MULTI-MEDIA UNIVERSITY

FACULTY OF SOCIAL SCIENCES & TECHNOLOGY

DEPARTMENT OF PSYCHOLOGY

**COURSE OUTLINE**

**PART 1: GENERAL INFORMATION**

Name of Lecturer Dr. Beatrice Maingi

Time of Lecture:

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E-mail: [beatricemaingi@yahoo.com](mailto:beatricemaingi@yahoo.com)

Program Name Bachelor of Arts in Psychology

Academic Year 2020/2021

Semester October-December 2020

**APS 2102: HISTORY AND SYSTEMS OF PSYCHOLOGY**

**COURSE DESCRIPTION**

**INTRODUCTION TO THE HISTORY AND SYSTEMS OF PSYCHOLOGY**

Prerequisite: None

**PURPOSE OF THE COURSE**

To introduce students to the concepts of history and systems of Psychology

**LEARNING OUTCOMES**

At the end of this course, students should be able to

1. Describe the development of psychology up to modern day
2. Explain the various systems of psychology
3. Explain the contribution of the major psychological theorists

**COURSE OUTLINE/SCHEDULE**

**Week 1& 2**: **Course introduction**

Development of psychology from its beginning to today

Contributions of;

* **Sigmud Freud: Psychoanalytic Theory**

**Background**

**View of personality and symptom development**

**Role of Therapist**

**Strengths and challenges**

**Week 3: Eric Erickson \_Developmental Theory**

The 8 stages of Psychosocial Development

**Margaret Mahler- Separation-Individuation Theory of Child development**

Background

Basic Principals of the Theory

Developmental Stages

Strengths and challenges

**Week 4: Carl Jung: Analytical Theory**

Background

View of personality and symptom development

Role of therapist

Strengths and challenges

* **Fredrick S Perls- Gestalt Therapy**

**Background**

**View of Human nature and therapeutic intervention**

**Role of Therapist**

**Strengths and challenges**

**Week 5: CAT 1**

**Week 6: B.F Skinner- Behavior Therapy**

Background

Classical conditioning

Operant conditioning

View of human nature and therapeutic intervention

Role of Therapist

Strengths and challenges

**J B. Watson**

Background

Conditioned Emotional reactions

From Little Albert to Little Peter

View of human nature and therapeutic intervention

Strengths and challenges

**Week 7 & 8: Carl Rogers- Person Centered Theory**

**Background**

**View of Human nature and therapeutic intervention**

**Role of Therapist**

**Strengths and challenges**

**Aaron Beck: Cognitive Therapy**

Background

Basic principles of C.T

Role of Therapist

**Week 9: William Glasser: Reality Therapy**

Background

View of human nature and therapeutic intervention

Role of Therapist

Strengths and challenges

**Alfred Adler**

**Background**

**View of Personality and Symptom Development**

**Role of Therapist**

**Strengths and challenges**

**Week 10: CAT 2**

**Week 11 & 12: Albert Ellis- Cognitive Behavior Approaches**

Background

A: Rational Emotive behavior Therapy (REBT)

View of Human nature and therapeutic Intervention

Role of Therapist

Strengths and challenges

**T.S Mwamwenda**

Background

View of Human nature and therapeutic intervention

Strengths and challenges

**Week 13: Emerging Systems in Psychology**

* Functionalism
* Behaviorism
* Gestalt Psychology
* Psychoanalysis
* Humanistic and axiological psychology

**Week 14:** The relationship between psychology, philosophy, science and African

Culture.

**Week 15 & 16 END OF SEMESTER EXAMS**

**Teaching Methodology**

Lectures, Class Presentations, Discussions

**Instructional materials**

Whiteboard, computer, Liquid Crystal Displays and Flip charts

Course Assessment

Continuous Assessment 30%

Examination 70%

**CORE READING MATERIALS**

**Course Textbooks**

1. Brennan, J.F (2002). History and Systems of psychology (6th Edi.). Pearson, ISBN-10:013048119X
2. Brennan, J.F (1997). Readings in the History and systems of psychology (2nd Edi) Pearson, ISBN-10:0136267971
3. Fancher, R.E and Rutherford, A. (2011). Pioneers of Psychology. (5thEdi.).W.W Norton and Company, isbn-10:0393935302

**Course Journal**

1. Journal of Personality Assessment, 96(2), 121-139.ISSN, 0022-3891
2. Teaching Of Psychology, 37(1), 4-15, ISSN:0098-6283
3. Journal Of Psychological Studies, 54(2),87-95, ISSN, 1918-7211

**Course Reference Textbooks**

1. Goodwin, C. J. (2015). A History of Modern Psychology. John Wiley &Sons, ISBN-13: 978-1118833759
2. Pickren, W., & Rutherford, A. (2010). A History of Modern Psychology. John Wiley & Sons, ISBN: 978-0-470-276609-9
3. Valsiner, J. (2012). A Guided Science: History of Psychology in The Mirror of Its Making, (Vol. 1). Transaction Publishers, ISBN, 1918-7211.