1. Experimental research has produced an array of useful findings including the role of our biology in psychological illness which has helped inform the development of drug treatments which have been shown to be effective alone or in combination with other treatments.
2. Humanists believe behaviour can only be fully understood through the studying of the whole person including the consideration of free will and human motivation.
3. This means the explanation may be incomplete and this can have negative implications particularly in how the explanation then informs treatment.
4. Reducing behaviour to lower levels such as our biology may result in other variables being overlooked which can lead to an incomplete understanding of the behaviour.
5. However Holism along with the Humanistic approach have been criticised due to its untestable nature and the inability to objectively evidence behaviour adopting a holistic approach.
6. Humanists advocate for a Holistic view of human behaviour and argue that human subjective experience cannot be understood through investigating single parts (reductionism).
7. Reductionism supports a scientific approach
8. These variables can then be measured to determine the contribution it has to behaviour.
9. Drug treatments success rates are variable and they treat symptoms but often cannot treat the true cause of the disorder.
10. Reductionists support the need to study the whole person but stress that this can only be achieved through the process of initially breaking the behaviour down into small measureable parts.
11. Reducing behaviour to form that can be studied is useful in Psychology as it allows for experimental research to take place.
12. Reducing Psychological illness to the biological level ignores the complexity; context and function of such behaviour whereas adopting a more holistic approach in considering psychological explanations to adopt an interactionist approach can inform combination treatments which have been found to be much more effective for conditions such as Schizophrenia and OCD.
13. By breaking behaviour down we can isolate operationalised variables than can be manipulated and controlled in a laboratory setting.
14. Holism considers all levels of explanations but cannot be tested. Holism attempts to consider all different levels of explanation as it aims to provide a complete understanding of human behaviour.
15. Biological reductionism ignores the complexity of human behaviour.
16. For example this can be problematic when isolating a single biological cause for a psychological illness when a variety of factors may be involved.