



Approaches

The basic assumptions of the following approaches:

- **Learning approaches:** the behaviourist approach, including classical conditioning and Pavlov's research, operant conditioning, types of reinforcement and Skinner's research; social learning theory including imitation, identification, vicarious reinforcement, the role of mediational processes and Bandura's research.
- **The Cognitive approach:** the study of internal mental processes, the role of schema, the use of models to explain and make inferences about mental processes.
- **The Biological approach:** the genetic basis of behaviour: genotype, phenotype and evolution. Influence of biological structures and neurochemistry on behaviour. Cognitive neuroscience.
- **The Psychodynamic approach:** the role of the unconscious, the structure of personality, that is ID, ego and superego, defence mechanisms including repression, denial and displacement, psychosexual stages.
- **Humanistic Psychology:** free will, self-actualisation and Maslow's hierarchy of needs, congruence, the role of conditions of worth.
- Comparison of approaches.

