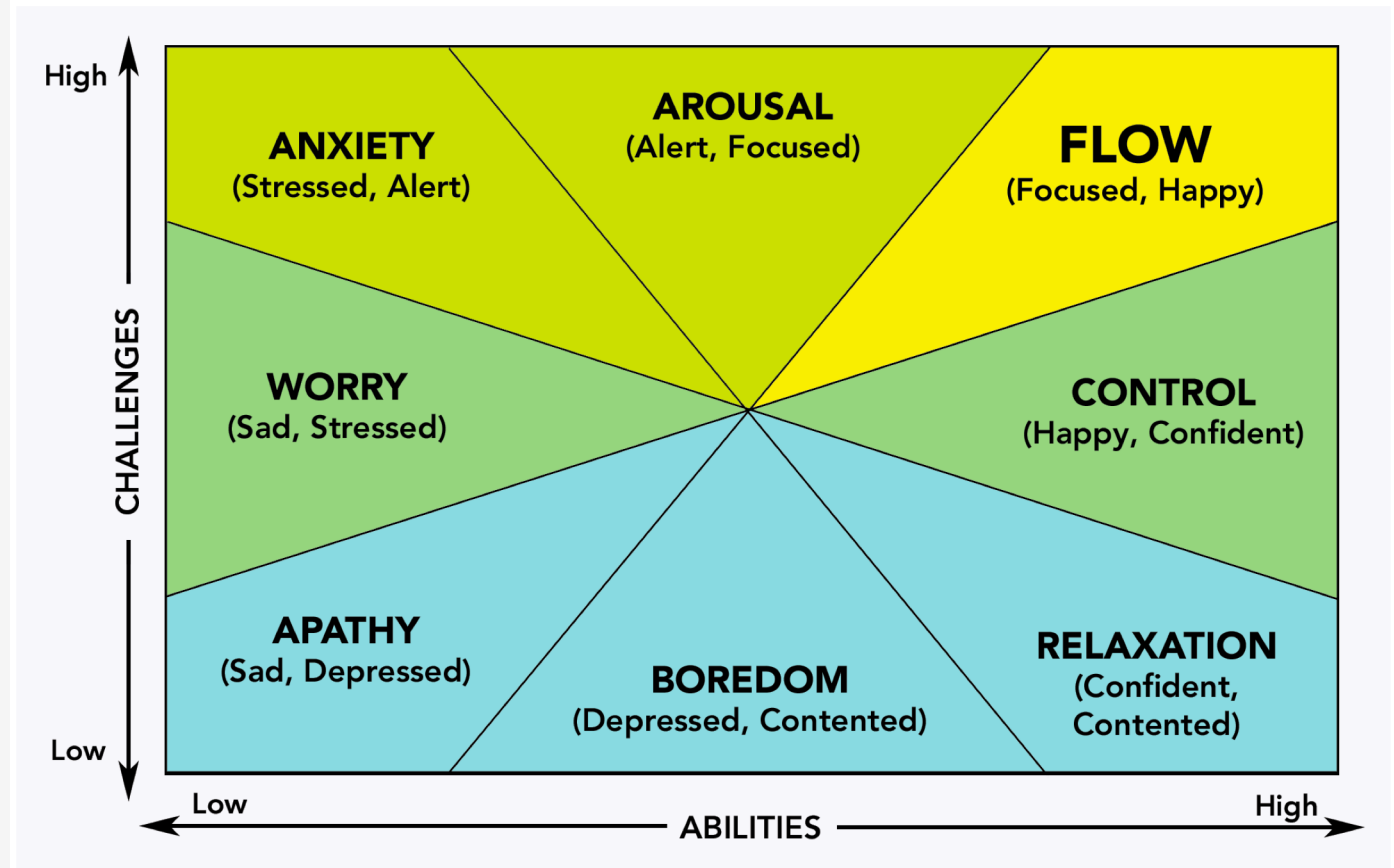
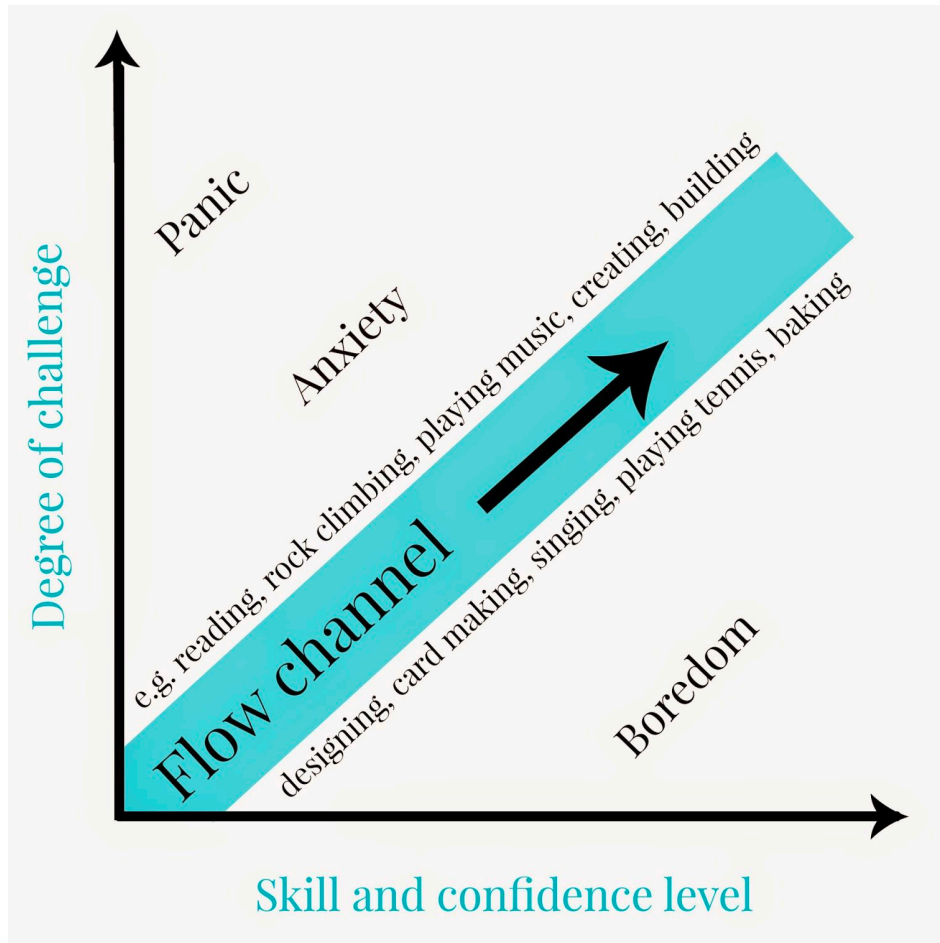
Evaluating Kelly

- Strengths
 - Cognitive emphasis
 - Unique perspective
 - Focus on the person
- Weaknesses
 - Constructs can be difficult to assess
 - Too optimistic?

Csikszentmihalyi: Flow

- Pronounced: “Chick-Sent-Me-High”
- Similar to peak experiences
- Occurs when people spend time in autotelic activities – those enjoyable for their own sake
- Requires a balanced level of high challenge and high skill
- Produces good task performance
- Includes:
 - Concentration, no distractibility, thinking only about the activity
 - Slightly elevated mood – but it is not joy or happiness
 - Time passes quickly

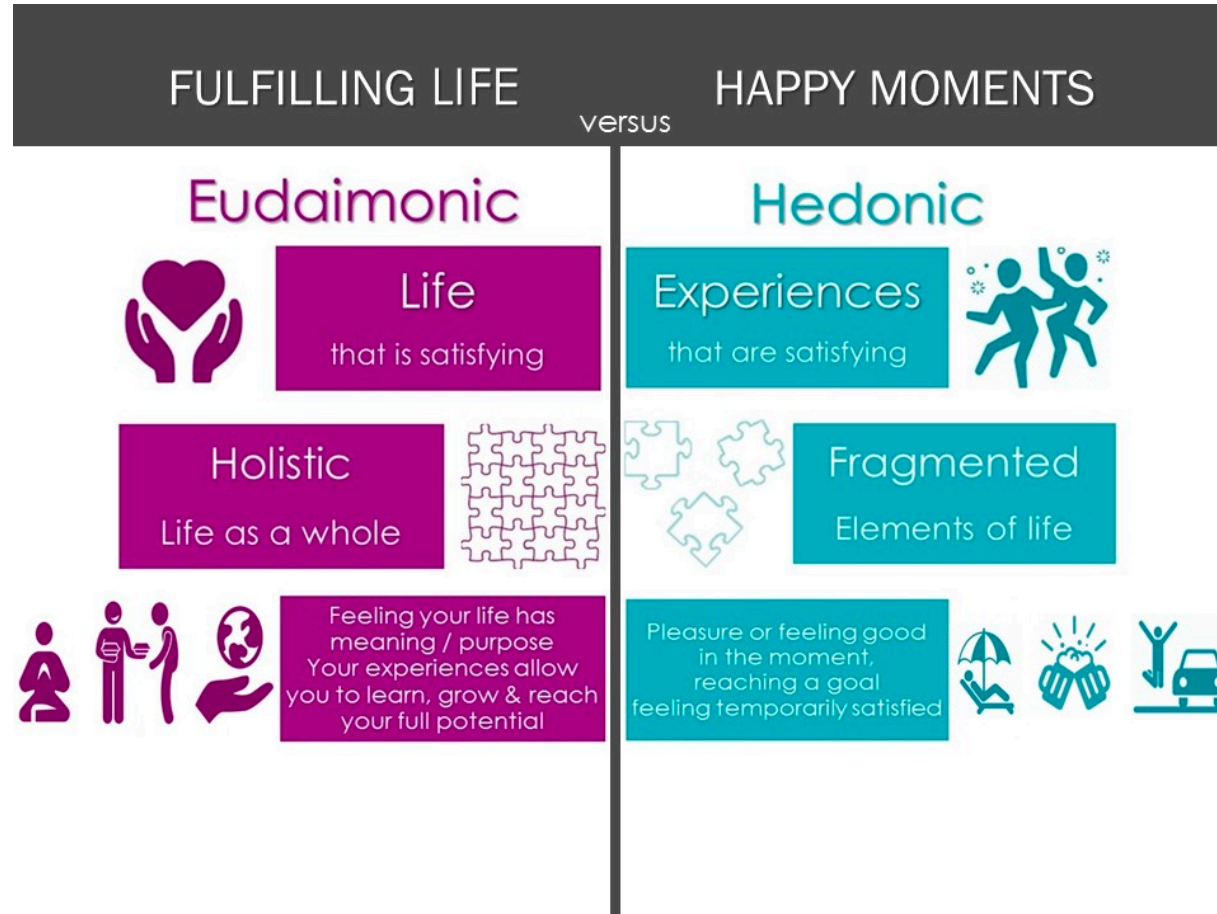
Csikszentmihalyi: Flow



Csikszentmihalyi: Flow

Social Activities ➤ vacationing, being with family, parties	16%
Passive Attending Activities ➤ Watching TV, listening to music, reading	13%
Work Activities ➤ Working, electrical work, problems at work	31%
Hobbies & Home Activities ➤ Cooking, sewing, photography, singing	22%
Sports & Outdoor Activities ➤ Bowling, golf, dancing, swimming	18%

Well-being and happiness



Hedonic well-being

- Ed Diener
 - Subjective Well-Being (SWB)
 - = Satisfaction with life + Positive affect – Negative affect
 - Cognitive Well-Being (CWB)
 - Affective Well-Being (AWB)

Hedonic well-being

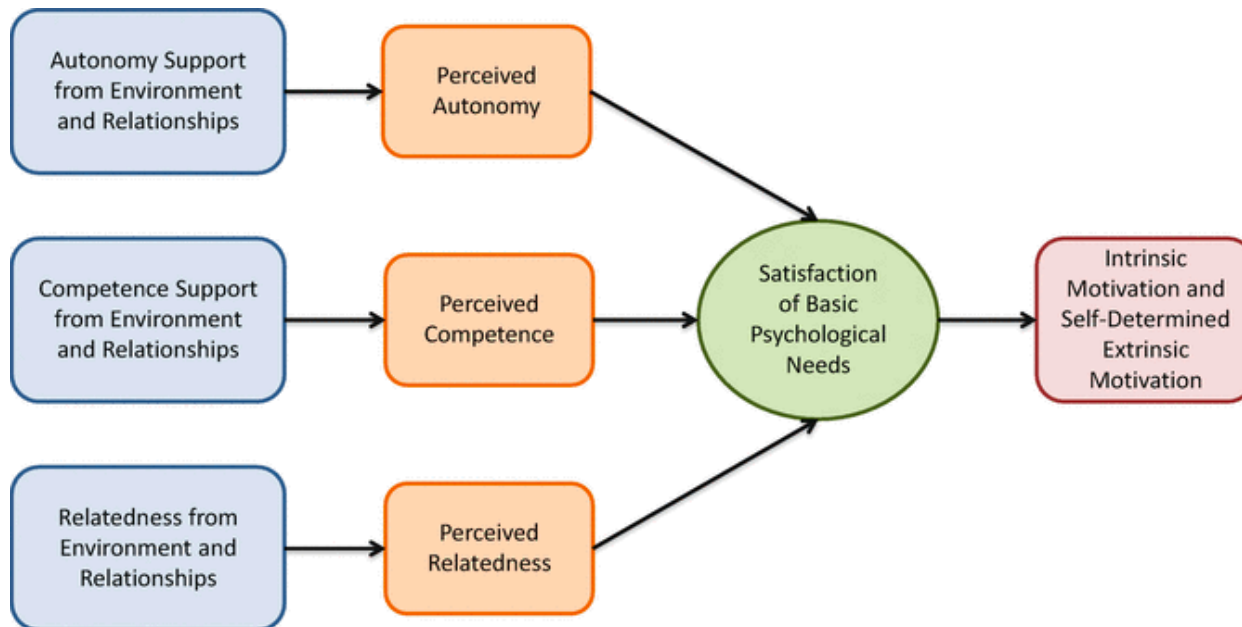
- Can we increase happiness?
- Sonja Lyubomirsky

Eudaimonic well-being

- Carol Ryff
 - Psychological Well-Being (PWB)

Eudaimonic well-being

- Ed Deci and Richard Ryan
 - Self-Determination Theory (SDT)



Eudaimonic well-being

- Michael Steger
 - Meaning in Life
 - Presence of meaning
 - Search for meaning

next class

- Cross-Cultural Approaches
 - Read Chapter 13