



Islamia University Bahawalpur

The Islamia University of Bahawalpur

Course Outline for Schools and Perspectives of Psychology

<u>Subject</u>	Schools and Perspectives of Psychology
<u>Instructor</u>	Miss Umbreen Siddiqui
<u>Class</u>	BS (Hons) 5th Semester
<u>Department:</u>	Applied Psychology

COURSE OUTLINE:

Chapter no 1:

Introduction:

- a) Emergence of Schools of thought
- b) Introduction of Approaches and Paradigms of Psychology

Chapter no 2:

Structuralist School of Psychology:

- a) Contributions of Wilhelm Wundt
- b) Contributions of Edward Bradford Titchner

Chapter no 3:

Functionalism:

- a) **American Functionalists**
 - Contributions of William James
 - Contributions of John Dewey
- b) **European Functionalists**
 - Contributions of *David Katz*
 - Contributions of Edgar Rubin
 - Contributions of Jean Piaget

Chapter no 4:

Behaviorism:

- a. **Behaviorists**
 - Contributions of Edward Lee Thorndike
 - Contributions of Albert Weiss
 - Contributions of Edwin Holt
 - Contributions of Walter Hunter

- Contributions of J.B.Watson

b. Neo-Behaviorists

- ✚ Contributions of Clark Hull
- ✚ Contributions of Edward Tolman
- ✚ Contributions of Edwin Guthrie
- ✚ Contributions of B.F. Skinner
- ✚ Contributions of Karl Lashley
- ✚ Contributions of Donald Hebb
- ✚ Contributions of Harvey Harlow
- ✚ Contributions of Hobart Mowrer

Chapter no 5:

Gestalt Psychology:

- ✓ Contributions of Max Wertheimer
- ✓ Contributions of Wolfgang Kohler
- ✓ Contributions of Kurt Koffka
- ✓ Contributions of Kurt Lewin

a) Dynamic Psychology

Contributions of William McDougall

After Mid-term Examination

Chapter no 6:

PERSPECTIVE/MODEL/APPROACH

BIOLOGICAL /MEDICAL PERSPECTIVE

- Historical Background
- Theories in biological model
- Biochemical Theory
- Diathesis-Stress Theory
- Neurotransmitters and their role
- Endocrine Glands and Abnormality
- Assumptions of Biological/Medical Model:
- Therapeutic Techniques in Biological Model:

- i. Pharmacological Treatment
- j. Non-pharmacological Somatic Treatment
- k. Demerits of Biological Approach
- l. Criticism against Medical/ Biological Model

Chapter no 7:

PSYCHODYNAMIC APPROACH/ MODEL

- a. **Significance of Psychodynamic Approach**
 - a. Contributions of Sigmund Freud
- b. **The Neo Freudian**
 - a. Contributions of Alfred Adler
 - b. Contributions of Carl Gustav Jung
 - c. Contributions of Karen Horney

Chapter no 8:

Behavioral Approach

Behaviorist Analysis

- Contributions of Edwin L.Thorndike
- Contributions of John.B.Watson
 - Classical Conditioning
- Burrhus Frederic Skinner
 - Operant Conditioning

Chapter no 9:

Humanistic Approach

- a) **Contributions of Carl Rogers**
 - ✓ Client Centered therapy (Rogerian Therapy)
- b) **Contributions of Abraham Harold Maslow**
 - Maslow's Hierarchy of Needs
 - Criticism against Maslow's theory
- c) **Extensions of Humanistic Approach**

Chapter no 10:

Cognitive Approach

- a) Cognitive processes vs. computer**
- b) Cognitive approach emphasizes**
- c) Hybrid science**
- d) Emotions and Cognitive Approach**
 - Schacter's Theory of Emotions
 - Cognitive Approach to Social Behavior
 - Kelly's Personal Construct Theory
 - Mischel's Cognitive Social personality Theory
 - Bandura's Cognitive-Social Learning Theory
 - Cantor's Social Intelligence Theory
- e) Cognitive Approach in Behavior Modification**
- f) Altering the Belief System**
- g) Cause of Psychological illness Model**
 - Cognitive Theory for Depression
- h) The therapist uses four tactics**
- i) Rational-Emotive Behavior Therapy**

Disclaimer: This is a tentative plan for the semester. It can be changed if needed and students will be informed via announcement. Handouts given by teacher for study.

Reading List:

- ❖ Glassman, W.E., Hadad, M. (2009). *Approaches to Psychology*. (5th Ed.). McGraw-Hill.
- ❖ Shiraey, E. (2014). *A history of psychology: A global Perspective*. (2nd Ed.). Sage Publications
- ❖ Feldman, R. S. (1995). *Understanding Psychology*. (7th Ed.). McGraw-Hill.
- ❖ Gerow, J. R. (1985). *Psychology: an introduction*. (5th Ed.). New York: London.