

humanistic approach

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- disagrees with behav. app. Human. app. says we are more than our unconscious (Freud) + behav. isn't just determined by conditioning (behav.)
- **holistic** = seeing the whole person
- **free will** = we make our own path in life/own decisions.
- humanists hate science, because you can't measure perspectives and viewpoints openly + subjectively.
- disagree with animal research. They say we get a proper understanding of human behav. by studying humans.
- all indiv. are unique + motivated to achieve their full potentiality (self-actualisation)
- idiographic + nomothetic: psy should study the indiv. case (i) rather than the average performance of groups (n)
- **self-actualisation** = people having acceptance of who they are despite flaws + limitations, + experience the drive to be creative in all aspects of their lives.
- free will separates out what is the intention of the indiv. from what has been created by other causes (we're self-determining)

maslow

- Maslow's belief of humans → motivated by needs beyond those of basic biological survival
 - fundamental to human nature → desire to grow + achieve our full potential
 - Maslow's hierarchy of needs:
 - ↳ **physiological** = basic necessities e.g. air, water
 - ↳ **safety** = e.g. laws, a house
 - ↳ **love/belonging** = e.g. family/friends
 - ↳ **esteem** = achievement/status
 - ↳ **self-actualisation** = personal growth/fulfilment (motivation increases as needs are met. Being (growth) needs)
- (SM)
motivation decreases as needs are met.
(Deficiency needs)

rogers + congruence

- **incongruent** = self image is different to the ideal self. Only little overlap → self-actualisation will be hard.
- **congruent** = self image is similar to ideal self. There is more overlap + can self-actualise.
- the more congruent you are, the higher your self-worth
- incongruency can lead to frustration, discomfort, anxiety
- Rogers (1951) viewed the child as having 2 basic needs:
 - ① self-worth → linked with the idea of congruence
 - ② positive regard from other people
- Adult issues e.g. low self-esteem, worthlessness, is due to a lack of positive regard from mums in childhood (given conditional love when conditions are met)
- unconditional love/positive regard is where parents/sign. other accepts/loves the person unconditionally + not withdrawn if the person makes a mistake (person feels free to try things + make mistakes)
- people who are able to self-actualise are more likely to have received unconditional positive regard from others, especially parents in childhood.

person centered therapy

- new type of counselling
- see whole person (heart + reflect back thoughts + perspec.)
- sit alongside + listen with 'unconditional positive regard'
- aim to help person achieve congruence between their ideal + real self
- Rogers said that for a person to grow, they need an environment providing
 - ↳ genuineness (open/self-disclosure)
 - ↳ acceptance (UPR)
 - ↳ empathy (understanding)

evaluation

- **strength** = holistic approach. A person's subjective experiences can only be understood when you consider the whole person (family, past exp.) Contrasts with other reductionist approaches.
- **strength** = optimistic view on human nature. Positive image of us having free will, having control of their lives. Compared to psycho. app. as humans are motivated towards growth in order to better themselves. Psycho. app. focuses on abnormal behav. but human. focuses on a healthy growth.
- **strength** = RWA. Dev. of CCT. Grava et al (1940) found 4 types of therapy which were all comparatively effective. **weakness** = clients had high levels social skills + assertiveness (only successful for some) + not used as much as CBT, fundings limited, CBT has better benefits than CCT/PCT, CBTs more cost effective as there's a time limit, PCT is more open-ended.
- **weakness** = unrealistic assumptions. Represents overly idealistic view of hn. can be argued that people aren't inherently good/growth oriented as h. app. proposes (oversimplification)
- **weakness** = unstable concepts. SA + congruence is vague/abstract → difficult to test objectively under scientific con. Over-reliance on subjectivity. In therapy, there's other factors than SA + congruence
- **weakness** = cultural bias to Western culture. Key h. app. concepts are typical values of indiv. cultural. Collectivist cultures emphasise family + community. H. app. isn't appropriate to collectivist cultures + can't be universally generalised.