**Approaches of Psychology**

(Assignment 1)

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**Clinical Psychology:**

Clinical psychology is the branch of psychology concerned with the assessment and treatment of mental illness, abnormal behavior, and psychiatric problems. This field integrates the science of psychology with the treatment of complex human problems, making it an exciting career choice for people who are looking for a challenging and rewarding field.

**Applications and Approaches:**

Clinical psychologists often work in medical settings, private practice, or in academic positions at universities and colleges. Some clinical psychologists work directly with clients, often those who suffer from various types and degrees of psychiatric disorders. Other clinical psychologists may work in private therapeutic settings offering short-term and long-term outpatient services to clients who need help coping with psychological distress. Some clinical psychologists work in other settings, performing research, teaching university-level courses, and offering consultation services.

Some of the job roles performed by those working in clinical psychology can include:

* Assessment and diagnosis of psychological disorders
* Treatment of psychological disorders
* Offering testimony in legal settings
* Teaching
* Conducting research
* Drug and alcohol treatment
* Creating and administering programs to treat and prevent social problems

Some of the major theoretical perspectives within clinical psychology include:

* **Psychodynamic approach:** This perspective grew out of the work of psychoanalyst Sigmund Freud, who believed that the unconscious mind plays an important role in our behavior. Psychologists who utilize psychoanalytic therapy may use techniques such as free association to investigate a client's underlying, unconscious motivations.
* **Cognitive behavioral perspective:** This approach to clinical psychology developed from the behavioral and cognitive schools of thought. Clinical psychologists using this perspective will look at how a client's feelings, behaviors, and thoughts interact. Cognitive-behavioral therapy (CBT) often focuses on changing thoughts and behaviors that contribute to psychological distress.
* **Humanistic perspective:** This perspective looks at the client more holistically and is focused on such things as self-actualization and helping people realize their full potential.

**Introspection:**

The definition of introspection is self-examination, analyzing yourself, looking at your own personality and actions, and considering your own motivations.

The term introspection can be used to describe both an informal reflection process and a more formalized experimental approach that was used early on in psychology's history.

The first meaning is the one that most people are probably the most familiar with, which involves informally examining our own internal thoughts and feelings. When we reflect on our thoughts, emotions, and memories and examine what they mean, we are engaging in introspection.

The term introspection is also used to describe a research technique that was first developed by psychologist Wilhelm Wundt. Also known as experimental self-observation, Wundt's technique involved training people to carefully and objectively as possible analyze the content of their own thoughts.

The use of introspection as a tool for looking inward is an important part of self-awareness, and is even used in psychotherapy as a way to help clients gain insight into their own feelings and behavior. While Wundt's efforts contributed a great deal to the development and advancement of experimental psychology, researchers now recognize the numerous limitations and pitfalls of using introspection as an experimental technique.

Five methods of introspection are:

1. Analysis of Thoughts

2. Moralization of Desires

3. Neutralization of Anger

4. Eradication of Worries

5. Who am I?

**Observation:**

Observation is one method for collecting research data. It involves watching a participant and recording relevant behavior for later analysis. One example of a study using the observational method would be when a researcher wants to study how children manage sharing of toys. He could observe a group of children playing in the classroom, and record what things they say or do that determine who gets to play with a coveted toy.

The observation method has the advantage of providing direct evidence of the phenomenon that is being studied. In the example above, the researcher gets data on how the children actually manage to share or not share. This is more objective than other ways of collecting data like for example, interviewing the children or their teacher.

**Types:**

* **NATURALISTIC OBSERVATION:**

Observing people in their normal environment. Often used in the study of animal behavior.

* **CONTROLLED OBSERVATION:**

Carried out in a laboratory. The observer decides where the observation takes place, at what time and under what circumstances. Standardized procedures are used.

* **STRUCTURED OBSERVATION:**

Also called Systematic Observation. Coding scheme is used by researchers.

* **UNSTRUCTURED OBSERVATION**:

Involves the researchers recording the behavior they can see. Can be difficult without the use of recording equipment. Provide rich qualitative data For example , observing children playing with new toys.

* **PARTICIPANT AND NON PARTICIPANT OBSERVATION**:

Non Participant observation involves observing participants without actively participating.

Participant observation involves active participation of the observer.

Participant observation is again of two type:

One where the participants aren’t aware that they are being observed.

The other where participants are aware that they are being observed.

**Developmental:**

People go through many changes over the course of their lives. Development describes the growth of humans throughout their lifespan, from conception to death. Psychologists strive to understand and explain how and why people change throughout life. While many of these changes are normal and expected, they can still pose challenges that people sometimes need extra assistance to manage.

By understanding the process of normative development, professionals are better able to spot potential problems and provide early interventions that can result in better outcomes.

Developmental psychologists can work with people of all ages to treat issues and support growth, although some choose to specialize in a specific area such as childhood, adulthood, or old age.

Some of the many issues that developmental psychologists may help patients deal with include:

* motor skill development
* language acquisition
* emotional development
* the emergence of self-awareness and self-concept
* cognitive development during childhood and throughout life
* social and cultural influences on child development
* personality development
* moral reasoning
* developmental challenges and learning disabilities

These professionals spend a great deal of time investigating and observing how these processes occur under normal circumstances, but they are also interested in learning about things that can disrupt developmental processes.

By better understanding how and why people change and grow, this knowledge can then be applied to helping people live up to their full potential. Understanding the course of normal human development and recognizing potential problems early on is important because untreated developmental problems may lead to difficulties with depression, low self-esteem, frustration, and low achievement in school.