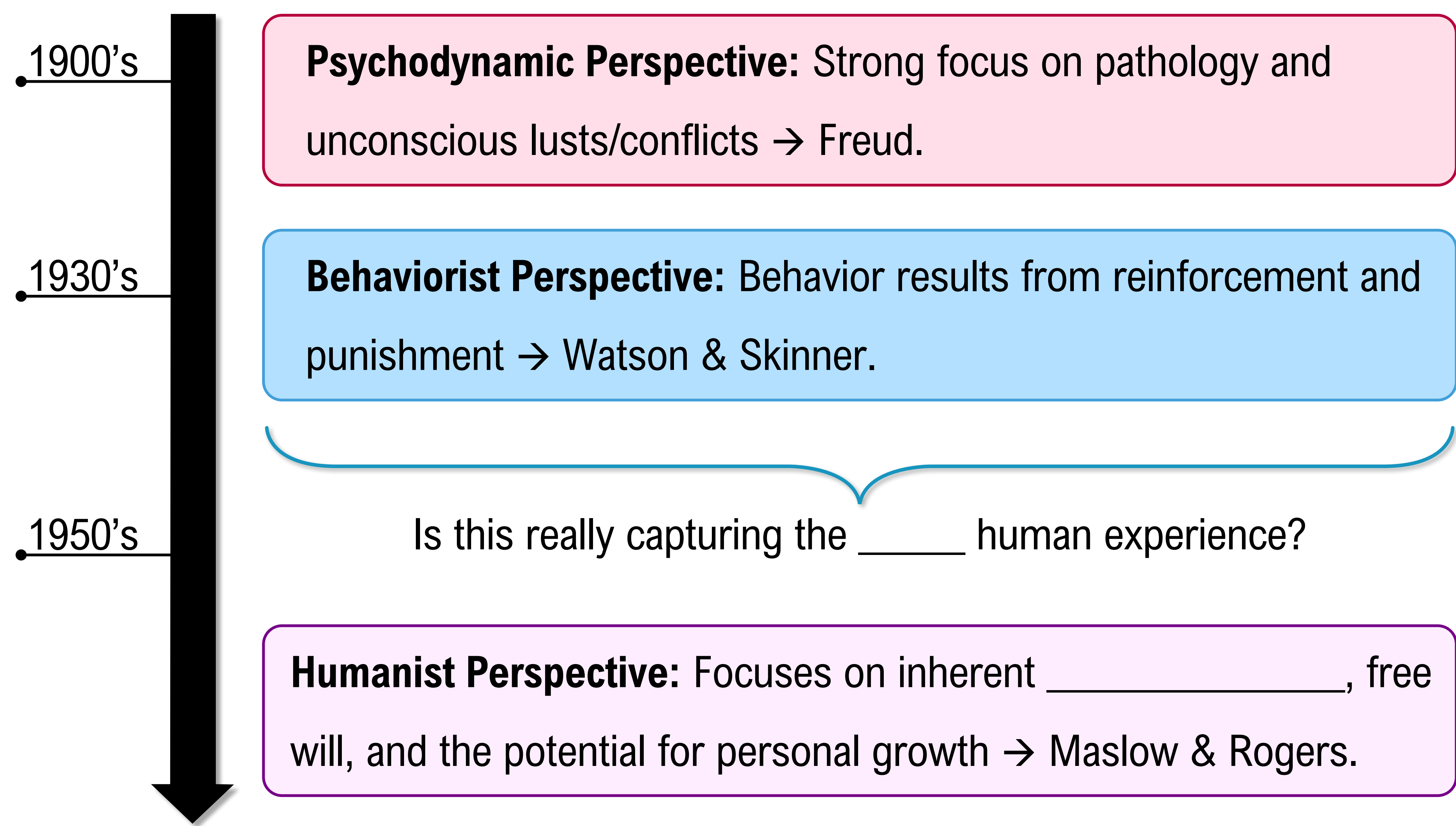


TOPIC: HUMANIST PERSPECTIVE

Introduction to the Humanist Perspective



EXAMPLE

Fill in the table below with the major focus of each theory personality. The first one has been filled out for you.

Psychodynamic	Behaviorist	Humanist
Unconconscious conflicts.		

PRACTICE

Which of the following psychologists focused on personal growth and free will?

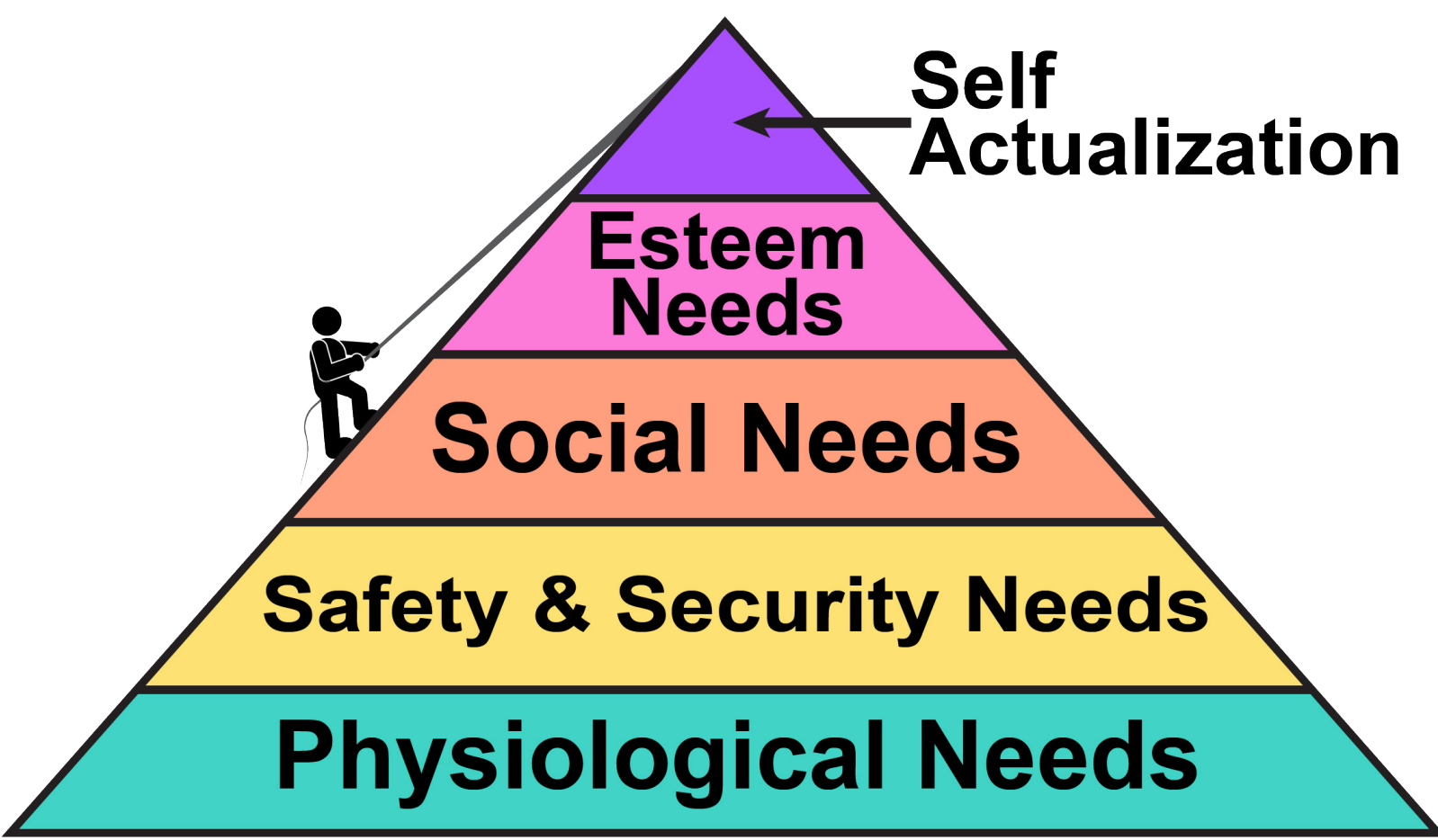
- a) John Watson.
- b) Ivan Pavlov.
- c) Carl Rogers.
- d) Sigmund Freud.

TOPIC: HUMANIST PERSPECTIVE

Humanistic Theories

◆ Recall: Abraham Maslow and his hierarchy of needs: prioritizes human needs from biological → psychological.

- Personality development is _____.
- Self-Actualization: Striving for a life that is _____ & satisfying.



◆ Carl Rogers (1902-1987): Personality depends partly on self-concept: thoughts and feelings about oneself.

Real Self

Who you currently are.

Ideal Self

Who you _____ to be.

Congruence

_____ between real and ideal self in thoughts and actions.
Associated with _____ self-worth, happiness, and productivity.

Incongruence

_____ of consistency between real and ideal self in thoughts and actions.
Associated with _____ adjustment.

EXAMPLE

Fill in the blanks in the statement below. Then fill in the diagram to illustrate Carl Roger’s humanist theory using any example from your own life.

In Roger’s Humanist Theory, our goal is to go from our _____ self to our _____ self, which creates _____.

<div>Real Self</div> <div>_____ _____</div>	<div>Ideal Self</div> <div>_____ _____</div>
<div>Congruence</div> <div>_____ _____</div>	<div>Incongruence</div> <div>_____ _____</div>

TOPIC: HUMANIST PERSPECTIVE

PRACTICE

Which of the following are true of Abraham Maslow's humanist theory of personality?

- I) Personality develops gradually.
 - II) Personality is deterministic and the result of our biology.
 - III) Our ultimate personality is achieved in reaching self-actualization.
- a) I & II. b) II & III. c) I & III. d) I, II, & III.