

Evolutionary Approach
Explains thoughts or behaviors by looking at what made our species most likely to survive or mate.
Usually concerned with mating behavior

1.1: Introducing Psychology Part A.2
C. Describe and compare different theoretical approaches in explaining behavior.

Biological Approach
Explains thoughts or behaviors by looking at the physical body
Concerned with: Brain, neurotransmitters, hormones and drugs

Behavioral Approach
Explains human behavior (only) by what in our environment warned us, offered us a reward or a punishment.
Concerned with learning

Psychology

It is a Science

Social Approach
Studies how the individual influences the group and how the group influences the individual's thoughts and behaviors.
Concerned with: Conformity, Compliance, Social Cognitions

Cognitive Approach
Explains human behavior by looking at the thoughts that cause those behaviors.
Concerned with: Motivation, Emotion, Language, Decision Making and Memory

Psychodynamic Approach
Explains thoughts and behaviors by saying the unconscious prompts those behaviors in its drive for sex or aggression.
Concerned with: Childhood, pleasure, and aggression

Gestalt Psychology
Explains human visual perception by describing the thoughts that go into seeing objects.
The whole of what we see is more than just the sum of the info from our eyes
Applied to therapy it tries to make the person whole again by accepting the physical impact of their thoughts.

Humanistic Approach
Helps humans achieve their full potential
Concerned with becoming fully functioning