

# APPROACHES IN PSYCHOLOGY



## Psychodynamic

- Childhood trauma or conflict has not been dealt with and repressed.
- Unconscious conflicts between the id & ego have created defense mechanisms.



## Behavioral

- Unpleasant consequences are avoided (operant conditioning).
- Psychological problems in others are observed and imitated (social learning theory).



## Cognitive

- Finally, and irrational thought processes lead to negative schemas about the world.
- Negative view of self, the world and the future.



## Biological

- Inherited faulty genes.
- Chemical imbalances.
- Brain trauma.
- This is a sample text
- This is a sample text
- This is a sample text



## Humanistic

- Each person can exercise free will and make rational choices, not dominated by unconscious instincts.
- Humans should be viewed as a whole & not reduced to parts.

# Approaches To Psychology

**M Mosston**



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