

Goal: To learn about and evaluate the contributions that psychology can make to our attempts to explain and treat abnormal behavior

PART IIIB: PSYCHOLOGICAL PERSPECTIVES

Psychological Perspectives

- Psychology considers many different aspects of human functioning, all of which have been examined for possible role in psychopathology
 - Learning (classical and operant conditioning, observational learning)
 - Cognition (e.g., attributions, cognitive errors)
 - Emotions and motivation (e.g., negative affectivity, attachment, self-actualization)
 - Personality (e.g., temperament, self-systems, coping styles)

Psychological Perspectives

- ① Theoretical models in psychology
 - Intrapsychic focus (looking within the psyche)
 - Largely built on case studies
 - Very dependent on the work of counselors and therapists
 - Psychodynamic approaches, starting with Freud
 - Humanistic approaches: Rogers and Maslow
 - Contemporary practice

Psychological Perspectives

- ◎ Theoretical models in psychology
 - Experimental/empirical focus
 - Concern about scientific weaknesses of “mentalistic” approaches
 - Behavioral and cognitive (cognitive-behavioral)
 - Focus on what can be observed and measured and tested
 - Behavior, cognitive, and cognitive-behavioral therapies