



Professor Richard Brown

Module:
Psychological Foundations of Mental Health

Week 1:
Introduction to Cognitive Psychology

Topic 1:
**Foundations of cognitive
psychology: from Plato to Pavlov**
Part 1 of 3

Topic list



This week, we will be looking at the following topics:

- **Topic 1: Foundations of cognitive psychology: from Plato to Pavlov**
- Topic 2: The heyday of behaviourism: Operant Learning
- Topic 3: The cognitive (r)evolution

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Some basic definitions

BASIC
Definitions

Cognition

Everyday use → an individual thought

In psychology → all forms of mental processes

Defining cognitive psychology

Scientific study of
mental processesInternal representations
and structures that underlie
our conscious and
unconscious cognitionsTheoretical descriptions or
models of cognitive structures
and processes

Hypothetical constructs

Definition of cognitive psychology



Cognitive Psychology

noun. ... a subdiscipline of psychology that examines mental processes involved in perception ... reasoning and problem solving, language processing, memory, and the processing of various types of information ...

Cognitive psychologists seek to understand the mental **representations** (def.) and **structures** (def.) that lead individuals to comprehend, define, and develop knowledge ...

Two main aims in cognitive psychology are, first, to provide a theoretical description of the **mind** (def.) (mental structures or abstract representations, and processes) and, second, to provide experimental and quantitative evidence regarding mental functioning.

Cambridge Dictionary of Psychology, D. Matsumoto (Ed.) 2009 p.116

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