

## Humanistic Psychology and Its Main Ideas

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Humanism occupies a significant place in the psychology field, and it is known as third-force psychology. It is so because this school of thought is essentially different from two others, including psychobiology and cognitive psychology, that rely on deterministic ideas. In turn, humanism indicates that individuals have free will, which fundamentally impacts how psychology is investigated. Multiple researchers analyze this issue from different points of view, and the peer-reviewed articles by Dillon (2020) and Robbins (2016) are among them. On the one hand, Dillon (2020) argues that humanistic psychology draws significant attention to the notions of happiness and good life. In an attempt to achieve these goals, people rely on freedom, their inner nature, culture, and others (Dillon, 2020). On the other hand, Robbins (2016) stipulates that love and dignity are the principal values of humanistic psychology. The researcher clarifies that individuals can understand and respect others' dignity when they wish the good for others (Robbins, 2016). This claim reveals the difference between human beings and animals or objects. This information shows that the two articles focus on humanistic psychology, but they offer some distinguishing conclusions. The difference refers to the fact that the study by Robbins (2016) was written four years earlier than Dillon's (2020) work. Thus, Robbins' (2016) conclusions only refer to love and dignity, while Dillon (2020) expands on the topic and addresses the notion of the common good, including freedom, culture, and others.

The two studies offer useful information to understand human behavior through a humanistic psychology lens. The scholars emphasize that individuals do not need any external stimuli or motivating factors that shape their behavior (Robbins, 2016; Dillon, 2020). For example, Robbins (2016) states that human dignity and love determine individuals' behavior. In this case, people have free will to choose their own behavioral models, which is different from psychobiology and cognitive psychology, where people are considered dependent creatures. This new humanistic concept explains that psychology starts drawing more attention to people's inner world than their environment. Simultaneously, it has already been mentioned that Dillon (2020) also highlights the importance of internal nature and freedom in humanistic psychology. These concepts demonstrate that people's behavior is the reflection of their own thoughts, beliefs,

# Sightings Essays In Humanistic Psychology

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## **Sightings Essays In Humanistic Psychology:**

*Sightings: Essays in Humanistic Psychology* Fred Richards, Ira David Welch, 1973      *Understanding al-Mutanabbī: A Humanistic Psychological Approach (Penerbit USM)* Ratna Roshida Ab Razak, 2015-08-21 This book attempts to see al Mutanabb a great poet of the Abbasid period from the lens of humanistic psychology An effort has been made to discover the deeper aspects of al Mutanabb s personality which constitutes an important aspect of his artistic expression Chapters are structured accordingly for better understanding of the whole discussion The focuses are on Biographical sketch of al Mutanabb which comprises on the historical political cultural background of the poet as well as his life with his patrons The relationship between psychology and poetry The major concept of humanistic psychology as well as the work of Horney Maslow and Rogers upon which being the basis of the humanistic psychology The Maslovian theory to consider al Mutanabb as a self actualizing person in the light of his relationship with his patron Sayf al Dawlah How al Mutanabb as a neurotic person overcame the conflict inherent in his relationship with K f r his second patron This book concludes that the relationship between al Mutanabb and Sayf al Dawlah is the key to his great achievement as a poet and the humanistic psychological theories thus enables us to gain a better understanding of him as a whole person This book also proposes that humanistic psychology can open the door to a new world in the study of both Arabic literature and the life of a poet      *Birth is More Than Once* Hei Sook Park Wilkinson, 1985      *The New-Old* Andrew Bland, Sandrine M. Arons, 2020-06-22 Dr Myron Milford Mike Arons 1929 2008 is recognized internationally as one of the founders of humanistic psychology This volume serves as both a tribute to his memory and a gateway to reflection and scholarship by future generations of humanistic psychologists who did not have the privilege to know Arons Edited by his mentee Dr Andrew Bland and daughter Sandrine Arons The New Old traces Arons thought as it evolved over about three decades from the 1970s to the 2000s Following Sandrine Arons preface and Bland s overview of Mike Arons life and scholarship 13 of Arons papers some of which are rare out of print or unpublished are presented thematically in four sections a his inspiration and influences b creativity consciousness and culture c humanistic education and d two of Arons hermeneutic explorations on the topics of intuition and the nature of self The book concludes with a discussion about the contemporary implications and applications of Arons thinking as well as the accuracy of his predictions about the future of both psychology and society Finally an annotated bibliography of Arons complete writings is included as an appendix      **Client-centered and Experiential Psychotherapy in the Nineties** Richard Balen, 1990 This voluminous book of 47 chapters offers a good cross section of what is burgeoning in the field of client centered and experiential psychotherapy on the threshold of the nineties it does not represent a single vision but gives the floor to the various suborientations classics Rogerians client centered therapists who favor some form of integration or even eclecticism experiential psychotherapists for whom Gendlin s focusing approach is a precious way of working client centered therapists who look at the therapy process in terms of information processing existentially oriented

therapists Remarkable is that for the first time in the history of client centered experiential psychotherapy the European voice rings through forcefully more than half of the contributions were written by authors from Western Europe Several chapters contain reflections on the evolution past present and future of client centered experiential psychotherapy The intensive research into the process which had a central place in the initial phase of client centered therapy is given here ample attention with several creative studies and proposals for renewal In numerous contributions efforts are made to build and further develop a theory of psychopathology the client's process the basic attitudes and task oriented interventions of the therapist The chapters dealing with clinical practice typically aim at the description of therapy with specific client populations and particularly severely disturbed clients And finally a few fields are introduced which are new or barely explored within the client centered experiential approach working with dreams health psychology couple and family therapy

**Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1975 Methods and Evaluation in Clinical and Counseling Psychology Theodore C. Kahn, James E. Cameron, Martin B. Giffen, 2013-10-22 Methods and Evaluation in Clinical and Counseling Psychology discusses the many sided problems that psychology faces as well as contributions psychology can make in many areas of human concern This book reviews methods tests and therapeutic techniques that represent psychology The future role of psychology as a profession is also elaborated Other topics covered include measurement of individual differences impressionistic projective approaches culture minimized intelligence tests and Rorschach test and emotional growth The behavioral disorders Kahn test of symbol arrangement forensic psychiatry and determining cerebral dominance are likewise deliberated This text also considers the cognitive approaches hominological therapy theories of vocational guidance and clinical psychology and law This publication is beneficial to practicing psychologists and other professions that deal with human welfare social workers correctional workers and those who are employed in the various specialties of medicine law ministry and education **Humanistic Psychology** Dorothy D. Nevill, 1977 *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1974 First multi year cumulation covers six years 1965-70 *A Psychology of Freedom and Dignity* E. Rae Harcum, 1994-02-23 Harcum maintains that the proper assumptions about human nature are established by their relative utility in solving existing human problems In order to facilitate solutions to familiar problems of daily living the author advocates a definition of the science of psychology that includes the concepts of human freedom and intrinsic dignity The author emphasizes the importance of the free will concept to behavioral scientists and practitioners as well as to citizens of the general population who perhaps without realizing it are forced users of behavioral science The author's intention is to show that our cherished beliefs in the concepts of freedom and dignity are consistent with scientific principles and thus will become a vital part of a scientifically designed culture *Black Men and Racial Trauma* Yamonte Cooper, 2024-02-23 This volume comprehensively addresses racial trauma from a clinical lens equipping mental health professionals across all disciplines to be culturally responsive

when serving Black men Written using a transdisciplinary approach Yamonte Cooper presents a Unified Theory of Racism UTR Integrated Model of Racial Trauma IMRT Transgenerational Trauma Points TTP Plantation Politics Black Male Negation BMN and Race Based Shame RBS to fill a critical and urgent void in the mental health field and emerging scholarship on racial trauma Chapters begin with specific definitions of racism before exploring specific challenges that Black men face such as racial discrimination and health trauma criminalization economic deprivation anti Black misandry and culturally specific stressors emotions such as shame and anger and coping mechanisms that these men utilize After articulating the racial trauma of Black men in a comprehensive manner the book provides insight into what responsive care looks like as well as clinical interventions that can inform treatment approaches This book is invaluable reading for all established and training mental health clinicians that work with Black men such as psychologists marriage and family therapists social workers counselors and psychiatrists

Humanistic Psychology, a Guide to Information Sources Gloria B. Gottsegen, Abby J. Gottsegen, 1980 Approximately 700 annotated references to periodicals monographs and organizations with emphasis on the areas of education business health services and social services Classified arrangement in 11 chapters Author subject title indexes

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**Index of Conference Proceedings Received** British Library. Lending Division, 1974

**Homonovus** Fred Richards, Anne Cohen Richards, 1973

Books in Print Supplement, 1977

## Unveiling the Magic of Words: A Report on "**Sightings Essays In Humanistic Psychology**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Sightings Essays In Humanistic Psychology**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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