HUMANISTIC THEORY 1ST SEMESTER/PAPER CODE-103

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The History of Humanistic Psychology

- * Maslow (1943) developed a hierarchical theory of human motivation.
- * Carl Rogers (1946) publishes <u>Significant aspects of client-centered therapy</u> (also called person centered therapy).
- * In 1957 and 1958, at the invitation of Abraham Maslow and Clark Moustakas, two meetings were held in Detroit among psychologists who were interested in founding a professional association dedicated to a more meaningful, more humanistic vision.

* In 1962, with the sponsorship of Brandeis University, this movement was formally launched as the Association for Humanistic Psychology.

* The first issue of the Journal of Humanistic Psychology appeared in the Spring of 1961.

* Humanistic Psychology is base on philosophies of existentialism and humanism

HUMANISM

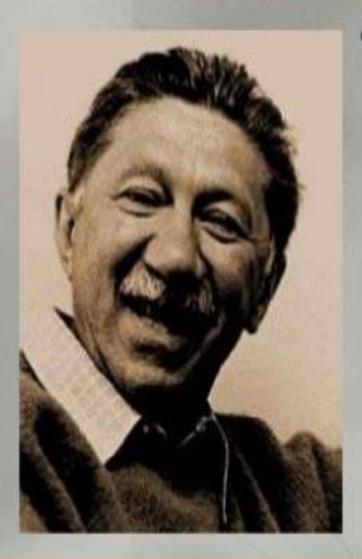
is a psychological approach that emphasizes the study of the whole person, and the uniqueness of each individual.

EXISTENTIALISM

Emphasized the quest for personal meaning and determining personal values.

HUMANISTIC THEORIES OF PERSONALITY

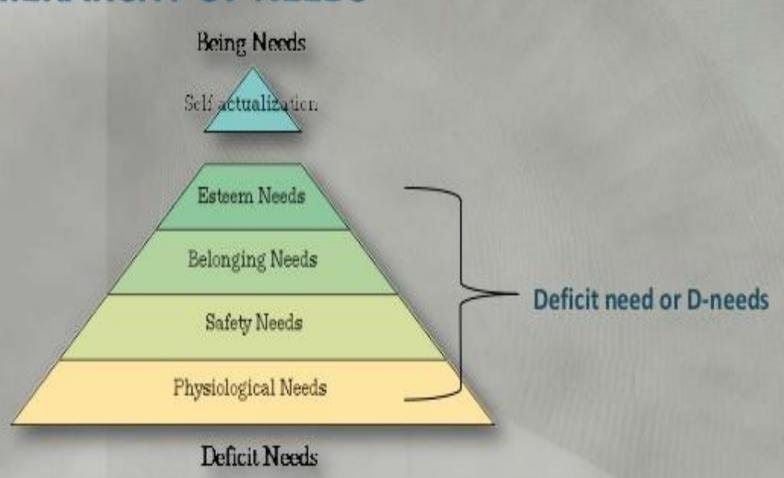
- Humanistic theories of personality stress the basic goodness of human beings and the need to achieve one's full potential.
- Rejected the assumptions of behaviourism and psychoanalytic approach.
 - > TWO WELL-KNOWN PSYCHOLOGISTS FOR THEIR HUMANISTIC THEORIES
 - Carl Rogers
 - Abraham Maslow



ABRAHAM MASLOW (1908-1970)

- Has been considered as the Father of Humanistic Psychology
- an American psychologist who was best known for creating <u>Maslow's hierarchy</u> of needs, a theory of self-actualization
- ► He was a psychology professor at Brandeis University, Brooklyn College, New School for Social Research and Columbia University

HIERARCHY OF NEEDS



- ▶ Physiological needs
 - these are the basic needs for survival.

(food, water, oxygen, sex, sleep, removal of body waste)

- Safety and security needs
 - employment (financial), family, body, health, resources, structures.
- ► Love/belonging needs
 - Family, friendship, sexual intimacy
- Esteem needs
 - confidence, achievements, respect of/by others

Two versions of Esteem Needs

- ▶ Lower-esteem
 - the need for respect of others, need for status, recognition, fame, glory, dignity, reputation, attention and even dominance.
- ▶ Higher-esteem
 - the need for self-respect, the need for strength,
 competence, mastery, confidence, independence, freedom

▶ Cognitive needs – knowledge and understanding needs

► Aesthetic needs – the needs for beauty, order and symmetry

▶ Transcendence needs- the needs for helping others

SELF ACTUALIZATION

- ► "Self Actualization is the intrinsic growth of what is already in the organism, or more accurately, of what the organism is." Abraham Maslow
- The quest for attaining the highest possible level of our potential.
- ▶ Emphasize our inner drive to grow and improve ourselves

Characteristics of Self-Actualized People

- Acceptance and Realism
- ▶ Problem-centering
- Openness and spontaneity
- Autonomy and Solitude
- Continued Freshness of Appreciation
- The tendency to have peak experiences that are spiritually or emotionally satisfying
- Critical thinking
- Social interest