

What is Psychology

- Psychology is the Scientific Study of Behavior and the Mind

Important Words

Scientific

- Psychology is scientific. To do so it must:
 - Be Objective
 - Provide definitions that are precise and fully understandable to any appropriately trained person.
 - Must make observations that show what exists in the real world.
- Allows you to precisely measure something.

Repeatable

Science must be Repeatable

- You must get the same result over and over; across different settings and at different occasions.

Science must be Public

- Must present information to others so they can examine it.

Second Important Words Behavior and the Mind

- What does Behavior include?
 - Everything we do
 - Internal Events
- Are events that are verbally reported (what we think or feel) or are inferred from physiological indicators (e.g., heart rate)
 - External Events
- Events observed by others

Mind- Feelings, Thoughts, Reasoning, etc.

- Problem: How can you record thoughts, feelings, etc. scientifically?
- Answer Very difficult- so you rely on verbal reports or instruments.
- Problem
- Person may lie, or not accurately report what they are thinking or feeling.
- Big debate in the field between psychologists who want to emphasize objective behavior vs. psychologists who want to emphasize internal events.

Course Approach

- Will emphasize an objective approach.
- For Psychology to be a science, it must follow the rules and principles of science.
- If it doesn't meet the rules and principles, it isn't a science.
- First rule of science is objectivity.

What are Psychologists?

Are Not Psychiatrists

- | | |
|---------------------------------|-----------------------------|
| • Psychiatrists | Psychologists (Clinical) |
| • Undergrad. | Undergrad. |
| • Med. School | Grad. School |
| • Internship | Internship |
| • Do residency in psychiatry | Work under supervision |

- | | |
|--------------------------------|-----------------------------|
| • Psychiatrists can give drugs | • So can some Psychologists |
| • Psychosurgery | • Also give tests |
| • ECT | – Intelligence |
| • Counseling | – Neuropsychology |
| • | – Assessments |
| | • Counseling |

Experimental

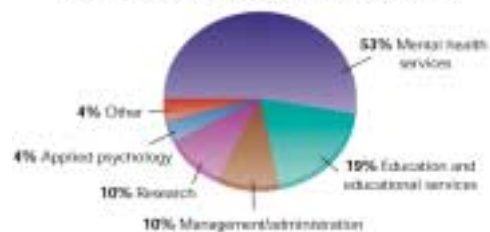
Non-Counseling Psychologists

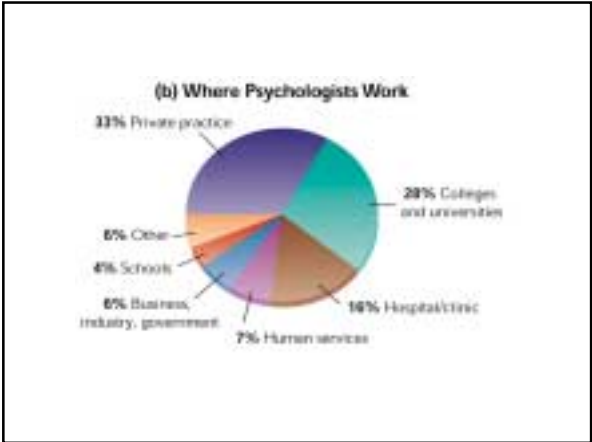
- Work in many other areas.
- Do not perform counseling.
- Work in
 - Business
 - Academics
 - Other areas

Two Main Types of Psychologists

- | | |
|--|--------------------------------------|
| • Clinical | • Experimental |
| • Generally work in the helping fields | • Usually work in non-clinical areas |
| | • Car design |
| | • Airplane cockpit design |
| | • Computer design |
| | • Worker Safety |
| | • Increased productivity |

(c) What Psychologists Do (Primary Activity)



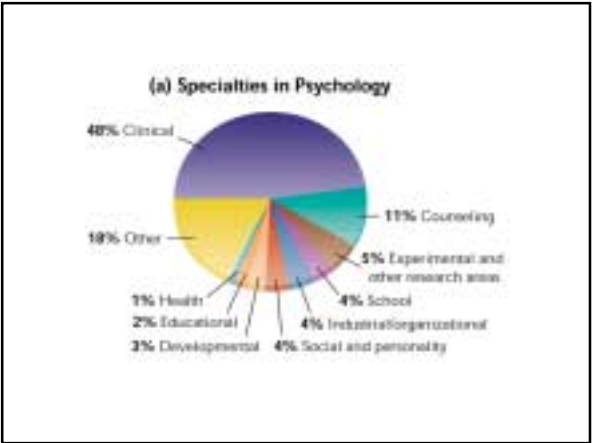


Generally, experimental psychologists have greater impacts on society than “helping professionals.”

Usually make a lot more money too.

Specialty Areas of Psychologists

- Experimental Psychology Group
- Many types and specialties



Developmental Area

- In the past, were only concerned with child development
- Today, Examines all areas related to development
 - Prenatal to old age
 - All areas are examined
 - Most still work with children

Human Experimental

- In the Past
 - Sensation and Perception
 - Learning and thinking
 - Memory
- Today
 - All of above plus
 - Addictions
 - Sleep
 - Parapsychology (ESP)
 - Human Computer Interaction

Animal Experimental

- Conducts research on lower animals
 - Dogs, Rats, Pigeons, etc.
- Tried to develop laws about behavior.
- Made a lot of discoveries.
- Much of human behavior obeys the same laws as animal behavior.

Physiological (Brain and Behavior)

- Closest to biological sciences
- Often have double degrees, but is not required.
- Is a hot area where you can make lots of money
- Examines
 - Psychopharmacology
 - Brain functioning and behavior
 - High BP

Psychometric or Quantitative

- Develop mathematical and statistical models to understand human behavior.
- Do a lot of program evaluation.
- Often try to predict behavior of societies.

Social

- Studies people in groups
- Also studies the interaction between people.
- e.g.,
- Examining the behavior of individuals reacting to a person lying on the street.
 - Dressed in a suit vs. dressed shabbily
 - Who stops to help?
 -

Most People Don't

The more people in the group, the
less likely you are to stop.

Industrial/Organizational

- Applies psychological principles to work settings.
- e.g., Increase worker morale or productivity.
- Work in Human Resource Areas
- Give tests to potential workers for:
 - potential to steal, motivation,
drug abuse, ethics,
- Counsel employees with problems and refer them to clinicians.
- Can make big dollars as well.

Engineering/Human Factors

- Work and study human /machine interaction.
- Study things such as where should a fuel indicator go.
- Help in designing car dashboards, airplane cockpits, computer screens, etc.

- Can make really big dollars.

Helping Fields Group

Clinical Psychology

- **Most psychologists receive their degree here.**
 - Clinical Psychologists are the most familiar to the public (Frazier, Newhart).
 - Don't use medicines or physical techniques to solve problems.
 - Is changing. Some psychologists (with training) are being allowed to prescribe some medicines. Is very controversial.

Clinical Continued

- Provide counseling to individuals with problems
- Give Psychological tests
Intelligence, neurological functioning, personality, other.

- Two groups
 - Ph.D. type. More research oriented
 - PSY. Type. More counseling oriented

Counseling Psychologists

- Are not clinical psychologists.
- Receive degrees in counseling through educational problems. (Ed.D.).
- Work with people having problems in living.
- e.g., marital problems, students, other.

Educational or School Psychologists

- Similar to counseling psychologists except they work in school settings.
- Give group IQ tests.
- Don't usually provide long term counseling.
- Usually refer to other specialists.

**In the past, there were major differences between
Clinical, Counseling, and School
Psychology**

- **All provided Counseling**
- **Clinical:** Emphasis people with major psychological problems plus other areas.
- **Counseling:** Didn't have the training to deal with major behavioral problems as clinicians did. Deal with people who are more normal
Are not trained to give drugs or deal with psychopathic individuals.
- **School:** Emphasis in School Settings
K-12
Trained to spot problems and refer

Today

- **Lots of overlap.**
- **Also have masters level clinicians that do the same thing but at lower cost.**

Applied Psychologists

- **Technically are experimental psychologists.**
- **Often have training in both clinical and experimental areas.**
- **Emphasis is in studying and solving problems in applied settings.**
- **Work in business, schools, criminal justice.**
- **Work on applied problems (e.g., reducing drinking and driving).**

Conclusion

- **Lots of types of psychologists**
- **Can make lots of money in the field.**
- **Help lots of people and society**
Problem
- **The field also has a lot of extraneous stuff.**

Have major transitions in the field

Can be very political, some decisions were made by votes, not science

Also have debates between the approaches.

What is scientific vs. not scientific

Is a field in transition.