

Introduction to Psychology

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November 19, 2022

RECOMMENDED CITATION

mohammad looti (2022). *Introduction to Psychology*. PSYCHOLOGICAL SCALES.
Retrieved from <https://scales.arabpsychology.com/?p=37960>

Psychology is the science of mind and behavior. Its immediate goal is to understand behavior and mental processes by researching and establishing both general principles and specific cases. For many practitioners, one goal of applied psychology is to benefit society. In this field, a professional practitioner or researcher is called a psychologist, and can be classified as a social scientist, behavioral scientist, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and neurobiological processes that underlie certain functions and behaviors.

Psychologists explore such concepts as perception, cognition, attention, emotion, phenomenology, motivation, brain functioning, personality, behavior, and interpersonal relationships. Some, especially depth psychologists, also consider the unconscious mind. Psychologists employ empirical methods to infer causal and correlational relationships between psychosocial variables. In addition, or in opposition, to employing empirical and deductive methods, some--especially clinical and counseling psychologists--at times rely upon symbolic interpretation and other inductive techniques. Psychology incorporates research from the social sciences, natural sciences, and humanities, such as philosophy.

While psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also applied to understanding and solving problems in many different spheres of human activity. Although the majority of psychologists are involved in some kind of therapeutic role (clinical, counseling, and school positions); many do scientific research on a wide range of topics related to mental processes and behavior (typically in university psychology departments) and/or teach such knowledge in academic settings; and some are employed in industrial and organizational settings, and in other areas such as human development and aging, sports, health, the media, law, and forensics.

List of Psychological Schools

Activity-oriented Approach

Analytical Psychology

Anti-psychiatry

Anomalistic Psychology

Associationism

Behaviorism

Behavioural Genetics

Bioenergetics

Biological Psychology

Biopsychosocial Model

Cognitivism

Cultural-historical Psychology

Depth Psychology
Descriptive Psychology
Developmental Psychology
Ecopsychology
Ecological Psychology
Ecological Systems Theory
Ego Psychology
Environmental Psychology
Evolutionary Psychology
Existential Psychology
Experimental Analysis of Behavior
Functionalism
Gestalt Psychology
Gestalt Therapy
Humanistic Psychology
Individual Psychology
Industrial Psychology
Liberation Psychology
Logotherapy
Organismic Psychology
Organizational Psychology
Phenomenological Psychology
Process Psychology
Psychoanalysis
Psychohistory
Radical Behaviorism
Psychology of Self
Social Psychology
Strength-based Practice
Structuralism
Systems Psychology
Transactional Analysis
Transpersonal Psychology

List of Psychotherapies

Abreaction Therapy
Accelerated Experiential Dynamic Psychotherapy (AEDP)
Acceptance and Commitment Therapy (ACT)
Adlerian Therapy

Adventure Therapy
Analytical Psychology
Art Therapy
Attack Therapy
Attachment-based Psychotherapy
Attachment-based Therapy (children)
Attachment Therapy
Autogenic Training
Behavioral Activation
Behavior Modification
Behavior Therapy
Biodynamic Psychotherapy
Bioenergetic Analysis
Biofeedback
Body Psychotherapy
Brief Psychotherapy
Classical Adlerian Psychotherapy
Chess Therapy
Child Psychotherapy
Client-centered Psychotherapy
Co-counselling
Cognitive Analytic Therapy
Cognitive Therapy
Cognitive Behavior Therapy (CBT)
Coherence Therapy
Collaborative Therapy
Compassion Focused Therapy (CFT)
Concentrative Movement Therapy
Contemplative Psychotherapy
Contextual Therapy
Conversational Model
Conversion Therapy
Dance Therapy Or Dance Movement Therapy (DMT)
Depth Psychology
Daseinsanalysis
Developmental Needs Meeting Strategy (DNMS)
Dialectical Behavior Therapy (DBT)
Drama Therapy
Dreamwork

Dyadic Developmental Psychotherapy (DDP)
Eclectic Psychotherapy
Ecological Counseling
Emotionally Focused Therapy (EFT)
Emotional Freedom Techniques (EFT)
Encounter Groups
Eye Movement Desensitization and Reprocessing (EMDR)
Existential Therapy
Exposure and Response Prevention
Expressive Therapy
Family Constellations
Family Therapy
Feminist Therapy
Focusing
Freudian Psychotherapy
Functional Analytic Psychotherapy (FAP)
Future-oriented Therapy
Gestalt Therapy
Gestalt Theoretical Psychotherapy
Group Analysis
Group Therapy
Guided Affective Imagery
Hakomi
Holotropic Breathwork
Holding Therapy
Humanistic Psychology
Human Givens
Hypnotherapy
Inner Relationship Focusing
Integrative Body Psychotherapy
Integral Psychotherapy
Integrative Psychotherapy
Intensive Short-term Dynamic Psychotherapy
Internal Family Systems Model
Interpersonal Psychoanalysis
Interpersonal Psychotherapy
Jungian Psychotherapy
Logotherapy
Marriage Counseling

Milieu Therapy
Mindfulness-based Cognitive Therapy
Mindfulness-based Stress Reduction
Mentalization-based Treatment
Method of Levels (MOL)
Mode Deactivation Therapy (MDT)
Morita Therapy
Motivational Interviewing
Multimodal Therapy
Multisystemic Therapy
Multitheoretical Psychotherapy
Music Therapy
Narrative Therapy
Nonviolent Communication
Nude Psychotherapy
Object Relations Psychotherapy
Ontological Hermeneutics
Orthodox Psychotherapy
Parent-child Interaction Therapy
Parent Management Training
Pastoral Counseling
Person-centered Therapy
Play Therapy
Poetry Therapy
Positive Psychology
Positive Psychotherapy
Postural Integration
Primal Therapy
Primal Integration
Process Oriented Psychology
Process Psychology
Progressive Counting (PC)
Prolonged Exposure Therapy
Provocative Therapy
Psychedelic Therapy
Psychoanalysis
Psychodrama
Psychodynamic Psychotherapy
Psychosynthesis

Pulsing
Rational Emotive Behavior Therapy (REBT)
Rational Living Therapy (RLT)
Reality Therapy
Rebirthing-breathwork
Recovered-memory Therapy
Reichian Therapy
Relational and Compassionate Psychotherapy
Relationship Counseling
Relational-cultural Therapy
Remote Therapy
Rogerian Psychotherapy
Sandplay Therapy
Schema Therapy
Sensorimotor Psychotherapy
Sexual Identity Therapy
Sex Therapy
Social Therapy
Solution Focused Brief Therapy
Somatic Experiencing
Somatic Psychology
Status Dynamic Psychotherapy
Supportive Psychotherapy
Systematic Desensitization
Systemic Therapy
T-groups
Therapeutic Community
Thought Field Therapy
Transactional Analysis
Transference Focused Psychotherapy
Transpersonal Psychology
Transtheoretical Model
Twelve-step Programs
Vegetotherapy
Wilderness Therapy

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