**Approaches in Psychology-Checklist**

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| **Origins of Psychology** | * Wundt, Introspection and the emergence of Psychology as a science |
| **Learning Approaches** | * The Behaviourist including Classical Conditioning; Watsons and Pavlov’s research, Operant Conditioning and types of reinforcement. * Social learning theory including imitation, identification, modelling, vicarious reinforcement, the role of mediational processes and Bandura’s research |
| **The Cognitive Approach** | * The study of internal mental processes * The role of schema * The use of theoretical and computer models to explain and make inferences about mental processes * The Emergence of Cognitive Neuroscience |
| **The Biological Approach** | * Evolution and behaviour * The influence of genes on behaviour - Genotype and phenotype, * Biological structures and neurochemistry |
| **The Psychodynamic Approach** | * The Role of the unconscious * The Structure of Personality (ID, EGO, SUPEREGO) * Defense mechanisms including repression, denial and displacement * Psychosexual stages |
| **Humanistic Psychology** | * Free will * Self-actualisation and Maslow’s Hierarchy of Needs, * The self and congruence * The role of conditions of worth * The influence on counselling psychology |