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|  | **General philosophy** | **Important people** | **View of cause of disorders** | **Treatment technique** | **View on personality** | **View on motivation** |
| **Psychodynamic** | Our unconscious mind plays a huge role in everything. | Sigmund Freud  Alfred Adler  Carl Jung | Unconscious, unresolved repressed issues from past | Psychoanalysis:  Free association, dream analysis, TAT test | Id, ego, superego, psychosexual stages | We strive to satisfy our id impulses but we must meet demands of society (super ego) |
| **Behaviorism** | Behavior is learned. It is the result of reinforcements, punishments and observation. | Ivan Pavlov  John Watson  Thorndike  B.F. Skinner  Albert Bandura | We are reinforced for maladaptive behaviors. | Change maladaptive behaviors through reinforcements. Systematic desensitization, token economy, aversion therapy | Our personality traits arise from reinforcement/ punishment | We’re driven by extrinsic and intrinsic motivators. |
| **Humanism** | Focuses on uniquely human issues, such as the self, hope, love, being, becoming, individuality. Hopeful that we can improve. | Abraham Maslow  Carl Rogers | Barriers to self actualization. Ideal self and actual self not in congruence | Client-centered therapy.  Self-help, group therapy | CR said our ideal self must be in congruence with our actual self. | Maslow’s hierarchy of needs says basic needs should be met before higher needs |
| **Cognitive** | How people perceive, remember, think, speak, and solve problems. | Jean Piaget  Noam Chomsky  Albert Ellis | Irrational thoughts lead to anxiety and depression | RET, Beck's Cognitive Behavioral Therapy | Based on how we think and perceive the world. | Based on goals, reducing cognitive dissonance |
| **Biological** | Our behavior is a result of the wiring, structures and chemicals in our brains and the hormones in our blood. | Paul Broca, Wernike,  Phineas Gage | Imbalance of neurotransmitters, genetics, hormones, brain structure | Drugs and surgery | Genetics, neurotransmitters hormones | Genetics, neurotransmitters hormones |
| **Evolutionary** | Our behavior is the result of 1000s years of adaptation, survival of fittest | Charles Darwin | Anxiety was a defense mechanism in wild | NA | Extroverts maintain social networks | Instinct and drive theories |
| **Social** | We are influenced by and influence those around us. | Albert Bandura  Stanley Milgram  Philip Zimbardo | Often we mimic our parents or friends’ depression and anxiety. | Group therapy | Social Cognitive Theory of Personality | Compliance and Conformity |