**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:**

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3. Phallic Stage

 **Period:**

 **Potential conflict:**

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 **Boys.**

 **Girls.**

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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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