

## Compare the psychodynamic perspective to the behaviourist perspective.

One similarity between the psychodynamic perspective to the behaviourist perspective is they both adopt a reductionist view of behaviour. This is that they both aim to reduce behaviour down to simpler components and explanations. For example, the psychodynamic approach assumes that simple explanations like the unconscious mind show how our behaviour is influenced and this may be evident in our personality traits. It suggests that people who smoke cigarettes or bite their nails are fixated in the oral stage of psychosexual development. These Freudian theories are used to simplify more complex behaviour. Similarly, the behaviourist perspective aims to explain behaviour by looking at single explanations such as classical or operant conditioning. These theories reduce behaviour down to either learning through association or reinforcement (positive/ negative). These ideas might explain how phobias are acquired and maintained.

One difference between the psychodynamic perspective to the behaviourist perspective is they both adopt different methods for collecting data. For example, the psychodynamic approach uses case study methods and collects more qualitative data, like in the study of Little Hans ([Freud, 1909](#)). In contrast the behaviourist perspective collects data through more objective means such as experiments or observations, like in the study by [Chaney et al \(2004\)](#) and children's use of the funhaler. This difference shows how the psychodynamic perspective takes an idiographic approach and the behaviourist approach takes a nomothetic view.

