

# Basic Psychology



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# Overview



- For what is it a 'basic' foundation?
- An understanding of...
  - General Mental Disorder
  - Mental Health
  - Therapies
- Background study

# Today



- Session 1:  
Learning Theory
- Session 2:  
Perception, Memory & Information  
Processing
- Session 3:  
Emotion & Motivation

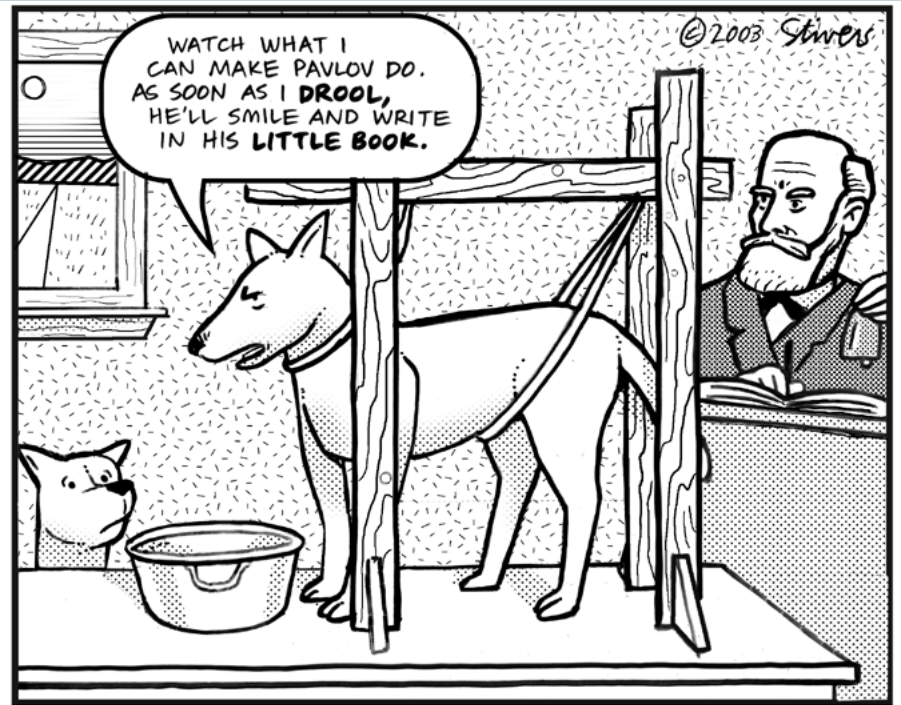
# Learning Theory



- Classical Conditioning
- Operant Conditioning
- Aversive learning and Punishment
- Control & cognition

# Classical conditioning

- Stimulus & Response
- (UCS/CS) & (UCR & CR)
- Trial
- Acquisition
- Reinforcement
- Extinction & Recovery



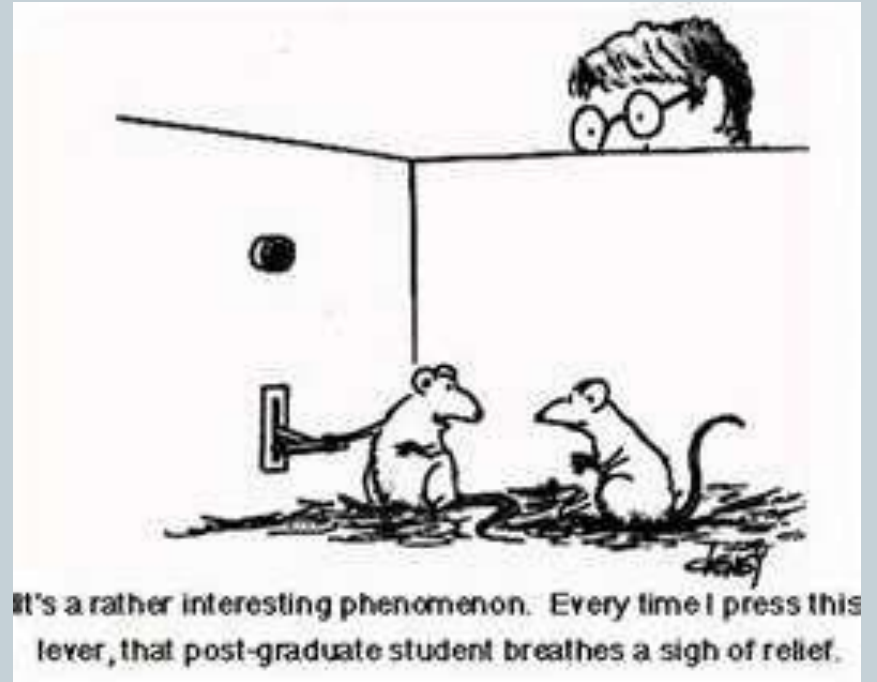
# Classical Conditioning (2)



- Second order conditioning
- Generalization/  
Discrimination
- Conditioned fear
- Predictability & Cognitive factors
  - Contiguity
  - Predictability
  - Redundancy / blocking
  - Emotional factors
- Models of conditioning
- Constraints

# Operant Conditioning

- Learning that a behaviour (response) OPERATES on the environment
- Thorndike's Law of effect
- BF Skinner
  - Pigeons
  - Skinner box



# Operant Conditioning



- **Basic OC**

- Baseline
- Reinforcement
- Extinction
- Discrimination
- Rate of response

- **Advanced OC**

- Shaping
- Reinforcers ( $1^{\circ}$  /  $2^{\circ}$ )
- Generalization
- Schedules



# Aversion & Punishment



- Aversive conditioning
- Punishment
- Escape learning
- Avoidance learning
- Expectations

# Control & Cognition



- Seligman's dogs
- Contingency learning
- Biological constraints
- Complex learning

# Perception



- Terminology
- Gestalt
- Object constancy
- Depth Perception
- Perceptual set
- Psychopathology

# Perception: Terminology



- Absolute threshold
- Difference threshold
- Weber's law / Fechner's law
- Signal detection theory

# Perception: Gestalt Psychology



- Whole different from sum of parts
- Simplicity
- Closure
- Continuity
- Similarity
- Proximity
- Figure – Ground differentiation

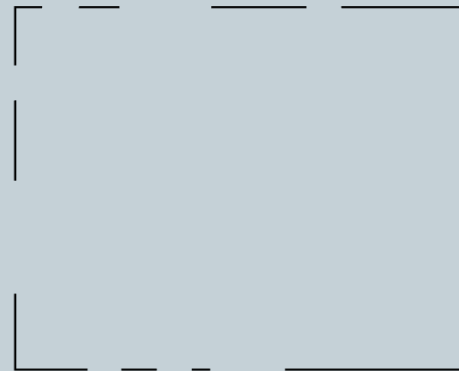
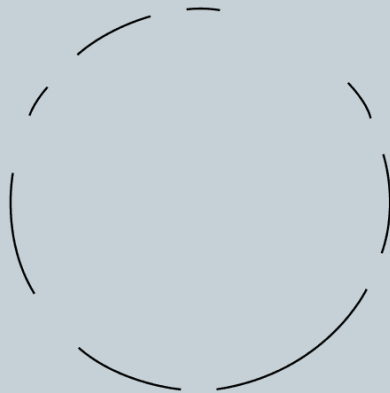
# Figure – Ground differentiation



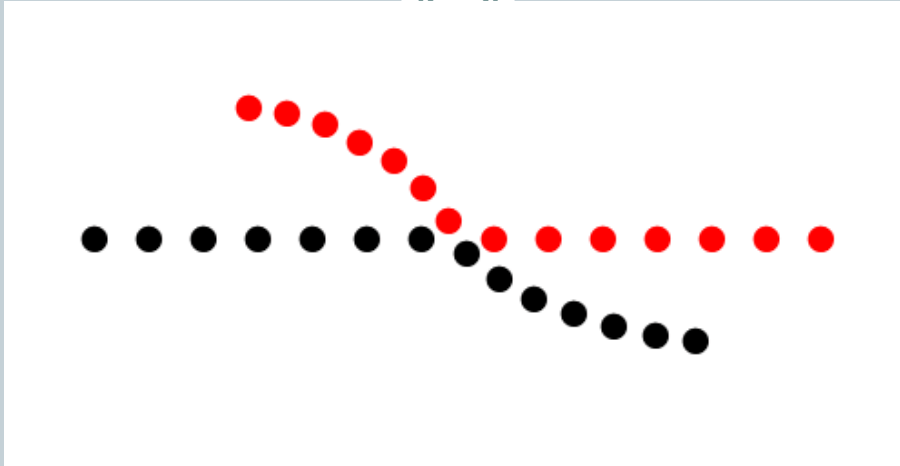
# Simplicity - 'Pragnanz'



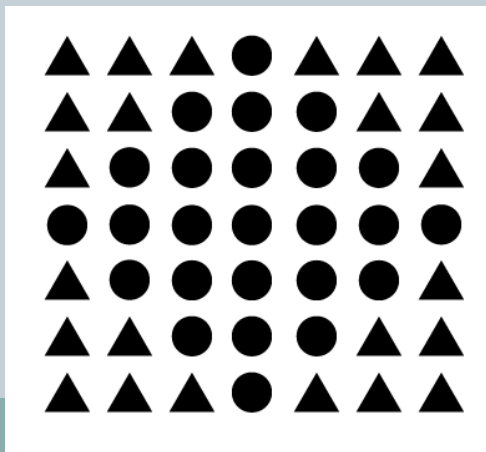
## Closure



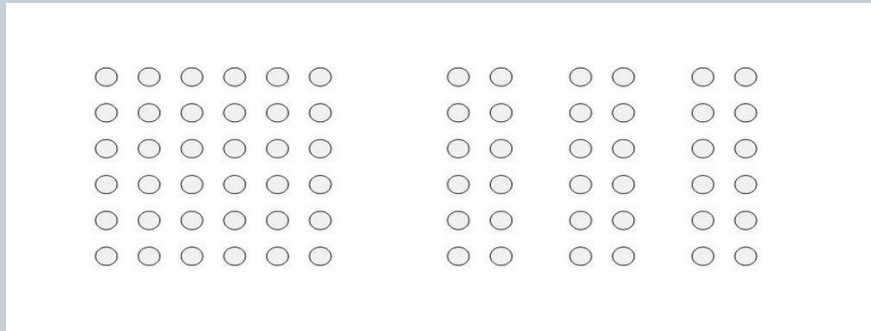
# Continuity



## Similarity



## Proximity





# Perception: Object constancy



- Shape
- Size
- Light / Colour
- Location

# Perception: Depth Perception



- 2x 2D images lead to 1x 3D perception
- Convergence
- Relative size / brightness
- Parallax
- Interposition
- Perspective

# Perception: Perceptual Set



- Motivational state
- Perceptual stimuli perceived according to expectation

# Perception: Psychopathology



- Misperceptions
- Intersubjectivity

# Information Processing



- Data driven processing
- Concept driven processing
- Attention
  - Selected
  - Divided
  - Sustained
  - Controlled
  - Automatic

# Memory



- Encoding
- Storage
  - Sensory memory
  - Short term (working) memory
  - Long term memory
- Retrieval
- Forgetting

# Long Term Memory



- **Declarative**
  - Episodic
  - Semantic
  
- **Non-declarative**
  - Procedural
  - Emotional

# Memory



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# Motivation



- Extrinsic motivational theories
  - Drive reduction
- Intrinsic motivational theories
  - Optimal arousal
  - Cognitive dissonance
  - Attitude discrepant behaviour
  - Need for achievement
- Hierarchy of need...

# Maslow's Hierarchy of need



Self-actualisation

Aesthetic

Cognitive

Esteem

Belonging

Safety

Physiological

# Emotion



- Theories of Basic Emotion
  - Early theorists
  - Plutchik
  - Panksepp
- Purpose of emotion
- Clinical Implications

# Theories



- **Early theories**
  - James-Lange
  - Cannon-Baird
  - Schachter-Singer
- **Plutchik**
- **Disgust-Angry-Anticipating-Joy-Accepting-Fear-Surprise-Sad**
- **Panksepp**

# Panksepp



- Basic Emotion Control Systems x7
- SEEK
  - CURIOSITY; LUST; PLAY
- FEAR
- PANIC
  - SEPARATION DISTRESS; CARE
- RAGE

# Emotion



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# Summary



- Basic Psychology topics
- Application to Psychiatry
- Caution...
  
- Any Questions?