



Video Discussion Sessions CPD Event

Overview

During 2012 JvR will be hosting a number of Video Discussion sessions looking at the History of Psychology Theories.

The following topics will be explored:

Bandura and Social Learning: The Social learning theory focuses on the learning that occurs within a social context. It considers that people learn from one another, including such concepts as observational learning, imitation, and modeling.

Piaget's Developmental Theory: Piaget's theory of cognitive development is a comprehensive theory about the nature and development of human intelligence. It deals with the nature of knowledge itself and how humans come gradually to acquire it, construct it, and use it. Moreover, Piaget claims the idea that cognitive development is at the centre of human organism and language is contingent on cognitive development..

Jung from a Consulting Perspective: Jung is considered the first modern psychiatrist to view the human psyche as "by nature religious" and make it the focus of exploration. Jung considered individuation, a psychological process of integrating the opposites including the conscious with the unconscious while still maintaining their relative autonomy, necessary for a person to become whole. Individuation is the central concept of analytical psychology.

Perls and Gestalt: Perls coined the term 'Gestalt therapy' to identify the form of psychotherapy that he developed with his wife Laura Perls in the 1940s and 1950s. His approach to psychotherapy is related but not identical to Gestalt psychology, and it is different from Gestalt Theoretical Psychotherapy. The core of the Gestalt Therapy process is enhanced awareness of sensation, perception, bodily feelings, emotion and behaviour, in the present moment. Relationship is emphasized, along with contact between the self, its environment, and the other.

Albert Ellis' RET Development and Process: Rational emotive behavior therapy (REBT), previously called rational therapy and rational emotive therapy, is a comprehensive, active directive, philosophically and empirically based psychotherapy which focuses on resolving emotional and behavioral problems and disturbances and enabling people to lead happier and more fulfilling lives. REBT was created and developed by the American psychotherapist and psychologist Albert Ellis who was inspired by many of the teachings of Asian, Greek, Roman and modern philosophers. REBT is one form of cognitive behavior therapy (CBT) and was first expounded by Ellis in the mid-1950s.

Rogers Unconditional Positive Regard: Unconditional positive regard, a term popularly believed to have been coined by the humanist Carl Rogers, is basic acceptance and support of a person regardless of what the person says or does. Rogers believes that unconditional positive regard is essential to healthy development.

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