**History of Psychology**

* **Ancient Practices**: Early psychological experiments date back to 7th Century B.C. Egypt. Ancient methods included drilling holes in the skull to treat disorders.
* **Hippocrates**: Believed disorders were caused by natural factors and recommended natural cures like rest, diet, and exercise.

**Greek Philosophers**

* **Socrates**: Emphasized individual experience and self-knowledge.
* **Plato**: Believed knowledge is innate.
* **Aristotle**: Argued knowledge is acquired from experience.

**Islamic Perspective**

* **Key Figures**: Includes wisdom and leadership from Hazrat Sulaiman, Hazrat Musa, and Imam Ali ibn Abi Talib.

**Transition to Science**

* **Schools of Thought**: Structuralism, Psychoanalytic, Humanistic, Functionalism, Cognitive, Biological, Evolutionary, Behaviorism, Gestalt, Social.

**Structuralism**

* **Wilhelm Wundt**: Father of scientific psychology, focused on the structure of the mind using introspection.
* **E.B. Titchener**: Analyzed consciousness into physical sensations, feelings, and images.

**Functionalism**

* **William James**: Focused on the purpose of behavior and how we adapt to environments.
* **John Dewey**: Emphasized the interrelation of stimuli and responses in behavior.

**Behaviorism**

* **John B. Watson**: Studied observable behavior, emphasizing environmental influence.
* **B.F. Skinner**: Expanded on behaviorism with reinforcement and punishment concepts.

**Reinforcement and Punishment**

* **Positive Reinforcement**: Adding a reward to increase behavior.
* **Negative Reinforcement**: Removing an adverse stimulus to increase behavior.
* **Positive Punishment**: Adding a consequence to decrease behavior.
* **Negative Punishment**: Removing a privilege to decrease behavior.