

INSTITUTE OF PSYCHIATRY, PSYCHOLOGY & NEUROSCIENCE

Module:

Psychological Foundations of Mental Health

Week 1:

Introduction to Cognitive Psychology



Professor Richard Brown

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:

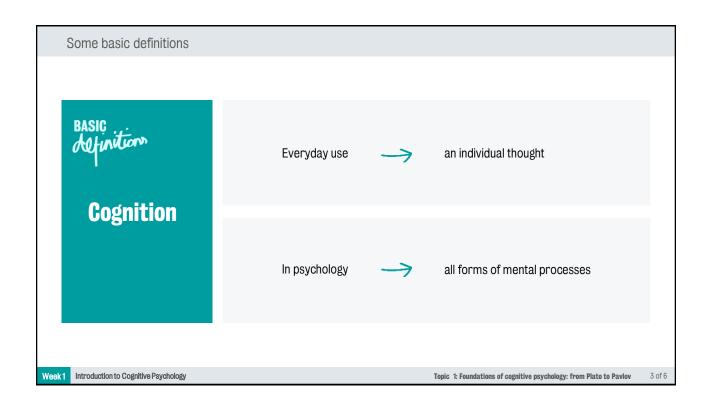
- Topic 1: Foundations of cognitive psychology: from Plato to Pavlov
- Topic 2: The heyday of behaviourism: Operant Learning
- Topic 3: The cognitive (r)evolution

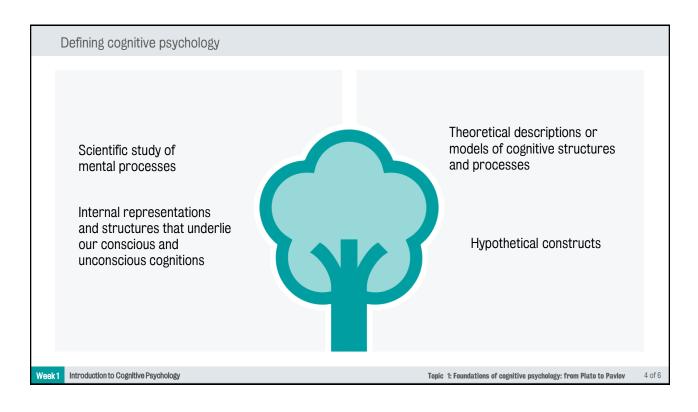
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Week1 Introduction to Cognitive Psychology

Topic 1: Foundations of cognitive psychology: from Plato to Pavlov

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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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Week

Introduction to Cognitive Psychology

Topic 1: Foundations of cognitive psychology: from Plato to Pavlov

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