

Approaches in Psychology

There are many different approaches to study behaviour. These approaches have developed over time, as shown by the timeline.

Produce a brief outline of each approach – the information you need to include for each approach is detailed in the grid. You will need to conduct some internet research in order to do this. You can lay this out using subheadings or by creating a slide for each approach
Recommended websites include:

Simplypsychology

tutor2U

PsychBoost Youtube Channel

Behaviour was explained as a result of evolution or via philosophy. Psychology was not developed as its own discipline.

Freud developed theories on how the human mind is structured and how human personality develops.

The Humanistic approach emerges and challenges existing idea that behaviour is determined, instead focusing on the concept of will.

Bandura developed Social Learning Theory, which is also known as neo-behaviourism.

Biological processes and understanding of physical processes within the brain are applied to the explanation of behaviour.



Wundt developed a method of observing thoughts and breaking them down in the first experimental psychology lab.

Watson develops the behaviourist approach to explain behaviour through learning.

Technology inspired the development of cognitive psychology and focuses on studying thought processes.

Developments in technology allow for cognitive and biological approaches to be combined.

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Approach	Key terms to define	Researcher/Study to outline <i>Briefly explain what the researcher did and what they found</i>
Introspection	Introspection	Wundt
Psychodynamic	Unconscious Psychosexual development	Freud
Behaviourism	Association Reinforcement	Pavlov
Humanistic	Holistic	Maslow
Cognitive	Inference Schema	Peterson & Peterson (STM)
Social Learning Theory	Observational learning Vicarious reinforcement	Bandura
Biological	Concordance rate Genotype	Nestadt
Cognitive Neuroscience	Scanning Localisation of function	Broca