

Class 6

I. Vocabulary

Task 1. Learn the words and word combinations

Physiological - физиологический

Psychodynamic - психодинамический

to emphasize - подчеркивать

unconscious drives – бессознательные стимулы

to fulfill the needs – удовлетворить/ реализовать потребности

to inhibit/ to repress - подавлять

to resolve conflict – решать конфликт

to drive/ to lead – руководить, вести

acceptable/unacceptable behavior – приемлемое/неприемлемое поведение

conscious choice – сознательный выбор

to contradict values – противоречить ценностям

to occur – случаться, происходить

to take into account – принимать во внимание

to oppose - противоречить

uniqueness - уникальность

to reveal the potential – выявить (обнаружить) потенциал

to overcome obstacles – преодолеть трудности (препятствия)

to achieve success – достичь успеха

hierarchy - иерархия

self-actualisation - самоактуализация

to lack evidences – испытывать недостаток в доказательствах

Task 2.

Psychodynamic approach (Sigmund Freud, Austria; Carl G. Jung, Switzerland; Hanscarl Leuner, Germany) emphasizes the role of unconscious drives that influence human behavior. If these desires are not fulfilled, the human mind tries to inhibit desires that will result in a repressed conflict and later psychic deviations. To resolve this conflict, a person should become aware of his problem by free association, hypnosis and the analysis of childhood experiences. Freud proposed three levels of our psyche: the Id, Ego and Super ego. The Id drives impulsive desires, but the Ego acts a medium between the desires and the rules of the outer world by making analysis and finding socially acceptable ways to satisfy the needs. The Super ego is the moral part of our psyche responsible for feelings of right and wrong, guilt and regret. Opponents criticize the approach as it ranks unconscious thoughts and drives higher than self-control, conscious choice and free will.

Psychologists who stick to *cognitive approach* (Jean W. F. Piaget, Switzerland; Ulric G. Neisser, Germany, the USA; George A. Miller, the USA) are sure that cognitive processes lead a person. Cognitive psychologists compare the human brain with a computer as people also use formulas and schemas in the analysis of the reality. Our life experience, background knowledge and general outlook develop our minds and create mechanisms of thinking which are used in decision making. Different people may notice different aspects of the same situation due to their cognitive abilities. It makes them choose their own response to the situation. If a person's knowledge about something or the reality contradicts his values, desires and behavior, the cognitive dissonance occurs. Opponents challenge the ideas of cognitive approach saying that

human psyche can't be explained by the mechanisms of cognition only. Emotional, motivational and unconscious (repressed) factors are not taken into account.

Humanistic approach (A.Maslow, the USA; C.Rogers, the USA) opposes other approaches which ignore a human's free will and motivation, uniqueness of each person or focus on the subconscious aspect too much. The humanists assume that all individuals possess self-control and can determine their own behavior. All people have their unique abilities and they should reveal their potential. If they fail to do so, it's necessary to find the obstacles that prevent them from achieving success. The humanists claim that the hierarchy of human needs starts from the survival needs but develops to social needs and self-actualisation. Human behavior is driven by the desire to fulfill the leading needs. Opponents say that humanistic approach ignores the role of heredity and the unconscious motives. It also lacks empirical evidence with significant number of objects under study.

Task 2. Make possible word combinations using the nouns from the frame. There may be more than one combination of the nouns with the same verb. Try to make and translate as many word combinations as possible.

ideas, tasks, interest, response, potential, rules and laws, efforts, success, needs, obstacles, behavior, progress, approach, wishes, activity, values, hardships

to achieve

to contradict.....

to criticize....

to fulfill....

to ignore....

to inhibit/ to repress....

to overcome....

to predict....

to reveal

to stimulate

Task 3. Complete the sentences using the phrases from the columns.

Biological approach emphasizes	the role of external stimuli (reward and punishment) in the decision-making process
Opponents of the biological approach claim that it	conscious choice and free will influence the behavior more than unconscious wishes
Behavioral approach focuses on	ignores the role of the society and learning
Opponents of the behavioral approach say that	human psyche is regulated by the mechanisms of cognition
Psychodynamic approach emphasizes	the role of genetics and physiological processes in the development of personality
Opponents of the psychodynamic approach are sure that	different people may react differently to the same stimulus
Cognitive approach claims that	emotional, motivational and other aspects also influence decision making beside cognition
Opponents of the cognitive approach say that	the role of unconscious drives

Task 4. Use a dictionary (if necessary) to find an appropriate morphological form of the word given in brackets.

1. This problem has a lot of aspects which demonstrate its (complex). 2. If a child violates the societal norms, his behavior is called (not to accept). 3. Behavior can be modified by rewards and (to punish). 4. According to the humanistic approach, every person presents (unique). 5. Opponents (criticism) almost every approach. 6. Some scientists (emphasis) the role of unconscious urges in human psyche. 7. Cognitive dissonance (leader) to personality disturbances. 8. These results (opposition) our expectations and the prognosis. 9. His behavior and attitude contradict the (valuable) of our society. 10. Compliment or criticism act as (to stimulate) for a person.

Task 5. Translate from English into Russian (Vocabulary of the Classes 5 and 6)

Behavioral approach, to stimulate acceptable behavior, to ignore complexity, to punish for unacceptable actions, to resolve conflict, to fulfill self-actualisation, to inhibit uniqueness, to criticize the technique of conditioning, to contradict the ideas, hierarchy of values, to overcome predisposition, to reveal the stimulus, obstacles of choice, Psychodynamic approach