# HUMANISTIC AND COGNITIVE THEORIES

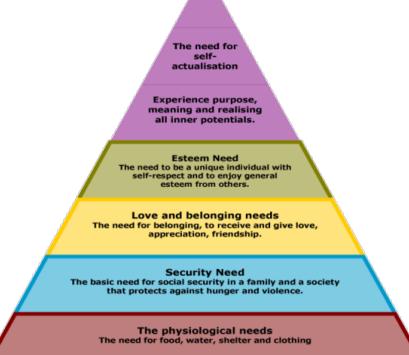
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### Humanistic Psychology

- Response to the pessimism of psychoanalytic theory and mechanical basis of behaviourism
- Based on belief that all humans strive for selfactualization—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
  - $\square \rightarrow$  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 selfactualization.

### **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 knows as our schema or personal constructs