

Exercise walk-through

Psychodynamic and Humanistic Theories of Personality ■ 4.4

eXercise

You must be able to

- outline the psychodynamic account of **unconscious** 无意识 influence
- name two **defence mechanisms** 防御机制 and describe each
- describe **unconditional positive regard** 无条件积极关注 and **self-actualisation** 自我实现
- state the main criticism made of each approach

Method — The psychodynamic claim

Behaviour is shaped by motives outside awareness, formed largely in childhood, and expressed indirectly. The clinical value of the approach lies in that claim; its scientific difficulty lies in testing it.

Method — Two defence mechanisms

Repression: keeping threatening material out of awareness. **Projection:** attributing one's own unacceptable impulse to another person. Both reduce anxiety without addressing its source.

Method — The humanistic claim

People have an inherent tendency toward growth. **Unconditional positive regard** — acceptance not conditional on behaviour — allows a person to face experience honestly and move toward **self-actualisation**, the realisation of one's potential.

Method — The criticisms

Psychodynamic theory is criticised for concepts that are hard to falsify and evidence drawn largely from case studies. Humanistic theory is criticised for vague central terms and optimism about human nature that is difficult to test.

Practice 2.1 ■ 2 marks

State the central psychodynamic claim about the causes of behaviour.

Solution 2.1

Worked steps

behaviour is shaped by motives outside awareness **B1**, formed largely in childhood and expressed indirectly **B1**.

Practice 2.2 ■ 2 marks

Name and describe one defence mechanism.

Solution 2.2

Worked steps

repression: keeping threatening material out of awareness **B1** to reduce anxiety without addressing its cause **B1**. (Accept projection, similarly described.)

Practice 2.3 ■ 1 mark

A counsellor accepts a client without approving or disapproving of their choices.

- (a) Name the concept.
- (b) State its purpose.

Solution 2.3

Worked steps

- (a) unconditional positive regard **B1**. (b) it allows the client to face experience honestly without fearing rejection **B1**.

Exam-style 3.1 ■ 1 mark

Accusing others of the hostility one feels oneself is

A repression

B projection

C self-actualisation

D regard

Solution 3.1

A repression

B projection 

C self-actualisation

D regard

Worked steps

B. one's own impulse is attributed to another.

Exam-style 3.2 ■ 1 mark

The main scientific criticism of psychodynamic theory is that its concepts are

A too simple

B difficult to falsify

C based on experiments

D purely biological

Solution 3.2

Method: The criticisms

- A too simple
- B difficult to falsify**
- C based on experiments
- D purely biological



Worked steps

B. concepts framed so that any outcome confirms them cannot be tested.

Exam-style 3.3 ■ 1 mark

A researcher wants to test whether unconditional positive regard improves outcomes.

- (a) State one difficulty in measuring the variable.
- (b) Explain how the difficulty could be reduced.

Solution 3.3

Method: The humanistic claim

Worked steps

(a) it is an internal attitude, so it can only be inferred from behaviour **B1**. (b) define observable indicators and have independent raters score recorded sessions **B1**, which makes the measure explicit and checkable for agreement **B1**.