

	<b>General philosophy</b>	<b>Important people</b>	<b>View of cause of disorders</b>	<b>Treatment technique</b>	<b>View on personality</b>	<b>View on motivation</b>
<b>Psychodynamic</b>	Our unconscious mind plays a huge role in everything.	Sigmund Freud Alfred Adler Carl Jung	Unconscious, unresolved repressed issues from past	Psychoanalysis: Free association, dream analysis, TAT test	Id, ego, superego, psychosexual stages	We strive to satisfy our id impulses but we must meet demands of society (super ego)
<b>Behaviorism</b>	Behavior is learned. It is the result of reinforcements, punishments and observation.	Ivan Pavlov John Watson Thorndike B.F. Skinner Albert Bandura	We are reinforced for maladaptive behaviors.	Change maladaptive behaviors through reinforcements. Systematic desensitization, token economy, aversion therapy	Our personality traits arise from reinforcement/punishment	We're driven by extrinsic and intrinsic motivators.
<b>Humanism</b>	Focuses on uniquely human issues, such as the self, hope, love, being, becoming, individuality. Hopeful that we can improve.	Abraham Maslow Carl Rogers	Barriers to self actualization. Ideal self and actual self not in congruence	Client-centered therapy. Self-help, group therapy	CR said our ideal self must be in congruence with our actual self.	Maslow's hierarchy of needs says basic needs should be met before higher needs
<b>Cognitive</b>	How people perceive, remember, <u>think</u> , speak, and solve problems.	Jean Piaget Noam Chomsky Albert Ellis	Irrational thoughts lead to anxiety and depression	RET, Beck's Cognitive Behavioral Therapy	Based on how we think and perceive the world.	Based on goals, reducing cognitive dissonance
<b>Biological</b>	Our behavior is a result of the wiring, structures and chemicals in our brains and the hormones in our blood.	Paul Broca, Wernike, Phineas Gage	Imbalance of neurotransmitters, genetics, hormones, brain structure	Drugs and surgery	Genetics, neurotransmitters hormones	Genetics, neurotransmitters hormones
<b>Evolutionary</b>	Our behavior is the result of 1000s years of adaptation, survival of fittest	Charles Darwin	Anxiety was a defense mechanism in wild	NA	Extroverts maintain social networks	Instinct and drive theories
<b>Social</b>	We are influenced by and influence those around us.	Albert Bandura Stanley Milgram Philip Zimbardo	Often we mimic our parents or friends' depression and anxiety.	Group therapy	Social Cognitive Theory of Personality	Compliance and Conformity