

## George Kelly (1905-1967)



- Ohio State University
- Took Roger's former position. Later accepted a position from Maslow at Brandeis.
- Took classes from Landfield. One of the last people to get a Ph.D. under Kelly.
- Not a theorist concerned with motivation of the person. The person is always active.

- The attempt to predict and control the events one experience
  - "Man-As-Scientist"
    - PC—"Human as scientist"
  - Construing events and testing them
  - Many of his concepts overlap

### Constructs: Abstractions/generalizations from concrete experience

- Dichotomy (good-bad)
- Range of convenience
- Personal Constructs: individual to the person
  - Predicts what will happen
  - Particularly in area of personal relationships

- Organized into a construction system
  - Superordinate
    - More abstract
    - Core constructs—central to a person's identity
  - Subordinate
  - Breaks down a larger concept leading to more correct anticipations

- **Constructive Alternatism--When anticipating events, one selects the constructs that seem relevant, and then chooses which of the poles of construct will be applied**
- **REP Test**
  - **Role Construct Repertory Test**

- **One Fundamental Postulate and Eleven Corollaries**
- **Fundamental Postulate--a person's processes are psychologically channelized by the ways in which he (she) anticipates events.**
  - You anticipate that the sun will come up tomorrow
  - What if you anticipate the opposite?
  - How will these anticipations influence behavior?
  - Less precise than what a scientist does

- **Construction Corollary--a person anticipates events by construing their replications**
  - They love me today, they will love me tomorrow
- **Experience Corollary--a person's construction system varies as {they} successively construes the replications of events**
  - This is common sense

- **Choice Corollary--a person chooses for himself that alternative in a dichotomized construct through which he anticipates the greater possibility for extension and definition of their system**
  - **Elaborate Choice--choosing pole of a construct**
    - Reflects deciding upon the alternative through which one anticipates the greater possibility for extension and definition of one's construction system

- **Modulation Corollary**—the variation in a person's construction system is limited by the permeability of the constructs within whose ranges of convenience the variants lie.
- **Dichotomy Corollary**—a person's construction system is composed of a finite number of dichotomous constructs

- **Organizational Corollary**—each person evolves a construction system embracing ordinal relationships between constructs
- **Fragmentation Corollary**—a person may successively employ a variety of construction subsystems which are inferentially incompatible with each other.
  - One time nice next time mean

- **Sociality Corollary**—to the extent that one person construes the construction processes of another, he may play a role in a social process involving the other person.
  - Unlike commonality this uses and suggests social interaction
- **Range Corollary**—a construct is conveniently for the anticipation of a finite range of events only

- **Individuality Corollary**—persons differ from each other in their construction of events.
- **Commonality Corollary**—to the extent that one person employs a construction of experience which is similar to that employed by another, his psychological processes are similar to those of the other person.

■ **Emotionally centering on construct is confirmation/change:**

- **Anxiety:** awareness that the events with which one is confronted lie outside the predictive capabilities of one's construction system
- **Threat:** the awareness of imminent comprehensive change in one's core structure
- **Guilt:** awareness of dislodgement of the self from one's core role structure

- **Hostility:** continued effort to extort validation evidence in favor of a social prediction that has already been recognized as a failure

**Constructs differ in their:**

**Permeability** - how unencountered events can be subsumed within a construct

**Preemptiveness** - renders the events it subsumes unavailable for subsumption within other constructs

**Preverbalness** - no consistent word symbol which it represents

**Comprehensiveness** - subsuming a wide variety of events

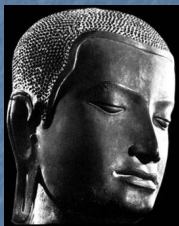
**Incidentalness** - subsuming a narrow variety of events

**Looseness** - leading to varying predictions while still maintaining their identity

- **Development:**
  - Does not occur in a fixed sequence
  - How we construe events
  - Construction development
  - Changing of disconfirmed constructs
  - The nature of significant relationships in childhood and adulthood is not considered important

- **Does not believe environment is that important**
  - What do you think about this?
  - If parents have money they can give more experiences which in turn will develop more and different constructs

## Zen



- Siddhartha Gautama or The Buddha or "Enlightened One."
- Sixth century B.C.
- What is now modern Nepal.

- **Taoism, Buddhism, Confucianism**
- **Zen Masters would go crazy if they were in class**
- **Words cannot do Zen justice**
- **Zen Masters**
  - "Make" you learn
  - Beat learning into you

**Main Theme:**

- To achieve Enlightenment.
- Satori or tun-wu - an art or way of enlightenment
- Tao - "The Way"
- A thousand mile journey begins with a single step

- Intuitive perception rather than intellect and logic
  - Scientific?
- Must be personally experienced
  - Try to explain to someone what water tastes like
  - Try to explain love and why you fell in love
  - You know what it is but hard to explain
- Same thing with Zen or Enlightenment
- Uniquely human

- Humans have a consciousness - conscious of living and life it self - most only conscious of individual selves
  - An animal can live Zen but it does not live by Zen
- No consciousness or understanding of what it is doing

- Nirvana - exalted state of consciousness and bliss.
  - Still wind
  - No wind
  - Waning out
  - Extinction of all desire, resentment, and selfishness that are caused by identifying with one's separate ego.
  - To attain Nirvana attain awakening or enlightenment

- **Must transcend the "world of dust" - the world of the material**
  - Minimalism—needing nothing
  - Food etc. will come—we do not need to search
- **Dharma - path to enlightenment**
  - Seeing, knowing, speech, conduct, way of living, effortlessness, awareness, meditation, apperception
- **Brahma - ground of existence - Tao**
  - That which is

- **Karma - a person's actions determine his/her destiny in the next life**
  - "It's Karma"
  - "Instant Karma"
- **Tzu-jan - Spontaneity**
  - Must be spontaneous to reach Enlightenment
  - Spur of the moment
  - Practical?

- **P'u - The uncarved block - raw form**
  - Able to enjoy the simple and the quiet
  - The natural and the plain
  - Ability to do things spontaneously
- **Wu-wei - Go with the flow**
- **Development:**
  - Tao - the way
  - Wu-wei - Must go with the flow

- **What if we all decided to live Zen?**
  - Would we have medicine?
  - If a person is going to die, they should die.
  - What would you do to save a child?
  - Only one person said "if destiny is to die they should."

## Existential Psychology

Sartre



Camus



- French resistance WWII
  - Sartre, Camus
  - The routine past
- Main Theme:
  - To achieve Authentic Being
  - Being - intentionality
  - Special quality of humans
  - Life becomes a series of decisions
  - Decisions involve alternatives toward unknown future or toward

- Ontological anxiety - doubt - opting for the unknown
- Ontological guilt - choosing safe
  - Develops a sense of missed opportunities
- Authenticity
  - Accepts this dichotomy and selects Anxiety

### Being-In-The-World (Dasein):

- How the person and environment are intertwined
- Has three major components:
  - Umwelt - the interpreted biological and physical world
  - Mitwelt - interpreted social world
  - Eigenwelt - internal dialogue of oneself
- Not separate aspects - phenomenological
- How are these related and how are they important to authenticity?

- **Being-Beyond-The-World - human possibilities or potentials**
- **Ground of Existence - limits of what a person can be**
  - Females can give birth—males cannot

#### **Development:**

- **Becoming**
  - Parents/school
  - Non-ideal development fails to accept psychological expression
  - Different modes of existence
- **Individualist - ideal - can understand and influence social and biological expression**
  - Ontological anxiety
  - Originality, change, intimacy, love
- **Conformist - nothing more than a player of social roles and an embodiment of biological needs**

### **Abraham Maslow (1908-1970)**



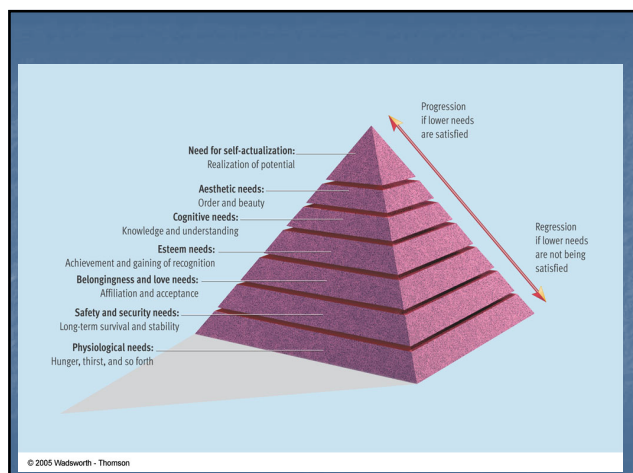
- Ph.D. under Harry Harlow.
- Initially studied behaviorism.
- Humanism.
- Third force in Psychology.
- IQ 195.

#### **Main Theme:**

- The push toward actualization of inherent potentialities and the push to satisfy needs ensuring physical and psychological survival
- Growth Motivation-Actualization tendency leads to enhancement of life
- Deprivation Motivation-Survival tendency maintains life
  - Not really in conflict with each other since one has to be satisfied before the other

- **Needs:**
  - **Basic/Deficiency (D) - Lack or deficit within person**
    - Once relatively satisfied can go on to the next
  - **Metaneeds/Growth (B)**
    - **Becoming** - arise out of need to pursue goals/go beyond
    - **Self-actualization**
- **Differences between D love and B love**

- **Prepotent**
  - **Physiological** - homeostatic - food, water
  - **Safety** - security, avoidance of pain, protection
  - **Belongingness/Love** - intimacy, gregariousness, identification
  - **Esteem** - two types:
    - **Mastery, competence, self-confidence (Self)**
    - **Prestige, status, fame, dominance (Others)**
  - **Self-Actualization** - potentials
    - Few achieve this level
    - Peak experiences

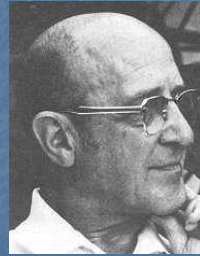


- **Development:**
  - **No real statement here**
  - **Agrees with Rogers** - if survival tendency not blocked by others actualization will be vigorously expressed
  - **Blockage leads to defense**
    - Defense not conducive to potentials
  - **Self-actualized person:**
    - **Realistic, acceptance, spontaneity, vivid appreciation,**
    - **Human kinship, humility, respect, nonconforming, humorous, creative**

## Self-Actualized People

- Martin Luther King, Jr. (civil rights activist, spiritual leader)
- Eleanor Roosevelt (humanitarian, diplomat)
- Albert Einstein (physicist)
- Mother Teresa (humanitarian, spiritual leader)
- Gordon B. Hinckley and The Pope (spiritual leaders)
- Abraham Lincoln (politician, humanitarian)

## Carl Rogers (1902-1987)

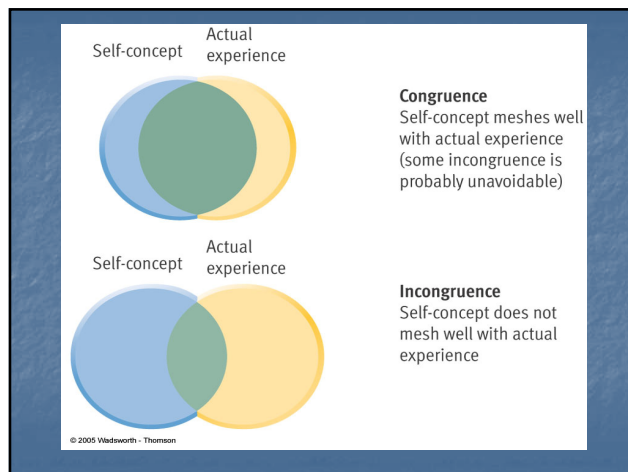


- Strict father—Rogers went beyond this
- Trip to China
- Consultant when he died
- Humanism

- Main Theme:
  - The tendency to actualize one's inherent potentialities
    - Maintain and enhance living for both the individual & species
    - Conflict between individual & society not inevitable
    - Common to all living beings
    - Humans - attempt to actualize the self

- Phenomenal Field
  - World as one perceives, apperceives, lives, and experiences
  - Uniquely individual
- Need for Positive Regard - from other people
  - Person is influenced by approval or disapproval from others
- Need for Positive Self-Regard – From Self
  - Satisfaction involved in finding your experience of self consistent with self-concept

- **Self** - refers to person's conscious sense of who and what one is
- **Ideal vs Real Self**
  - **Incongruence**—conflict between the two
  - **Similar to Horney's theory?**
- **Defense**
  - **Defends against "poor" aspects of the person**
  - **Why this is negative to actualization**
  - **Q-Sort**



- **Development:**
  - **Depends on which of the following does the person receive from Significant Others**

- **Conditional Positive Regard**
  - **Acceptance of some/rejection of other behavior**
  - **Conditions of worth:**
    - **Evaluative notions concerning which behaviors are worthy/unworthy**
    - **Self-concept thus socially determined and, as a result, is incongruent with the inherent potentialities**
    - **To keep incongruence repressed defenses are used**

- **Unconditional Positive Regard**
  - Basic, complete acceptance/respect
  - Self-concept reflects all that there is in the inherent potentialities
  - Self is considered congruent with potentials

**Types:**

- **Maladjusted Person-CPR/CoW**
  - Incongruence
  - Lives toward other's expectations
  - Conforming
  - Feels manipulated rather than free
  - Lives according to a preconceived plan

- **Fully Functioning Person-UCPR/no CoW**
  - Congruence between self and potentials
  - Reflectiveness
  - Existential living - flexibility, adaptability, spontaneity - lives for the moment
  - Organismic trusting - confidence, intuitive
  - Organismic Valuing Process - draws person toward experiences that produces growth
  - Experiential freedom - subjective sense of free will
  - Creativity - seeking new and effective ideas/things