**Reading Outline for Plotnik’s Introduction to Psychology, 4th Edition**

**Module 19 “Freudian & Humanistic Theories”**

Introduction

Personality –

Theory of personality –

A. Freud’s Psychodynamic Theory

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***Conscious versus Unconscious Forces***

Conscious thoughts

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Unconscious forces

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Unconscious motivation

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***Techniques to Discover the Unconscious***

Free Association

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Dream Interpretation

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Freudian Slips

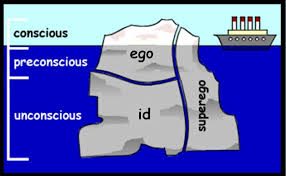
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B. Divisions of the Mind

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***Iceberg Analogy: Conscious and Unconscious Levels***

1. **Id: Pleasure Seeker**

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**Pleasure principle**

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1. **Ego: Negotiator**

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**Reality principle**

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**3. Superego: Regulator**

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Anxiety

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Defense Mechanisms

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**Rationalization –**

**Denial –**

**Repression –**

**Projection –**

**Reaction formation –**

**Displacement –**

**Sublimation –**

*Two Things to Remember…*

*1)*

*2)*

C. Developmental Stages

***Development and Fixation***

Psychosexual stages –

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Fixation***-***

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***Freud’s Five Psychosexual Stages***

1.Oral Stage

**Period:**

**Potential conflict:**

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2. Anal Stage

**Period:**

**Potential conflict:**

**-**

3. Phallic Stage

**Period:**

**Potential conflict:**

**-**

**Boys.**

**Girls.**

**-**

4. Latency Stage

**Period:**

**Potential conflict:**

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5. Genital Stage

**Period:**

**Potential conflict:**

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**D. Freud’s Followers & Critics**

***Carl Jung***

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***Alfred Adler***

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***Karen Horney***

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***Neo-Freudians***

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**Freudian Theory Today**

***1. How Valid is Freud’s Theory?***

***2. Are the First Five Years the Most Important?***

***3. Can Freud’s Concepts Be Tested?***

***4. Is There Evidence for Unconscious Forces?***

***5. What Was the Impact of Freud’s Theory?***

**E. Humanistic Theories**

***Three Hallmarks of Humanistic Theory***

**1. Phenomenological perspective**

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**2. Holistic view**

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**3. Self-actualization**

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**Abraham Maslow and Self-Actualization**

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**Maslow’s Hierarchy of Needs –**

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**Deficiency needs –**

**Growth needs –**

**Self-Actualization –**

**Characteristics of Self-Actualized Individuals**

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**Carl Rogers: Self Theory**

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**Self (or self-actualization) theory –**

**Roger’s self-actualizing tendency –**

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**Self or self-concept –**

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*Real Self versus Ideal Self*

**Real self –**

**Ideal self –**

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**Positive Regard**

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**Conditional and Unconditional Positive Regard**

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**Importance of Self-Actualization**

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*Humanistic Theory in Practice*

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*Popularity, Impact, and Evaluation of Humanistic Theories*

***Popularity and Impact –***

***Evaluation –***

**F. Cultural Diversity: Achievement**

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**1. Method.**

**2. Results.**

**3. Discussion.**

**G. Research Focus: Causes of Shyness**

***Research Question: What Causes Shyness?***

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**Psychodynamic Approach**

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**Social Learning Theory**

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**H. Application Assessment – Projective Tests**

**Psychological assessment –**

**Ability tests –**

**Personality tests –**

**Projective tests –**

Examples of Projective Tests

*What do you see in the inkblot?*

**Rorschach inkblot test** –

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*What’s happening in this picture?*

**Thematic Apperception Test** –

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Two Characteristics of a Good Test

**Validity –**

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**Reliability –**

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Usefulness of Projective Tests

**Advantages**

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**Disadvantages**

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