

Hergenhahn's An Introduction to the History of Psychology

Eighth Edition

EIGHTH EDITION

HERGENHAHN'S
An Introduction to the
History of Psychology



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Chapter 17

Humanistic (Third-Force) Psychology

Learning Objectives (1 of 2)

After reading and discussing Chapter 17, students should:

- Be aware of the zeitgeist and ideas that contributed to the development of humanistic psychology
- Be familiar with the direct antecedents of humanistic psychology
- Be able to discuss the theories of Abraham Maslow
- Be acquainted with Carl Rogers's theory of personality and views of the fully functioning person
- Be familiar with comparisons of existential and humanistic psychology

Learning Objectives (2 of 2)

- Be familiar with criticisms of humanistic psychology
- Be familiar with the contributions of humanistic psychology

The Mind, the Body, and the Sprit

- We can divide human nature into three major components: the mind (our intellect), the body (our biological makeup), and the spirit (our emotional makeup).
- Third-force psychology
 - Subjective reality

Antecedents of Third-Force Psychology (1 of 6)

- History
 - By the mid-20th century, structuralism, functionalism, and Gestalt psychology had lost their distinctiveness as schools of thought.
 - Only behaviorism and psychoanalysis remained influential.
 - In the troubled times of the 1960s, the views of humans provided by behaviorism and psychoanalysis were viewed by many as incomplete, distorted, or both.
 - Many were looking for a new view, one that emphasized the human spirit rather than strictly the mind or body.

Antecedents of Third-Force Psychology (2 of 6)

- Third-force Psychology
 - In the early 1960s, a group of psychologists led by Abraham Maslow started a movement referred to as third-force psychology.
 - This was a reaction to the shortcomings (as they saw them) of behaviorism and psychoanalysis to deal fully with the human condition.

Antecedents of Third-Force Psychology (3 of 6)

- According to these psychologists, what was needed was a model of humans that emphasized their uniqueness and their positive aspects.
 - This third force combines the philosophies of romanticism and existentialism and is called humanistic psychology.

Antecedents of Third-Force Psychology (4 of 6)

- Phenomenology
 - Focuses on cognitive experience as it occurs; in intact form not reduced to component parts
 - Brentano
 - Focused on psychological acts such as judging, recollecting, expecting, doubting, fearing, hoping, or loving, and including the concept of intentionality within the acts.

Antecedents of Third-Force Psychology (5 of 6)

- Husserl
 - Believed that phenomenology could create an objective bridge between the outer, physical world and the inner, subjective world.
 - He developed what he called pure phenomenology with the purpose of discovering the essence of conscious experience—the person inward.
- This pure phenomenology soon expanded into modern existentialism. However, the existentialists were interested in the nature of human existence.
- In philosophy, the study of existence or what it means to be is called ontology.

Antecedents of Third-Force Psychology (6 of 6)

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Existential Psychology (1 of 13)

- Existentialism
 - Concerned with two ontological questions:
 - What is the nature of human nature?
 - What does it mean to be a particular individual?
 - Jean-Paul Sartre and Albert Camus
 - Won Nobel Prize in Literature based on their writings in existentialism

Existential Psychology (2 of 13)

- Existentialism
 - Martin Heidegger
 - Postulated that humans are always becoming something other than what they were; to exist is to change.
 - The Dasein refers to that place in space and time where existence takes place; existence is a complex, dynamic, and uniquely human phenomenon.

Existential Psychology (3 of 13)

- The authentic life
 - With the realization that we must someday die, the person gets busy and exercises his or her freedom to create a meaningful existence, an existence that allows for almost constant personal growth, or becoming.
- If we do not exercise our personal freedom, we experience guilt.
 - Acceptance of the fact that at some time in the future we will be nothing causes anxiety; thus such acceptance takes courage.

Existential Psychology (4 of 13)

- The concept of thrownness
 - We are thrown into our own personal circumstances and this is beyond our control.
 - For example, whether we are male or female, short or tall, rich or poor, and so on.
 - This determines the conditions under which we exercise our freedom.

Existential Psychology (5 of 13)

- Existentialism
 - Ludwig Binswanger
 - Three modes of existence:
 - Around world (the Umwelt)
 - The world of things and events
 - With world (the Mitwelt)
 - Interactions with other humans
 - Own world (the Eigenwelt)
 - Person's private, inner, subjective experience.
 - The world-design is how an individual views and embraces the world.

Existential Psychology (6 of 13)

- Ground of existence
 - The circumstances into which one is thrown is defined as the conditions under which one exercises one's personal freedom.
 - He or she always tries to transcend one's personal circumstances.
 - Everyone seeks being-beyond-the-world, which is the way people try to transform their circumstances by exercising free will.
- One must always find his/her own meaning of life no matter what the personal circumstances.

Existential Psychology (7 of 13)

- Rollo May
 - The human dilemma
 - Humans are both objects and subjects of experience.
 - Objects in the sense that we exist physically, therefore things happen to us.
 - Subjects in the sense that we do not simply have experiences, we interpret, value, and make choices regarding our experience.
 - We give experience meaning.
 - This dual aspect of human nature is what May meant by human dilemma.

Existential Psychology (8 of 13)

- For May and other existentialists, the most important fact about humans is that they are free.
- Freedom brings with it responsibility and, therefore, anxiety.
- The healthy person exercises freedom to approach his or her full potential, to go beyond what one previously was.
- All this causes anxiety, but it is normal, healthy anxiety because it is conducive to personal growth.

Existential Psychology (9 of 13)

- Neurotic anxiety is not conducive to personal growth because it results from fear of freedom.
 - The person living with neurotic anxiety lives his or her life in such a way that reduces or eliminates personal freedom.
- Self-alienation occurs whenever people accept values dictated by society rather than those personally attained.
- Exercising free will may lead to normal anxiety; otherwise we feel guilty.

Existential Psychology (10 of 13)

- According to May, myths provide the major vehicle for giving meaning in life, saying, “Myths are narrative patterns that give significance to our existence.”
- Myths serve four functions:
 - Provide a sense of identity
 - Provide a sense of community
 - Support our moral values
 - Provide a means of dealing with the mysteries of creation
- Most important, however, is the providing a sense of community.

Existential Psychology (11 of 13)

- May was not opposed to studying humans scientifically, but he was opposed to using physical science methods to do it.
- The emerging field of positive psychology is moving toward the direction May suggested.

Existential Psychology (12 of 13)

— George Kelly

- The cornerstone of Kelly's position is whether or not a person has a psychological problem is mainly a matter of how that person views things.
- The goal of all humans is like the major goal of scientists, which is to reduce uncertainty.
 - Scientists create theories to attempt to predict future events
 - Nonscientists create construct systems to predict future events.

Existential Psychology (13 of 13)

- Kelly's concept of constructive alternativism aligned him with the existentialists.
 - People are free to choose the constructs they use in interacting with the world
 - They can view and interpret events in an almost infinite number of ways because construing them is an individual matter.
- Kelly often began therapy by having clients write a self-characterization, which gave information about how he/she viewed him/herself, the world, and others.
 - Kelly also had clients engage in fixed-role therapy.

Humanistic Psychology (1 of 12)

- Abraham Maslow
 - Usually recognized as the one most responsible for making humanistic psychology a formal branch of psychology.
 - Basic tenets of humanistic psychology
 - Little of value can be learned about humans by studying nonhuman animals.
 - Subjective reality is the primary guide for human behavior.
 - Studying individuals is more informative than studying what groups of individuals have in common.

Humanistic Psychology (2 of 12)

- A major effort should be made to discover those things that expand and enrich human experience.
- Research should seek information that will help solve human problems.
- The goal of psychology should be to formulate a complete description of what it means to be a human being.

Humanistic Psychology (3 of 12)

- Hierarchy of needs
 - Human needs are arranged in a hierarchy
 - The lower the needs are in the hierarchy, the more basic and similar to animals' needs they are.
 - The higher the needs in the hierarchy, the more distinctly human they are.
 - The order of the hierarchy is:
 - physiological needs → safety needs → belonging and love needs → esteem needs → self-actualization

Humanistic Psychology (4 of 12)

- Self-actualization meant to reach one's full, human potential.
- Some characteristics of the self-actualized:
 - They perceive reality accurately and fully
 - They demonstrate a great acceptance of themselves and others
 - They have a need for privacy
 - They tend to have only a few friends
 - They are creative, etc.

Humanistic Psychology (5 of 12)

- Transpersonal psychology
 - Focused on the mystical, ecstatic, or spiritual aspects of human nature
- Carl Rogers
 - Theory of personality
 - Postulated an innate human drive toward self-actualization
 - If people use this actualizing tendency as a frame of reference in living their lives, they are said to be living according to the organismic valuing process.

Humanistic Psychology (6 of 12)

- A problem usually arises because in childhood we have a need for positive regard, but we receive this only if we act or think in certain ways.
 - This sets up conditions of worth.
 - This stunts the organismic valuing process.
 - The only way to avoid imposing conditions of worth on people is to give them unconditional positive regard.
- Only people who receive unconditional positive regard can become a fully functioning person.
- An incongruent person is someone who is no longer true to his/her own feelings.

Humanistic Psychology (7 of 12)

- Roger's person-centered psychology has been applied to such diverse areas as religion, medicine, law enforcement, ethnic and cultural relations, politics, and organizational development.

Humanistic Psychology (8 of 12)

- Similarities between existential and humanistic psychology
 - Humans have free will and are responsible for their actions.
 - The most appropriate method to study humans is phenomenology.
 - Humans must be studied as a whole in order to be understood.
 - Living an authentic life is better than living an inauthentic one.

Humanistic Psychology (9 of 12)

- Differences between existential and humanistic psychology
 - Humanists assume that humans are basically good, while the existentialists view human nature as essentially neutral.
 - Humanists believe the major motivation in life is the actualizing tendency, while existentialists believe that the only motivational force is the “will to meaning.”

Humanistic Psychology (10 of 12)

- Criticisms
 - Equates behaviorism with Watson and Skinner even though there were other behaviorists that stress purpose in behavior
 - Overlooks the cumulative nature of science by insisting that scientific psychology does not care about the loftier human attributes
 - The description of humans is like the more favorable ones found in poetry and literature, which represents a type of wishful thinking that is not factually correct.

Humanistic Psychology (11 of 12)

- Criticizes behaviorism, psychoanalysis, and scientific psychology in general
 - However, all three have made significant contributions to the betterment of the human condition
- Rejects traditional scientific methodology, but offers nothing to replace it of any substance
- Rejects animal research
 - Turns their backs on a valuable source of knowledge about humans
- Many terms and concepts that humanistic psychologists use defy clear definitions and verification.

Humanistic Psychology (12 of 12)

- Contributions
 - Expansion of psychology's domain
 - Development of positive psychology
 - Explores positive human attributes
 - Positive psychologists and early humanistic psychologists agree that mental health is more than the absence of mental illness.
 - Flourishing is used to describe people who are not only free from mental illness, but who are filled with vitality and are functioning optimally.