

Theoretical Perspectives in Abnormal Psychology

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1. Biological Perspective

- Explains disorders through genetics, brain chemistry (neurotransmitters), and brain structure abnormalities.

2. Psychodynamic Perspective

- Rooted in Freud's theory; disorders arise from unconscious conflicts, often stemming from childhood experiences.

3. Behavioral Perspective

- Views abnormal behavior as learned through classical and operant conditioning; treatment focuses on unlearning maladaptive behavior.

4. Cognitive Perspective

- Focuses on distorted or irrational thinking patterns as the root cause of psychological distress.

5. Humanistic Perspective

- Emphasizes self-actualization; disorders result from a mismatch between one's real and ideal self.

6. Sociocultural Perspective

- Considers the role of family, community, culture, and socioeconomic status in shaping and defining abnormal behavior.

7. Integration

- Most clinicians today use an eclectic, biopsychosocial approach rather than relying on a single perspective.