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History of Psychology

A. Psychology arose from Philosophy (e.g., Descartes) & Physiology (e.g., Helmholtz)

- philosophy > using the ability to reason
- physiology > using scientific method (testing)

B. Significant contributors

- Wilhem Wundt (When researcher names are explicitly stated in class or outline, be sure to memorize.)
 - first psychology laboratory (which was in Europe) – 1879 (don't memorize dates; I will not ask you about dates)
 - "consciousness"
 - reaction-time studies
 - founder (or father) of psychology
- Mary Calkins, Margaret Washburn and Leta Hollingworth
 - Strong (and often unrecognized) contributors to the field yet faced significant discriminatory barriers

C. 1890s:

- Structuralism
 - elements
 - introspection
 - periodic table
 - e.g., Edward Titchener
- vs. Functionalism
 - adaptiveness
 - Darwin
 - e.g., Williams James
 - *Principles of Psychology*
 - stream of consciousness
 - e.g., Stanley Hall
 - 1882: 1st laboratory in US
 - *American Journal of Psychology*

D. 1900s – 1950s

- Psychoanalysis
 - unconscious
 - coping with sexual urges
 - e.g., Freud
- vs. Behaviorism
 - overt behavior & environmental factors
 - facilitated an increase in using animals for research
 - e.g. John B. Watson
 - *"Give me a dozen healthy infants, well-formed, and my own special 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 beggar-man and thief, regardless of his talents, penchants, tendencies, abilities, vocations and race of his ancestors. I am going beyond my facts and I admit it, but so have the advocates of the contrary and they have been doing it for many thousands of years."*
 - 1950s - behaviorism becomes really popular again
 - e.g., B.F. Skinner
 - acknowledged biological factors & internal factors, but were considered to be unnecessary to understand/control behavior
 - *"Organisms tend to repeat responses that lead to positive outcomes, and they tend not to repeat responses that lead to neutral or negative outcomes."*
 - free will as an illusion

E. 1950s

- Humanism
 - emphasize unique qualities of being human, esp. freedom & potential for personal growth
 - e.g., Carl Rogers & Abraham Maslow
- Clinical psychology
 - 1896: 1st clinic
 - WWII increased need for clinicians; before then, this division of psychology focused on testing childrens' readiness for school
- Cognitive psychology & Physiology
 - new methods to study consciousness again
 - e.g., Noam Chomsky > language
 - e.g., George Miller > memory
 - e.g., Herbert Simon > problem-solving, parallel between computers and human cognition
 - e.g. Roger Sperry > cognition and how it works with the brain

- renewed interest in biological bases that underlie mental & overt behaviors

G. Today

- Combining bits & pieces of the different movements...

H. Recent trends

- cultural diversity
- evolutionary psychology
- positive psychology

Current Divisions of psychology

A. Research

1. Abnormal/Clinical psyc**
2. Developmental psychology
3. Social psychology
4. Experimental psychology**
5. Physiological psychology
6. Cognitive psychology
7. Personality psychology
8. Psychometrics (aka Quantitative psychology)
9. Educational Psychology**
10. Health Psychology

B. Applied/professional

1. Abnormal/Clinical psyc**
2. Counseling
3. School psychology**
4. Industrial/organizational

Q for you: What differentiates the “research” from the “applied” divisions of psychology?

