

Chapter 15: Personality

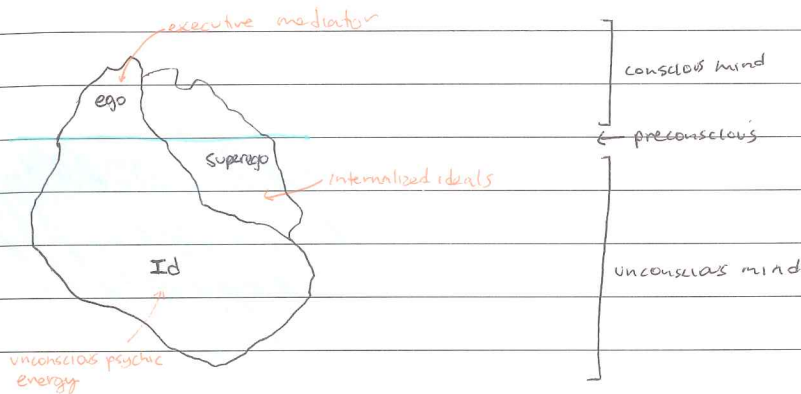
- an individual's characteristic pattern of thinking, feeling and acting

- psychoanalytic
- humanistic
- trait
- social-cognitive
- the self

→ unconscious motives and conflicts

Psychoanalytic - Freud, Adler, Jung, Horney

→ free association - person relaxes and says anything that comes to mind



id - reservoir of psychic energy that strives to satisfy basic sexual and aggressive drives - immediate gratification

ego - mediates among demands of id, superego and reality

superego - represents internalized ideals and standards of judgement

sexual tendencies

theory

psychosexual stages: oral, anal, phallic, latency, genital

Defense mechanism

repression - banishes anxiety arousing thoughts, keep things in

regression - retreat to an earlier more infantile stage

reaction formation - act in opposite way (ex boys picking on the girl they like)

projection - attributing threatening impulses to others

rationalization - generate self justifying explanations

displacement - diverts impulses toward an object or person more acceptable (ex. aggressive person doing boxing)

Adler - behaviour is driven by efforts to conquer childhood inferiority
Horney - attempts to balance Freud's male bias

Jung - believed in the collective unconscious, common reservoir of images

Humanistic - Maslow, Rogers

we seek self actualization (motivation to fulfill one's potential)

Rogers - people nurture growth by being genuine, accepting, and empathetic
self concept - who am I

Trait Perspective

a characteristic pattern of behaviour → doesn't explain just describes

↳ factor analysis - categorizing into groups

5: CANOE (conscientiousness, agreeableness, neuroticism, openness, extraversion)

Social cognitive - Bandura

reciprocal determinism - influences between personality and environmental factors

internal locus of control - one controls one's fate

external locus of control - forces beyond one's control determine one's fate

The self

- self serving bias - perceive oneself favorably

Chapter 16: Psychological Disorders

→ deviant, distressful and dysfunctional behaviour

neurotic - still fix + understand reality

psychosis - can't connect

Dissociative

Mood

Personality

Anxiety

Schizophrenia

• DID (MPD)

• Depression

• borderline

Thought → action
• OCD

• Paranoid

↑ Symptoms

• Fugue

• bipolar (manic)

• antisocial

• Phobias

• Catatonic

↓ Systems

- inability to focus
- self destructive behaviour
- exhibits 2 or more personalities

• mania

• narcissistic

• PTSD

Schizophrenic symptoms

- hallucinations
- delusions
- disorganized speech

drugs/treatments

Schizophrenia: anti psychotic (block dopamine)

depression: electroconvulsive

systematic desensitization (phobia)

↳ hierarchy of stimuli, relaxation eliminates fear

genetic influence - 15% more

chance for monozygotic

client centered therapy → active listening

token economy (operant conditioning) - prize for doing things well