

Level Four: Psychological Approaches and Perspectives ECAP4009

Semester One – BSc Applied Psychology

Assessments:

1x 2,000 word essay

1x group presentation (5 mins per student)

Week/date	Lecture title and content
1. 03/10/23	An introduction to Psychological Approaches and Perspectives
2. 10/10/23	The Biological Approach within Psychology
3. 17/10/23	The Psychodynamic approach, Freud and the Neo-Freudian legacy
4. 24/10/23	Behaviourist Psychology and Social Learning Theory
5. 07/11/23	The Cognitive Revolution
6. 14/11/23	Humanistic Psychology, Positive Psychology and the notion of free will
7. 21/11/23	The Gene-Environment debate and Epigenetics
8. 28/11/23	The Status of Psychology as a science: applying the scientific method
9. 05/12/23	Gender bias and Culture bias in Psychology
10. 12/12/23	The Ethical practitioner: lessons from Human and non-human research

Live Seminars – 3 hour slot from 1.00pm – 4.00pm

Seminar date:	Relevant Lectures:	Live Seminar content:
Seminar 1: 03/10/23	1. An introduction to Psychological Approaches and Perspectives	Seminar One: The emergence of Psychology – Biology, Evolution and Experience. A general overview of the main approaches in Psychology and their chronological development. An outline of assessment proforma's, assessment protocol's etc. Activity – The case of Jake...
Reading for week 1: Read the document entitled <u>Psychology – Vocab</u> to familiarise yourself with common psychological terms.		
Seminar 2: 10/10/23	2. The Biological Approach within Psychology	Seminar 2: Biological Psychology in action – Exploring classical studies within Biological and Evolutionary Psychology.

		Video – TED talks – Your brain will not be the same...
Reading for week 2: Bennett-Levy, J., & Marteau, T. (1984). Fear of animals: What is prepared?. <i>British Journal of Psychology</i>, 75(1), 37-42. Mineka, S., & Öhman, A. (2002). Phobias and preparedness: The selective, automatic, and encapsulated nature of fear. <i>Biological psychiatry</i>, 52(10), 927-937. Shackelford, T. K., Schmitt, D. P., & Buss, D. M. (2005). Universal dimensions of human mate preferences. <i>Personality and individual differences</i>, 39(2), 447-458.		
Seminar 3: 17/10/23	3. The Psychodynamic approach, Freud and the Neo-Freudian legacy	Seminar 3 – Freud’s legacy Bowlby, Harlow, Ainsworth and Gerhardt. Exploring the importance of childhood experiences.
Reading for week 3: Bretherton, I. (1985). Attachment theory: Retrospect and prospect. <i>Monographs of the society for research in child development</i>, 3-35. Gerhardt, S. (2014). <i>Why love matters: How affection shapes a baby's brain</i>. Routledge.		
Seminar 4: 24/10/23	4. Behaviourist Psychology and Social Learning Theory	Seminar 4: From ‘Tabula rasa’ to ‘Cogito ergo sum’. Classical and Operant Conditioning – an application in the real world. Using Social learning theory to explain criminal behaviour.
Reading for week 4: Grusec, J. E. (1994). Social learning theory and developmental psychology: The legacies of Robert R. Sears and Albert Bandura. Rilling, M. (2000). John Watson's paradoxical struggle to explain Freud. <i>American Psychologist</i>, 55(3), 301. Skinner, B. F. (1985). Cognitive science and behaviourism. <i>British Journal of psychology</i>, 76(3), 291-301. Watson, J. B. (1913). Psychology as the behaviorist views it. <i>Psychological review</i>, 20(2), 158.		

Seminar 5: 07/11/23	5. The Cognitive Revolution	Seminar 5: Cognitive Psychology in action. Exploring a variety of treatments based on the cognitive approach. A brief encounter with cognitive neuroscience. Social cognition and interpreting our social world – how we form impressions.
Reading for week 5: Hyman Jr, I. E., Husband, T. H., & Billings, F. J. (1995). False memories of childhood experiences. <i>Applied cognitive psychology</i>, 9(3), 181-197. Sampson, E. E. (1981). Cognitive psychology as ideology. <i>American psychologist</i>, 36(7), 730. Frith, C. D. (2008). Social cognition. <i>Philosophical Transactions of the Royal Society B: Biological Sciences</i>, 363(1499), 2033-2039.		
Seminar 6: 14/11/23	6. Humanistic Psychology, Positive Psychology and the notion of free will	Seminar 6: What does it mean to be Human? Three human characteristics and knowing oneself. Activity – the Q sort technique. Exploring the concept of what it means to be happy: link to Seligman and Diener's (2002) seminal work. Discussion and debate - So are we ever really free? Why is the free will versus determinism debate so important after all?
Reading for week 6: Myers, D. G., & Diener, E. (1995). Who is happy?. <i>Psychological science</i>, 6(1), 10-19. Heisenberg, M. (2009). Is free will an illusion?. <i>Nature</i>, 459(7244), 164-165. Joseph, S. (2021). How humanistic is positive psychology? Lessons in positive psychology from Carl Rogers' person-centred approach—it's the social environment that must change. <i>Frontiers in psychology</i>, 12, 709789.		

Seminar 7: 21/11/23	7. The Gene-Environment debate and Epigenetics	Seminar 7: Gene and environment interactions Findings from early research – a discussion of classic and twin studies. What are the implications of epigenetics? A consideration of the early research and more recent findings.
Reading for week 7: Crisp, A. H., Hall, A., & Holland, A. J. (1985). Nature and nurture in anorexia nervosa: A study of 34 pairs of twins, one pair of triplets, and an adoptive family. <i>International Journal of Eating Disorders</i>, 4(1), 5-27. Wilson, R. S. (1983). The Louisville twin study: Developmental synchronies in behavior. <i>Child development</i>, 298-316.		
Seminar 8: 28/11/23	8. The Status of Psychology as a science: applying the scientific method	Seminar 8: Psychology and Science Exploring the key concepts of the scientific method, can we ever really be totally objective? Science or pseudoscience and biases in the research process. Find and define activity.
Reading for week 8: Lilienfeld, S. O., Ammirati, R., & David, M. (2012). Distinguishing science from pseudoscience in school psychology: Science and scientific thinking as safeguards against human error. <i>Journal of School Psychology</i>, 50(1), 7-36. Tavris, C. (2014). <i>Science and pseudoscience in clinical psychology</i>. Guilford Publications.		
Seminar 9: 05/12/23	9. Gender bias and Culture bias in Psychology	Seminar 9: Alpha bias and beta biases within psychological research A review of the literature from social and developmental psychology. Discussion and debate.

Reading for week 9:

Kohlberg, L., Levine, C., & Hewer, A. (1988). Gender bias. *American Psychologist*, 43(6), 455-464.

Welsh, M. J. (1992). The construction of gender: some insights from feminist psychology. *Accounting, Auditing & Accountability Journal*, 5(3), 0-0.

Seminar 10: 12/12/23

10. The Ethical Practitioner:
lessons from human and non-
human research

**Seminar 10: Ethical practice is
not just for research.**

Exploring the importance of an
ethical mind-set within
psychology.

Reading for week 10:

[Code of Ethics and Conduct | BPS](#)

[BPS Code of Human Research Ethics | BPS](#)