

HUMANISTIC AND COGNITIVE THEORIES

14-4

Humanistic Psychology

- Response to the pessimism of psychoanalytic theory and mechanical basis of behaviourism
- Based on belief that all humans strive for self-actualization—realization of potential as human being.

Maslow

- Studied productive individuals
- Despite difficulties these people are highly productive because they are
 - Realistically oriented
 - Accept themselves and others
 - Problem-centered
 - Independent
 - Fresh rather than stereotyped outlook on things
 - Few but deep relationships
 - Value democracy
 - Resist conformity
 - → See page 393 of textbook



Maslow Criticism

- Assumption of people as good—intrusion of values
- Sample studied is not scientific (not random) but chosen based on his values of success and self-actualization.

Carl Rogers

- Referred to people as clients, not patients b/c it implied an illness.
- People suffer when there is a perceived difference between what we believe about ourselves and what we think others think about us.
- We are struggling to become more complete
- We all want to realize our potentials

Rogers Cont

- We all have a “self”—image of who you are
- Seek positive regard
- Conditions of worth—they like me if I...
- Unconditional positive regard—from parents and friends will teach you to give it to yourself
- Fully functioning—accept yourself and be open to self and others

Cognitive Theory

- George Kelly – our personality consists of our thoughts about ourselves, including biases, errors, mistakes and false conclusions.
- Our reactions and personality is determined by the way we organize and understand people, our environment and events.
- This is known as our schema or personal constructs