

# The History of Psychology (from Aristotle to John B. Watson)

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## *Transcript of History of Psychology*

Aristotle

384 – 322 BC

Aristotle

- Challenged Plato
- Nature knowledge inseparable
- One must scientifically and empirically observe nature.
- All natural things had a fixed unchangeable purpose
- Darwin
- Body and soul the same
- End of democracy Wilhelm Wundt

1832-1920

William James

1842-1910

Sigmund Freud

1856 -1939

Wilhelm Wundt German physiologist and physician

Had a laboratory in Leipzig. In 1879 converted his laboratory to an institute of experimental psychology

He had a huge influence on the development of psychology

He and his co-workers used introspection under controlled condition

Made scientific investigation on the structure of the mind – structuralism

(Gross, 2010, p. 2) William James American philosopher and psychologist in the 19th century

Directed toward demonstration rather than research

His point of view directly inspired functionalism

Highly influenced by Darwin' evolutionary theory

(Kolak, Hirstein and Waskan, 2006, p.19)

Favoured soft determinism; questioned the existence of free will.

(Eysenck, 2009, pp. 39-40)

Sigmund Freud (1856-1939) Studied at the University of Vienna

he was fascinated by the emotional disorder known as hysteria

Founder of psychoanalysis and the psychodynamic approach

The mind is composed of different elements. The id, the ego and the superego  
He is still talked about today

(BBC, 2014)

René Descartes

1596-1650

René Descartes Father of the modern philosophy

Established philosophical inquiry 'cartesian doubt'

He theorized that individuals experience the world by senses

Came up with the theory 'Cogito Ergo Sum' or 'I think, therefore I am'

(Skirry, J. 2014,

Internet Encyclopedia of Philosophy)

John B. Watson

1878-1958

Plato

427-347 BC

Plato

- Socrates student
  - Supported Socrates but disagreed with many points
  - Sensory information only played small part in learning
  - How, why must be established before something is real
  - Sensory information is highly subjective to individual and cultural differences
  - Allegory of the cave
  - Three part soul
  - State of conflict
- John Watson (1878-1958) One of the founding fathers of the modern day psychology

Measuring behavior over feelings

He led 'the Watson behaviorist revolution'

America was dominated by behaviorism

(Gross, 2010, pp. 39-40)

Cognitive Psychology:

The process of brain to modern world

Advancements of technology improved research of this application

Specialized equipment allowed advancement in theory

Cognitive Behaviour Therapy (CBT)

Developmental psychology: Study of "...the biological, cognitive, social and emotional changes that occur to people over time"

Researched through longitudinal studies on a person's life

Systematic desensitization

(Gross, R. 2009, p. 8.)

Socrates

470-399 BC

Socrates

- Very influential
- Wanted to know the meaning of everything
- Sought the why the how of things
- Knowledge is morality
- Learning moral values makes you moral yourself
- Maladaptive behaviour caused by a deficiency in moral learning
- In regards to behaviourism- we learn false beliefs that make us ill.

**The History of Psychology**

**The End**