**HISTORICAL PRE-PSYCHOLOGY**

~400 BCE Socrates and Plato

Dualism – Mind is separate from the Body ~~~ Monism - Mind is the same as the Body

“Knowledge is Innate”

~350 BCE Aristotle

“Knowledge is Learned”

…

1650 Descartes

Dualist

Animal Spirits

1704 John Locke

Tabula Rasa = “Blank Slate”

Empiricism – knowledge originates in experience, and science should rely on experimentation

**Early Psychology**

1879 Wilhelm Wundt First Psychology Lab

***Structuralism***

1892 Edward Titschener Used Introspection to discover reality

***Functionalism***

William James

Current Psychology

1900’s to 1940’s PSYCHOANALYSIS

Sigmund Freud

Psychology: Study of the Unconscious

1920’s to 1960’s BEHAVIORISM

Psychology = Study of observable behavior

John Watson quote:

"Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select--doctor, lawyer, artist, merchant-chief, and, yes, even beggarman and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors. I am going beyond my facts and I admit it, but so have the advocates of the contrary and they have been doing it for many thousands of years."

1960’s to current HUMANISTIC

Emphasis on doing good and self improvement

Self-Actualization

Other perspectives:

Cognitive Neuroscience: Study of brain activity (biological)

Evolutionary: Study of how our brains and behaviors are adaptive and have evolved

Cognitive: How we think, remember and learn

Socio-Cultural: How are thoughts and behaviors are influenced by social factors

**Definitions of Psychology over time**

<1920 Psychology = “Science of Mental Life”

>1920 (Behaviorist) Psychology = “Study of *observable* behavior”

Current Definition – **Psychology = “Science of behavior and mental processes”**