**HUMANISTIC PSYCHOLOGY**

Humanistic psychology is a branch of psychology that developed from behaviorism. Humanistic psychologists thought that the behaviorists ignored the humanistic view of people, their needs, aspirations, hopes, fears, and focused only on behavior. In other words, the human and emotional element was ignored and only the apparent behavioral patterns were studied. They also thought that psychoanalysts put too much emphasis on unconscious motivations and they neglect “humanity” of man. Therefore, humanistic psychologists focused on such human sentiments as joy, contentment, kindness, ecstasy and generosity.

**Abraham Maslow**

Abraham Maslow was born in 1908 and he died in 1970. He was born in New York and he did PhD in 1934 form Wisconsin University. Maslow is famous for his theory of motivation, called the Hierarchy of Needs.

Maslow's primary contribution to psychology is his [Hierarchy of Human Needs.](http://en.wikipedia.org/wiki/Maslow's_hierarchy_of_needs) Maslow contended that humans have a number of needs that are instinctual, and are innate. Maslow assumed our needs are arranged in a hierarchy in terms of their potency. Although all needs are instinctive, some are more powerful than others. The lower the need is in hierarchy, the more powerful it is. The higher the need is in hierarchy, the weaker and more distinctly human it is. The lower, or basic, needs in the hierarchy are similar to those possessed by non-human animals, but only humans possess the higher needs.

Those needs or motives are: **i. Physiological needs**

At the bottom of the hierarchy are physiological needs, including the biological requirements for food, water, air, and sleep. **ii. Safety needs**

Once the physiological needs are met, an individual can concentrate on the second level, the need for safety and security. Here included the needs for structure, order, security, and predictability.

1. **Need for belongingness**

The third level is the need for love and belonging. Included here are the needs for friends and companions, a supportive family, identification with a group, and an intimate relationship.

1. **Esteem Needs**

The fourth level is the esteem needs. This group of needs requires both recognition from other people that results in feelings of prestige, acceptance, status, and self-esteem that results in feelings of adequacy, competence, and confidence. Lack of satisfaction of the esteem needs results in discouragement and feelings of inferiority.

1. **Need for Self Actualization**

Finally, [self-actualization](http://en.wikipedia.org/wiki/Self-actualization) sits at the apex of the original pyramid of needs. Self actualization needs refer to the need of achieving one’s true potential.

**Carl Rogers**

The other prominent humanistic psychologist was Carl Rogers who was born near Chicago, U.S.A., in 1902 and died in 1987. His education started from the second grade, because he had already read before kindergarten. He got his PhD in educational psychology from New York in 1931 and worked at Ohio State and University of Chicago. He was offered a full professorship at Ohio State in 1940. In 1942, he wrote his first book, Counseling and Psychotherapy. Then, in 1945, he was invited to set up a counseling center at the University of Chicago. It was while working there in 1951 that he published his major work, ClientCentered Therapy, wherein he outlines his basic theory.



**Carl Rogers (1902-1987)**

In 1961 in his book entitled “On Becoming a Person” he regarded self actualization as the greatest drive in human personality. He called it the highest level of mental health. According to Carl Rogers, a psychologically healthy person:

* Has openness to experience
* Fully lives the moment
* Has a sense of freedom
* And is highly creative

Based upon his humanistic theory and point of view he developed his system of psychotherapy called Theory of Client Centered Therapy. According to this theory, the person has the capacity to rid himself of his problems. Method of Client Centered Therapy includes reflection in affective terms.

**Positive Psychology**

Humanistic Psychology has given rise to a subject called the Positive Psychology in 21st century. Positive psychology is the scientific study of human happiness. The [history of psychology](http://en.wikipedia.org/wiki/History_of_psychology) as a science shows that the field has been primarily dedicated to address [mental illness](http://en.wikipedia.org/wiki/Mental_illness) rather than mental wellness. Its research programs and application models have dealt mainly with how people are wrong rather than how they are right. The need to correct this bias was anticipated in psychological writings as early as those of the American psychologist and philosopher [William James.](http://en.wikipedia.org/wiki/William_James) In his 1902 book, [*The Varieties of Religious Experience*,](http://en.wikipedia.org/wiki/The_Varieties_of_Religious_Experience)

James argues that happiness is a chief concern of human life and those who pursue it should be regarded as

["healthy-minded.](http://en.wikipedia.org/wiki/The_Varieties_of_Religious_Experience#Healthy-mindedness_versus_the_sick_soul)" Several [humanistic](http://en.wikipedia.org/wiki/Humanistic_psychology) psychologists—such as [Abraham Maslow,](http://en.wikipedia.org/wiki/Abraham_Maslow) [Carl Rogers,](http://en.wikipedia.org/wiki/Carl_Rogers) and [Erich Fromm—](http://en.wikipedia.org/wiki/Erich_Fromm)developed successful theories and practices that involved human happiness despite there being a lack of solid empirical evidence behind their work. However, it is the pioneering research of [Martin Seligman,](http://en.wikipedia.org/wiki/Martin_Seligman) Ed Diener, [Mihaly Csikszentmihalyi,](http://en.wikipedia.org/wiki/Mihaly_Csikszentmihalyi) Christopher Peterson, Don Clifton, and many others that promise to put the study of human happiness onto a firm scientific foundation and add some positivity to the predominantly negative discipline of psychology.

**MODERN TRENDS IN PSYCHOLOGICAL TREATMENT**

Methods of psychological treatment have been varied throughout the history and have evolved with the passage of time. As psychology moved from the science of speculation, perceived by great philosophers such as Socrates, to the scientific study of human behavior, methods of treating psychological diseases also have been adapted with the changing outlook. Different schools of psychology focused on different aspects of psychological problems and all developed their own techniques and methods to get rid of these problems.

Nowadays, according to the universally accepted standards, we can roughly divide mental diseases into two broad categories:

* Less severe ones: Neurosis
* More severe ones; Psychosis

It would be interesting to note that over the world, there are two manuals available for classification of diseases, namely:

* International Classification of Diseases (ICD)
* Diagnostic and Statistical Manual ( DSM )

The former has been developed by the World Health Organization while the latter has been developed by the American Psychiatrist Association. Psychologists from all over the world got together to develop these manuals. These list all the known mental diseases up to date.

Moving towards the treatment of mental diseases, depending upon the nature of disease and the extent of severity, two categories of treatments have emerged:

1. Psychological approaches or methods of treatment
2. Biological approaches or methods of treatment

The psychological method of treatment is the approach in which the patient is not treated with medicines. Instead, the patient in this approach is treated with the help of psychological treatment, which means the psychologists try to find the root cause of the disease and then try to treat the patient by just listening and talking about the problem or disease. In other words, the psychologist focuses on discovering the root cause of the problem that the patient faces and tries to eliminate the problem through just talking to the patient, making him change his attitude etc. In this technique, no medicine is given to the patient. It involves methods such as psychotherapy. Methods such as group therapy, family therapy, etc. are also a part of this mode of treatment.

In the biological approach, the patient is treated not only by listening and discussing the problem but also through medicines. The psychiatrist advises/recommends some medicines. Usually the psychiatrist advises medicines which help the patient to relax himself. In other words, biological approach focuses not only on solving the patient’s problem through talking and discussing; it also involves use of medicine for the treatment of mental diseases.

Let us delve deep into the two approaches towards the treatment of mental diseases. **a) Psychological Approaches**

As mentioned earlier, the psychological approach focuses on treatment of mental diseases by allowing the patient to vent out what is creating the problem. It does not involve the use of medicine.

Psychological approach may be divided into:

* Psychodynamic methodologies
* Behavioral methodologies
* Cognitive methodologies
* Humanistic methodologies
* And Group methodologies of treatment Let us take a look at some of them:

The **Psychodynamic methodologies** are based upon the assumption that psychological problems and diseases are caused by unconscious impulses and unresolved past conflicts. So Psychodynamic psychotherapists try to discover those unconscious motivations and help the patient resolve his past conflicts. Some times patient doesn’t know the actual cause of his disease and thus gets mentally disturbed, but some times the patient knows that he or she had some unresolved past conflicts or some bad memories which are now disturbing him. So the Psychodynamic psychotherapists have to find the reason if the patient don’t know or is unable to relate his past with his present problem.

Viewpoints of some famous psychologists are important to be noted in this regards. These include Freud’s,

Adler’s, Jung’s or Horney’s viewpoints. Sigmund Freud gave the concept of unconscious and motivations; Alfred Adler gave the concept of inferiority feelings which are caused due to organic inferiority and may result in inferiority complex; Jung gave the concept of collective unconscious; Karen Horney related some neurotic needs which every individual strives for. Therefore, psychodynamic methodologies have evolved over time with the contributions of many great psychologists.

Another approach is called **Behavioral approach** to treat mental diseases. This approach stems from the behavioral school of psychology. It is based upon Pavlovian concept of conditioning.

In this regard, “Systematic Desensitization” is a method developed by Joseph Wolpe which is used to treat some mental disorders. This method involves exposure of certain elements to the individual which may be causing fear etc. For example, gradual exposure of snake to removes fear of snakes.

The third method that is employed in this category of treatment of mild mental diseases is what is termed as **Cognitive therapy**. Cognitive therapy is based upon the assumption that mental problems are caused by faulty thinking. The therapist corrects this faulty thinking, relieving the symptoms of the patient. The patient in this kind of thinking assumes that he is not good, or he cannot do something good, feels unconfident and feels that he/she is not being taking cared of. So the therapist try to remove this kind of thinking, from the patient’s mind to make him feel confident and being cared of. Albert Ellis used Rational Emotive Behavior Therapy (REBT) under this method of treatment.

**MODERN TRENDS IN PSYCHOLOGICAL TREATMENT**

The psychological method of treatment is an approach in which the patient is not treated with medicines. Psychological approach may be divided into:

* Psychodynamic methodologies
* Behavioral methodologies
* Cognitive methodologies
* Humanistic methodologies
* Group methodologies of treatment

The first three methodologies have already been discussed. The fourth approach in psychological methods is the **Humanistic approach**. As you remember Carl Rogers was one of its practitioners. Humanistic therapists view themselves more as guides than therapists. The assumption is that a person has the potential to get well but he just needs the way to be shown to mental health. Client Centred therapy is one such method of humanistic method of treatment.

Treatment of less severe forms of mental diseases may also be done in groups. Where this approach is adopted, it is called **Group therapy**. It may take the form of a group of people taking part in a drama, as in psychodrama, a technique developed by J.L. Moreno. Or a group may discuss their problems together. One specialized form of group therapy is called Family therapy, where the focus may be the family of the client or the patient.

Group therapy is a form of psychotherapy in which the therapist has regular meetings with a small group of individuals. The purpose of group therapy is to assist each of these individual in his or her emotional development and assist him to solve his or her personal problem. People may choose group therapy for several reasons which include reasons such as group therapy being cheaper than individual therapies since the cost is divided among group members. Another reason may be that group therapy allows interaction with other people giving more insights into how people solve their problems effectively and a chance to learn from these. In addition, group members receive support from others in the group.

Family therapy is a form of psychotherapy that involves all the members of a nuclear or extended family. It may be conducted by a pair of therapists which often may be a man and a woman. This is usually done when problems related to gender roles in the family are creating trouble. Some types of family therapies are based on behavioral or psychodynamic principles while most of the others are based on family systems theory. Family system theory regards the entire family as the unit of treatment, and emphasizes such vital factors as relationships and communication patterns among members of the family. The purpose of family therapy is to identify and treat family problems that cause upheavals in the family life.

Comparing all these methods together, a research undertaken recently, involving one hundred and eighty six thousand people who undertook psychotherapy, it was revealed that Cognitive therapy had a success rate of 95%: Behavioral therapy had a success rate of 85% followed by Psychodynamic methods having a success rate of 80% and so on.

**b) Biological Approaches**

Now let us look at some other methods that we include in biological approaches to treat disorders they deal with more severe kinds of mental illnesses. One noticeable fact in this regard is, as pointed out earlier, that these methods are employed for more severe and chronic cases of mental disorders.

The first major mode of treatment in biological approach is **Drug therapy**.This is control of mental disorders through drugs.

Some such drugs include:

1. Anti-psychotic drugs: Drugs which are used for severe cases of psychosis.
2. Anti-depressant drugs: Drugs which are used to relax the patient. iii. Anti-anxiety drugs: Drugs which are used to help anxiety.

Another method apart from prescribing drugs is called **Electroconvulsive therapy** or ECT in short. In this method, mild shocks are given to the head of the patient to help him rid his mental disease. Usually a shock of 70 to 150 volts is administered to the head of a severely sick patient. Scientists and psychiatrists are still unable to understand the phenomenon behind the success of ECT.

The third method in this category is **Psycho-surgery**. This method involves surgically removing a part of the brain. This method is very rarely used today and only as a last resort. These are the three major methods of treatment using the biological mode