

## Approaches in Psychology: The Humanistic Approach

<b>Humanistic Psychology</b>	
<b>Free will</b>	
<b>Maslow's Hierarchy Of Needs</b>	
<b>Self-Actualisation</b>	
<b>Innate</b>	
<b>Deficiency needs</b>	
<b>A Growth Need</b>	
<b>Concept of Self</b>	
<b>Ideal Self</b>	
<b>Congruence</b>	
<b>Incongruence</b>	
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<b>Unconditional Positive Regard</b>	
<b>Conditions of Worth</b>	

## Approaches in Psychology: The Humanistic Approach

<b>Humanistic Psychology</b>	An approach to understanding behaviour that puts the emphasis on subjective experience and each person's capacity for self-determination.
<b>Free will</b>	The idea that we can play an active role and have choice in how we behave. The assumption is that individuals are free to choose their behaviour and are self-determined.
<b>Maslow's Hierarchy Of Needs</b>	A theory of psychology explaining human motivation based on the pursuit of different levels of needs.
<b>Self-Actualisation</b>	The highest level of psychological development, where personal potential is fully realized after basic bodily and ego needs have been fulfilled. We strive towards this – to be the best we could possibly be.
<b>Innate</b>	denoting a capability or characteristic existing in an organism from birth, belonging to the original or essential constitution of the body or mind.
<b>Deficiency needs</b>	Deficiency needs are concerned with basic survival and includes physiological needs (such as the need for food, sex, and sleep) and safety needs (such as the need for security and freedom from danger).
<b>A Growth Need</b>	Growth needs are more psychological needs and are associated with the realization of an individual's full potential and the need to 'self-actualize'. These needs are achieved more through intellectual and creative behaviours.
<b>Concept of Self</b>	Expressing empathy, support, and acceptance to someone, regardless of what they say or do.
<b>Ideal Self</b>	The self is the humanistic term for who we really are as a person. The self is our inner personality, and can be likened to the soul, or Freud's psyche. The self is influenced by the experiences a person has in their life, and our interpretations of those experiences.
<b>Congruence</b>	The ideal self is the person you would like to be.
<b>Incongruence</b>	a state in which a person's ideal self and actual experience are consistent or very similar.
<b>Client-Centred Therapy</b>	unpleasant feelings can result from a discrepancy between our perceived and ideal self.
<b>Unconditional Positive Regard</b>	Conditions of worth include rules that govern values, beliefs and behaviours – if we break these rules, we expect to receive disapproval and rejection. They become part of our self-concept, and we accept them as the truth rather than as an opinion.
<b>Conditions of Worth</b>	Deals with the ways in which individuals perceive themselves consciously, rather than delving into the interpretation of unconscious thoughts and ideas.