

SNS COLLEGE OF PHYSIOTHERAPY

Saravanampatti Post, Coimbatore – 641 035, T.N
(Affiliated by the Tamil Nadu Dr. M. G. R. Medical University, Chennai.)



DEPARTMENT OF PHYSIOTHERAPY- III YEAR

COURSE NAME- PSYCHOLOGY

TOPIC- SCHOOLS OF PSYCHOLOGY

**PREPARED BY- Dr. K. P. BENOSEL PAUL., PT,
ASSISTANT PROFESSOR,
SNSCOPT.**

What are Schools of Psychology?

- Schools of psychology are different approaches or perspectives developed to understand human behavior, thoughts, and emotions.
- Each school emphasizes different factors—mind, behavior, environment, unconscious mind, learning, cognition, etc.

Major Schools of Psychology:

- Structuralism – structure of the mind
- Functionalism – function of behavior
- Behaviorism – learned behavior
- Psychoanalytic – unconscious mind
- Humanistic – personal growth
- Gestalt – whole perception

Structuralism:

- Founder: Wilhelm Wundt & Edward Titchener
- Focus: Structure of the mind (sensations, feelings, images)
- Method: Introspection

Key Ideas

- Mind can be broken into basic elements
- Conscious experience studied systematically

Relevance to Physiotherapy

- Helps understand how patients perceive pain, sensations, body image
- Useful in sensory retraining, especially in stroke and neuropathy

Functionalism:

- Founder: William James
- Focus: Purpose of behavior and mental processes
- Method: Observation

Key Ideas

- Behavior helps people adapt to their environment
- More practical than structuralism

Relevance to Physiotherapy

- Helps design functional rehabilitation
- Encourages activity-focused therapy (ADLs, mobility training)

Behaviorism:

- Founder: John B. Watson, B.F. Skinner, Ivan Pavlov
- Focus: Observable behavior, not the mind
- Method: Conditioning

Key Ideas

- Behavior is learned from environment
- Classical conditioning (Pavlov)
- Operant conditioning (rewards/punishment – Skinner)

Relevance to Physiotherapy

- Useful in habit formation (posture correction, gait training)
- Behavior modification in chronic pain
- Improving exercise adherence through reinforcement

Psychoanalytic School:

- Founder: Sigmund Freud
- Focus: Unconscious mind, childhood experiences
- Method: Dream analysis, free association

Key Ideas

- Id, Ego, Superego
- Defense mechanisms (denial, projection, repression)
- Inner conflicts shape behavior

Relevance to Physiotherapy

- Important in patients with chronic pain, somatoform disorders
- Understanding emotional factors affecting recovery
- Helps you manage patient frustration, anger, fear

Humanistic Psychology:

- Founders: Carl Rogers, Abraham Maslow
- Focus: Personal growth, free will, self-actualization
- Method: Client-centered therapy

Key Ideas

- Humans are inherently good
- Empathy, unconditional positive regard
- Focus on holistic development

Relevance to Physiotherapy

- Patient-centered care
- Motivational interviewing
- Encouraging recovery through positive environment & empathy

Gestalt Psychology:

- Founder: Max Wertheimer, Köhler, Koffka
- Focus: “Whole is greater than the sum of parts”
- Method: Perception-based experiments

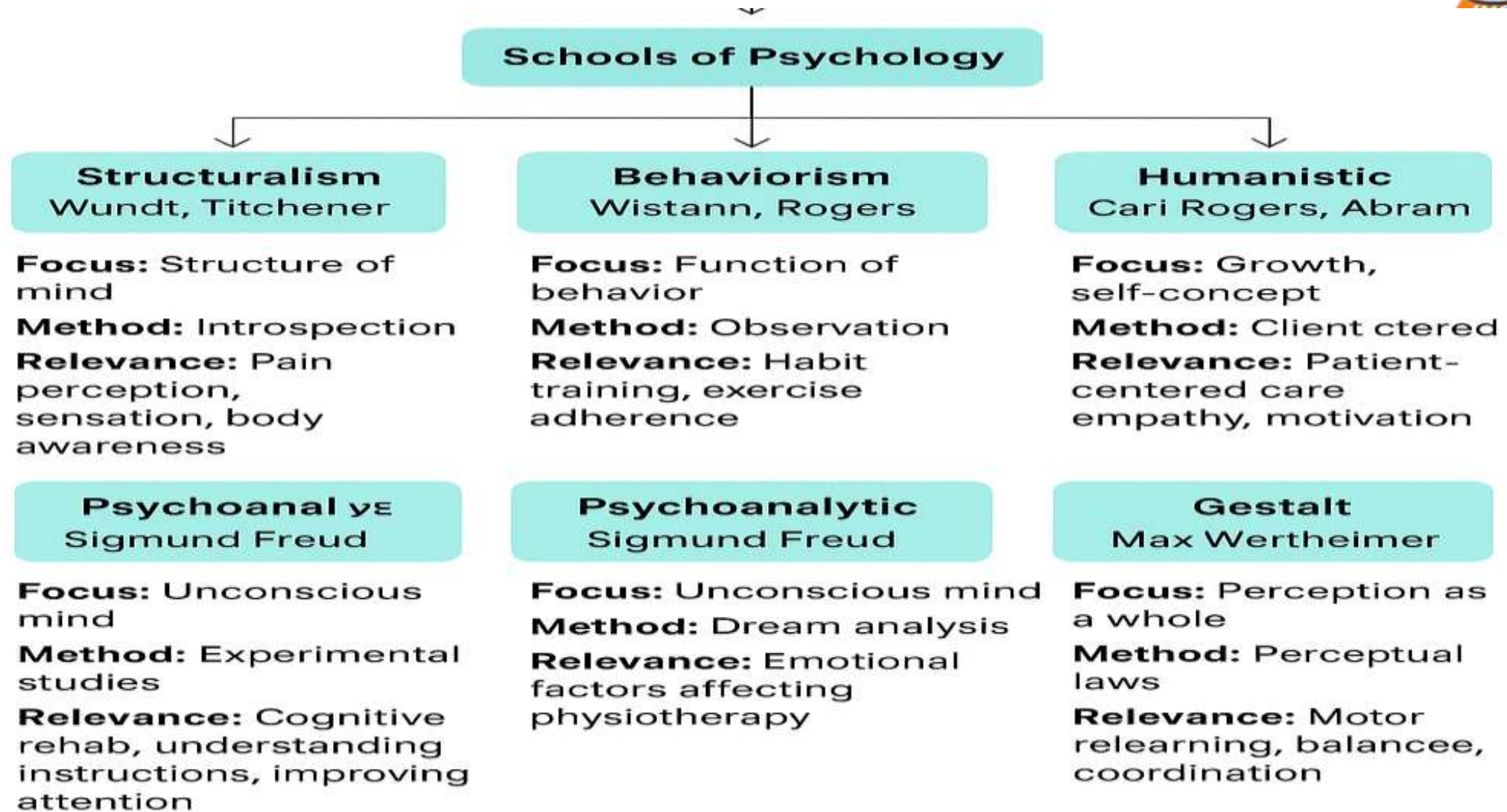
Key Ideas

- Humans perceive patterns & organized wholes
- Laws of perception (proximity, closure, continuity)

Relevance to Physiotherapy

- Important in motor relearning & balance training
- Body schema & movement perception after stroke
- Treating coordination deficits

SUMMARY



THANK YOU