

HUMANISTIC PSYCHOLOGY

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INTRODUCTION

- ✎ Started taking shape in 1960s from the work of **Abraham Maslow** and **Carl Rogers**
- ✎ **Milestones:**
- ✎ In 1951, Car Rogers published 'client centered therapy' and in 1954, Maslow published 'Motivation and Personality'
- ✎ Reckoned as **third force in psychology**
- ✎ It was a reaction to both **Psychoanalytic theory** and **Behaviourism**
- ✎ Humanistic psychology took a more positive view of human nature

ANTECEDENT INFLUENCES

- ∞ Roots of ideas of the humanistic psychology can be found in the works of earlier psychologists
- ∞ **Franz Brentano** who had earlier opposed Wundt's ideas of studying structure of consciousness. Brentano was of view that consciousness should be studied as a molar quality rather than a molecular content
- ∞ **Kulpe** was of view that conscious experience cant be explained in terms of mere responses to stimuli. They are more than that.

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- ∞ **William James** emphasized that psychology should focus on functions of consciousness and the whole individual rather a mechanist view of a person. He also was concerned with problems and needs of human being. In his book ***Principles of Psychology***, he included a chapter on self which acted as precursor for other self theorists.
- ∞ **Gestalt psychologists** in their views that our experiences are more than simple sensations. They emphasized upon wholeness of experience.
- ∞ Psychoanalysts like *Adler* and *Horney* who opposed the deterministic views of Freud that personality is shaped by unconscious forces. They believed in human being's strength to overcome their past.

BASIC THEMES OF HUMANISTIC PSYCHOLOGY

- ∞ Emphasis on uniqueness of individuals.
- ∞ Optimistic view of human personality
- ∞ Human beings should be studied as whole
- ∞ Human beings have innate tendency to reach to their maximum potential.
- ∞ Studies should be person centric rather group centric
- ∞ Studies on Animal wouldn't help in understanding of human beings.
- ∞ Focus on free will and creative power of human beings
- ∞ Person centered therapy

CRITICAL EVALUATION OF HUMANISTIC PSYCHOLOGY

- ∞ Strengths
- ∞ Weaknesses
- ∞ Where do it stand today?

END OF PART ONE....

To be
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