

General Psych

Personality

Birth of Psych

7 Approaches To Personality

1. Trait Theory = unchangeable
2. Psychoanalysis = unconscious
3. Behaviorism = what you do
4. Social Learning = conflicts & expectations
5. Humanism = self-concept
6. Existential = meant to be
7. Cognitive = what you think

1. Trait Theory

I am unchangeable

Year born

Time of year

Zodiac sign

Race, Country, Family

Franz Gall (1758-1828)

2. Psychoanalysis

Sigmund Freud (1856-1939)

Impacted by Darwin

Set out to be an biologist & prove evolution

Father of psychoanalysis

Psychosexual stages of development

Defense mechanisms

Oedipus complex

Dream analysis

Theory

Deterministic

Internal motivation

Terms from physics

Self-contained system; psychic energy

Based on case histories

Good writing

Behavior caused by opposing forces

Conscious processes

Unconscious process

ID

Most basic component of personality

Develops the earliest; neonate is only an id

Relies on the pleasure principle

Operates like a reflex

Provides psychic energy

Primary process = makes image of what desires

Can't distinguish between images and reality

Completely unconscious

EGO

- Controls motor and sensory functions of body
- Allows child to interact with reality
- Reality principle
- Object substitution = Finds objects in reality to satisfy id

Superego

- Created by ego
- Learning right from wrong
- Can't tell reality from images (imagined)
 - Punishes you for bad idea
 - Punishes you for bad action
- Composed of
 - Conscience = what you should not do
 - Ego ideal = what you should do
- Fights with id = anxiety

Id

- Reality principle
- Freudian slips
- Ego balances id and superego
- Ego fights anxiety by keeping impulse out of consciousness
- Several techniques = defense mechanisms

Defense Mechanisms

- Denial = don't admit it's real
- Displacement = kick the dog, not the wife
- Projection = see my faults in you
- Rationalization = there's a good reason
- Reaction Formation = act in the opposite
- Repression = don't think or feel
- Regression = go back to when it was safe

5 Psychosocial Stages

Fixation

- Too much libido tied to a particular stage
- Too much or too little gratification

Oral Stage

- Writers, artists and entertainers who use fantasy creatively
- Too little gratification: dependence, tends to withdraw into fantasy
- Too much gratification: hostility and biting sarcasm

Anal Stage

- Harsh toilet training
 - excessively orderly or compulsive individuals
 - Compulsive behavior to control impulses (counting, cleaning and checking)
 - Obsessive - repetitive thoughts to control guilt and anxiety.
- Relaxed toilet training = undisciplined, impulsive, excessively generous

Phallic Stage

hyper-emphasis on competition, sexuality and power
Physical appearance emphasized to seduce, manipulate and control

Oedipal Period: Boys

Sexual desire with mother as main love object
Fears father = castration anxiety

Electra Period: Girls

Sexual desire aimed at father – male genitalia
Resents mother
Penis envy

Latency Stage

tranquil, wholesome home-life
without too much emotion or sexuality
Disturbed latency = impulse control problems
Repressed latency = rigid upbringing, “out of touch” with feelings

Genital Stage

Lust is blended with affection.
Achievement
Balance love and work
Observing ego = ability to look at self & make changes

Psycho-Dynamic Basics

Wish = wish felt loved
Fear = rejection
Compromise = yell, not share

Object Relations

You treat people like things
You split emotions and things
Things are good
Emotions are bad

Emotional Correction

You were hurt as a child
Experience event without the pain; replace bad outcome with good one
Experiencing unresolved feelings or conflicts
Leads to new patterns of behavior

Therapy

Corrective experience *between partners*
Couples suffer from not engaging emotionally
Uncover marginalized emotions

Emotionally-Focused Therapy

Identify them in the moment
They heal themselves by:
validate partners' emotions & attachment needs
respond genuinely to partners individually
Current negative emotional response was adaptive at some time
What now seems irrational was previously a logical response
Behaviors mismatched to current situation

Alfred Adler (1870-1937)

Founder of "individual psychology"

Coined the term "feelings of inferiority"

Not more valuable than another

Moving higher in rank toward completeness

Getting closer to perfection; reaching our full potential

Compensation is good

Make up for weakness

Demosthenes & Annette Kellerman

Overcompensating is bad

Take advantage of other people

Try to cover up a weakness

6 distinctively-Adlerian concepts:

a. Family constellation

Position within the family

Sibling rivalry

b. Pampered child

Spoiled and protected

Greatest curse of childhood

Deprived of right to be independent

c. Inferiority complex

unfulfilled, overwhelmed by inferiority

organ inferiorities - some body parts stronger; circus performers

psychological inferiorities - concentrate only on what good at
math phobia

d. Superiority complex

pretending to be superior

exaggerate own importance

e. Compensation = striving to overcome

f. Life lie

self-deception

mistaken style of life

More Adlerian concepts:

Style of life = how live your life

Fictional finalism

Behave "as if" (philosopher Hans Vaihinger)

as if knew world will be here tomorrow

as if everything we see is as we see it

as if sure what is good and bad

as if heaven & hell real

"fiction" = can't be proven

"finalism" = won't know until future

But it influences our behavior today

Psyche = ultimate finalism

Social interest

originally called Gemeinschaftsgefühl = "community feeling"

can't exist or thrive without others; social animals

Self-guarding tendencies = to not feel inferior

Neuroses = unrealistic life goals

Adler's 3 "gates" to mental life

- a. Birth order
 - Only child
 - 1st child
 - 2nd child (tend to dream of constant running)
 - Youngest child
- b. Earliest memory
- c. Dreams
 - Ancient Theory
 - Activation synthesis hypothesis

Therapy

- Trapped in dark room & can't find an exit
- Mirror Technique = looks at self in mirror
- Favorite questions
 - "And why do you feel like that?"
 - "What purpose does your illness serve?"
 - "What do you think is the reason for your reacting that way?"

Karen Horney (1885-1952)

- 10 neurotic needs
 - Exaggerated need for...
- 2 types of self
 - real self = things that are true about us
 - idealized self = what should be
 - similar to Freud's concept of the ego-ideal
 - a special need of the individual to keep up appearances of perfection
 - In normal: idealized & real self coincide
- Tyranny of the Should
 - Neurotics are governed by it

Carl Jung (1875-1961)

- 10 characteristics of Jung:
 - a. Amplification
 - different from free association
 - focus repeatedly on same element; give multiple associations
 - b. Persona = social role
 - c. Shadow = un-social feelings & thoughts
 - opposite side of persona
 - d. Anima-Animus
 - anima = feminine side of male
 - animus = masculine side of female
 - e. Archetype = universal themes affect behavior
 - f. Synchronicity = meaningful coincidences
 - g. Transcendence = integration of self systems
 - h. Primordial images
 - memory traces from ancestral past
 - including pre-human
 - i. Collective unconscious = composed of primordial images
 - j. Personal unconscious = stores personal experiences

Jung's 4 basic functions

- a. sensation
- b. intuition
- c. thinking
- d. feeling

Assessments

Rorschach

Myers-Briggs

16 different 4-letter combinations

EI Extroversion-Introversion

SN Sensing-Intuition

FT Feeling-Thinking

JP Judgement-Perception

Sensation (S) seeks fullest possible experience of what is immediate and real

Intuition (N) seeks the broadest view of what is possible and insightful

Thinking (T) seeks rational order and plan according to impersonal logic

Feeling (F) seeks rational order according to harmony among subjective values

Sand tray

3. Behaviorism

Classical Conditioning

Desensitization

Total relaxation

Increase stimulus slowly

Operant Conditioning

Behavior Modification

Reward behaviors you want to increase

4. Social-Learning

Julian Rotter (1916-)

Chances of any given behavior occurring is a function of

1. Expectancy of getting reward
2. Size of reward

Social Skills Training

More involvement with environment

Increase expectation accuracy

Dollard & Miller

Neal Miller (1909-2002)

John Dollard (1900-1980)

Therapy

Label conflict

Rumplestiltskin

All aggression is frustration; can't reach goal

Stupidity-Misery Syndrome (neurosis)

Strong, unconscious, unlabeled conflict

Can't discriminate effectively

Use a "stupid" strategy (unlabeled)

Stupid strategies cause us "misery"

Psychoanalytic Learning Theory

Explained Freudian theory in terms of learning/drive theory

Drive Theory = get food, drive does down

Frustration-Aggression Hypothesis

Aggression is always the result of blocking one's effort to reach a goal

Aggression can be learned, unlearned or prevented

Aggression varies from situation to situation

4-part Theory

1. Drive = Want

Primary Drives

Secondary Drives

Drives originate in environment or in person

Behaviors are reinforced by drive reduction

2. Cue = Notice

Sets response in motion & guides response

Can be internal or external

A discriminative stimulus

What a person notices

3. Response = Do

The person's behavior

Selected from response hierarchy

Dominant response

4. Reward = Get

Primary Rewards

Secondary Rewards

Drive reduction

Different from Skinner's reinforcement; no assumptions what's reinforcing

Conflict

Incompatible Responses

responses which can't occur at the same time

Distance = how far away from goal

Four Assumptions about Gradients

1. Gradient of Approach - tendency to approach a goal is stronger the nearer the subject is to the goal

2. Gradient of Avoidance - tendency to avoid a feared stimulus is stronger the nearer the subject is to the feared stimulus

3. Avoidance is STEEPER than approach

4. Increase in drive raises the height of the entire gradient

Types of Conflict

Non-conflict Situations

Approach-Avoidance Conflict

Drawn to and away from desired object-resulting in anxiety and neurotic behavior

Push-Pull

Avoidance-Avoidance Conflict

Choose between 2 things we hate

Approach-Approach Conflict

Choosing between 2 things we like

Take the closest or let chance decide

Double Approach-Avoidance Conflict

Like and dislike both

Albert Bandura (1925-present)

Modeling (observational learning)

Discover learning

Reciprocal Determinism

Environment causes behavior

Behavior causes environment too

Principles

1. The highest level of observational learning is achieved by first organizing and rehearsing the modeled behavior symbolically and then enacting it overtly. Coding modeled behavior into words, labels or images results in better retention than simply observing.

2. Individuals are more likely to adopt a modeled behavior if it results in outcomes they value.

3. Individuals are more likely to adopt a modeled behavior if the model is similar to the observer and has admired status and the behavior has functional value.

Major components

Attention

Retention

Reproduction

Motivation

Self-Efficacy = having a sense that you can do it well

Self-Regulation

3 steps to controlling own behavior

1. Self-observation

2. Judgment

3. Self-response

Reward self

Punish self

Self-control therapy

1. Behavioral charts

Track behavior

Before you begin changes & after you make changes

Counting, behavioral diaries, details, when and where of your habit

2. Environmental planning

Alter your environment

Remove or avoid some cues

3. Self-contracts

Arrange to reward yourself for good behavior

Punish yourself for bad behavior (perhaps)

Contracts should be

Written

Witnessed

Explicit

Modeling therapy

Improve by watching someone productively dealing with the same issues

Snakes: client watches through a window

Film worked nearly as well

5. Humanism

CARL ROGERS (1902 - 1987)

Emotions facilitate behavior

Congruence

Symbolized experiences reflect all actual experiences

When congruent, person is free from inner tension and psychologically adjusted

2 basic needs

positive regard by others

positive regard by self

Self

Ideal Self: How you want to be

Actual Self: How see yourself

Real Self: How you act from day to day

Congruence of Self

Incongruence of Self

Therapy

Focus on the client's topics of discussion

Clarify feelings

Restatement of content

Client is responsible for therapy's progress and coming to own conclusions, solving own problems

6. Existentialism

Therapy

Existential = being-in-the-world

Anxiety = living and dying

Freedom, responsibility & choice

Induction and loving

Rollo May (1909-1994)

Need for love: fills loneliness, existential angst

Man's capacity to "will"

Love as an act of will

3 types of love

Eros

Phila

Agape

An existential life is about essence or being

Not a spectator sport; must be active players

No specific therapy techniques

Viktor Frankl (1905-1997)

Prisoner of war

The Doctor And The Soul

Frankl's wife died at Bergen-Belsen, his father starved to death at Theresienstadt, and his mother and brother were killed at Auschwitz.

Man's Search For Meaning

You must tell life what your meaning is

Your responsibility

How to find meaning in your life

4 guidelines

1. experiential values

2. Second, creative values
 - goal-oriented and future focused
 - take on your life as a project
3. attitudinal values
 - how you choose to live
4. transcendent values
 - some have overriding, supra-meaning values
 - spirituality or ultimate meanings in life

Some existentialists add the assumption that there is nothing after this life
Frankl is not that pessimistic

Insistent on personal responsibility

Statue of Liberty

Statue of Responsibility

Logotherapy

logos = causal agent of reason and meaning

Need therapy when have a Noögenic Neurosis

neurotic behavior as a result of existential problem

existential neurosis = screwed up meaning to life (love money, not people)

Correct the way you think about life

Broad concepts

Anxiety = thinking yourself into trouble

anxiety breeds anticipatory anxiety

Hyperintention = trying too hard

Trying to go to sleep

Trying so hard it prevents you from sleeping

Suggested his patients try to do what they were afraid of

If afraid you'll sweat, take it to ridiculous

Go for the world's record

Hyper-reflection = think about yourself too much

When all you think about is you, it's hard to keep life in perspective

Shift emphasis to someone else

Getting out more, seeing other people

Exploring personal world view

Enquiring into meaning

Making things explicit

Assumptions, values and life themes

Facing limitations . Face existential givens

Self-deception

Existential anxiety

Existential guilt

Consequences of actions

7. Cognitive-Behavioral

Aaron Beck (1921-)

Theory

Personality reflects person's cognitive organization and structure

Biologically and socially influenced

Not fixed personality structures

2 dimensions

Sociotropic dimension = dependence on interpersonal relationships, needs for closeness and nurturance

Autonomous dimension = independence, goal setting, self-determination, self-imposed obligations

Schemas

- Cognitive structures of fundamental core beliefs

- Assumptions about how the world operates

- Concepts about self, others, life

- Develop early in life

- Rules about life and beliefs about self

 - Adaptive or maladaptive

 - General or specific

How think determines how feel and behave

- People can consciously adapt reason

- Target of intervention is client's underlying assumptions

Cognitive distortions = systematic errors in reasoning

Albert Ellis (1913-2007)

- Care too much about what others think

- Musturbatory belief system = absolute musts

- ABC theory of personality

 - Activating event

 - Belief system

 - Emotional consequence

- Rational Psychotherapy

 - Focus on rational rather than irrational thinking; criticized for neglecting emotions

 - Confront people with their irrational beliefs, persuade them to adopt rational ones

- Rational Emotive Therapy

- Rational Emotive Behavioral Therapy

 - Primarily a cognitive behavioral therapy

 - Rationalism

 - Thoughts and emotions frequently overlap

 - Much of emotion is evaluative thinking

- Self-talk = internalized sentences determine our thoughts and emotions

- Thoughts and emotions frequently overlap

- ABC theory of personality

 - Activating event

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