

Medical / health / Psychology

Applied psychology

Psychological knowledge necessary
for all physicians in their practice

Psychology

- Science of human mind, study of behavior and mental processes.
- Goals :
- to describe behavior and mental processes
- to explain them
- to predict their characteristics in specific circumstances

- Applied science / tries to help solve a variety of human problems/= **experimental ps.**
- Basic science / research that increases knowledge/
= **general ps.**
- Wilhelm Wundt – the founder of modern ps., late nineteenth century
- 5 main perspectives – provide valuable insight and are complementary

Behaviorist perspective

- Psychology focus on data, that can be objectively measured and observed
- Early twentieth century / Pavlov, Watson../
- How learned associations give rise to specific responses / how rewards and punishments control behavior/

Psychoanalytic perspective

- Sigmund Freud
- Unconscious drives and feelings stemming from unresolved childhood conflicts, they can be deprived of their power to dominate a person`s life if they are brought into awareness through **psychoanalysis**

Humanistic perspective

- People are free to become whatever they are capable of being
- Human potential for **self-actualization** and fulfillment
- Maslow, Rogers

Cognitive perspective

- Consider how people interpret events and stimuli around them, actions are based on understandings
- Cognitions = understandings, thoughts, expectations, perceptions
- Learning, memory, concept formulation, problem solving, decision making, language

Neurobiological perspective

- All human thoughts, feelings, actions are ultimately controlled by the nervous system
- Rely on laboratory experiments to investigate basic behavior processes / sensation, perception, memory, learning/

- **Personality psychologists** measure and explain individual differences in behavior
- **Developmental ps.** Explore changes in thought and behavior through the life cycle
- **Social ps.** Look at the influence of social situations on human thought and actions
- **Educational and school ps.** are concerned with the processes of formal education
- **Industrial and organizational ps.** Focus on the relationship between people and their work
- **Clinical psychologists** specialize in the diagnosis and treatment of mental and emotional disorders
- **Health ps.** Focus on psychological factors involved in physical illness and recovery from it
- **Artificial intelligence, environmental, peace ps**

Psychology

- Can help you answer many questions you have asked about yourself and others
- At the same time it can help you be more perceptive in evaluating psychological information you read and hear about