Chapter 14 Section 1 E.Q.: What is the Trait Approach?

According to the trait approach, an individual’s personality traits are fixed from an early age and account for consistent behavior in different situations.
Trait Approach (Cont.)

-Many trait theorist have been involved in identifying and cataloging human traits.
-However, the question of where traits come from has been pondered through the ages.
-Complete the theorist ideas of personality below: Write a three to four sentence summary or list explaining each of the following theories.

1. Hippocrates (430 B.C.)
2. Gordon Allport (1936)
3. Raymond Cattell (1965)
4. Hans Eysenck (1953)
Trait Approach (Cont.)

-Evaluation of the trait approach:

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Chapter 14 Section 1 Review

- What is the trait approach and what are some of the theories of where they come from and what determines personality?
- Section 1 ERT
Chapter 14 Section 2: The Psychoanalytical Approach

-Sigmund Freud was the originator of the psychoanalytical approach which teaches that all people, even the well adjusted, undergo inner struggle.
The Psychoanalytical Approach (Cont.)

- According to this approach, people are born with certain biological drives such as aggression, sex, and the need for superiority.
The Psychoanalytical Approach (Cont.)

-These drives, however, may come into conflict with laws, social rules, and moral codes that have previously been internalized.
The Psychoanalytical Approach (Cont.)

-At any moment, a person’s behavior, thoughts, and emotions represent the outcome of inner contests between the opposing forces of drives and rules.
The Psychoanalytical Approach (Cont.)

-According to Freud, personality development is influenced by inner conflict, unconscious process, and defensive responses.
The Psychoanalytical Approach (Cont.)

-Freud believed a person’s inner conflict occurs among the three psychological structures of the mind ________,__________,__________.
1. The id demands ______________.
2. The superego demands ____________.
3. The ego tries to ____________ the other two structures.
According to Freud, defense mechanisms are methods the ego uses to avoid personality anxiety. These defense mechanisms operate unconsciously (see below):

- Repression
- Rationalization
- Displacement
- Regression
- Projection
- Denial
- Reaction Formation
- Sublimation
The Psychoanalytical Approach (Cont.)

Freud believed that used in moderation, defense mechanisms were normal and useful, but they could lead a person to ignore underlying issues.
The Psychoanalytical Approach (Cont.)

-Freud organized psychosexual development into five periods:
1. Oral - (1st year of life) -
2. Anal - (1-2) -
3. Phallic - (3) -
4. Latency - (5-6)
5. Genital - (puberty) -

Five Periods Explained (Psychosexual)
The Psychoanalytical Approach (Cont.)

-Freud believed that if conflicts were encountered at any stage and not resolved, the child might become fixated, or stuck, in that stage of development.
The Psychoanalytical Approach (Cont.)

- He believed that an adult's psychological problems might actually stem from unresolved childhood conflicts.
The Psychoanalytical Approach (Cont.)

-Several personality theorist were followers of Freud but emphasized different aspects of personality development that Freud did. Complete a summary of each below:

1. Carl Jung-

2. Alfred Adler-
The Psychoanalytical Approach (Cont.)

3. Karen Horney-

4. Erik Erikson-

Stages of Development
The Psychoanalytical Approach (Cont.)

Evaluation of Psychoanalytical Approach

Positive

Critical
Ch. 14 Section 2 Review

-Section 2 ERT