

# Kleine samenvattingen uit het boek van Psychologie

## 1-Psychologie: een palet vol theorieën (17-52):

### Biz. 19-27:

De psychologie is een pluriform verschijnsel. Om hierin ordening aan te brengen, wordt in dit boek gebruikgemaakt van een indeling van theoretische referentiekaders. Wetenschappelijke theorieën hebben drie functies: het ordenen van de werkelijkheid, het verklaren en voorspellen van gedrag, en het stimuleren van nieuwe ideeën. Zowel in het wetenschappelijke als in de dagelijkse kennisverwerving wordt gebruikgemaakt van referentiekaders. Bij de wetenschappelijke kennisverwerving moet dit voldoen aan strikte, controleerbare regels.

### Biz. 27-32:

Psychologische stromingen of scholen kennen vaak een lange geschiedenis. De inhoud van een stroming wordt mede bepaald door de tijd en de cultuur waarin ze ontstond. In het begin van de psychologie was er geen samenwerking tussen de verschillende stromingen, maar dit is de laatste jaren veranderd. Dat uit zich in het overnemen van elkaars begrippen en het integreren van verschillende visies. Een heel recente ontwikkeling is het benadrukken van de effectiviteit van behandelingen en methodieken. De theoretische achtergrond wordt daarbij van minder belang geacht. Elke stroming heeft een meer of minder uitgewerkt mensbeeld. Daarin komt tot uiting wat als essentiële kenmerken van mensen worden gezien en hoe zij zich zouden moeten gedragen.

### Biz. 32-41:

Theoretische stromingen uit de psychologie baseren zich op een mensbeeld. Dit weerspiegelt een maatschappelijk bepaalde opvatting over kenmerkende eigenschappen van mensen en hoe mensen horen te zijn. De verschillende mensbeelden verschillen qua complexiteit. Er is een mechanistisch mensbeeld (de mens als machine); een organistisch mensbeeld (de mens als levend organisme) en een personalistisch mensbeeld (de mens als een organiserend en scheppend wezen). De mensbeelden in de psychologie hangen samen met verschillende methoden van kennisverwerving en hulpverlening. Er zijn grofweg drie methoden. De twee bekendste zijn de verklarende en de verstaande methode. De derde, meer recente methode, is de heuristische. Het is niet zinvol om de verschillende mensbeelden en methoden tegen elkaar uit te spelen. Het gaat er juist om dat een hulpverlener of opvoeder gebruik weet te maken van verschillende inzichten.

### Biz. 41-51

De algemene systeemtheorie (AST) biedt een kader waarmee de complexe werkelijkheid in haar totale samenhang is weer te geven. Met dit kader zijn inzichten uit verschillende wetenschappen te integreren. In de systeemtheorie wordt de verbondenheid tussen persoon en omgeving benadrukt. Dit betekent dat eigenschappen niet opgevat worden als onveranderlijk, maar als kenmerk van de relatie tussen een persoon en zijn omgeving. Als de omgeving verandert, dan veranderen de eigenschappen ook. In de AST wordt gebruikgemaakt van het biopsychosociale model. Met dit model geeft men aan dat bij menselijk gedrag altijd biologische, psychische en sociale factoren een rol spelen.

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