

Aristotle



Socrates

# TIMELINE OF PSYCHOLOGY

## 300 BCE – 500 BCE

SOCRATES, PLATO, AND ARISTOTLE



## BIRTH OF MODERN PSYCHOLOGY

Wilhelm Wundt established the first psychological laboratory marking the beginning of experimental psychology.

Stanley Hall establishes the first psychology research laboratory in the US.

William James publishes “The Principles of Psychology,” which is considered one of the foundational texts of modern psychology.

## EARLY 20<sup>TH</sup> CENTURY

1900–1920: PSYCHOANALYSIS

1910–1920: BEHAVIORISM

1920–1930: GESTALT PSYCHOLOGY

## COGNITIVE REVOLUTION

Carl Rogers pioneered Humanistic psychology with focus on self-actualization, in parallel to, development of cognitive psychology which focuses on memory, problem-solving & language

Rational Emotive Behavior therapy (precursor of CBT) and CBT were developed as tools to help people quickly

Martin Seligman introduces positive psychology and neuroscience contributed to understanding of brain development

## 21<sup>ST</sup> CENTURY

2000–2010: ONLINE THERAPY

2010 ONWARDS

## ANCIENT GREEK PHILOSOPHERS

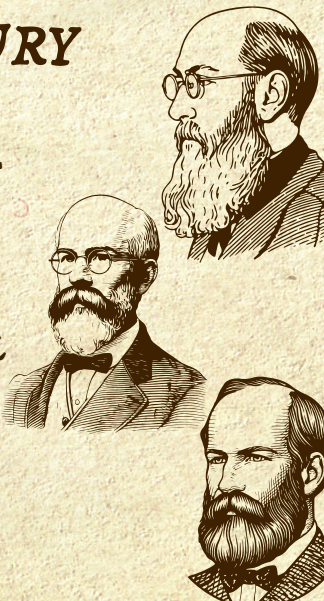
pondered questions of human nature, consciousness, and perception. Their theories laid the groundwork for the study of psychology, exploring concepts such as cognition, emotions, and the relationship between mind and body.

## 19<sup>TH</sup> CENTURY

1879: WILHELM WUNDT

1885: G. STANLEY HALL

1890: WILLIAM JAMES



## PSYCHOANALYSIS & BEHAVIORISM

Psychoanalysis developed by Sigmund Freud, focusing on the unconscious mind and the role of early childhood experiences.

Behaviorism led by John B. Watson and later B.F. Skinner, emphasizing observable behavior and conditioning.

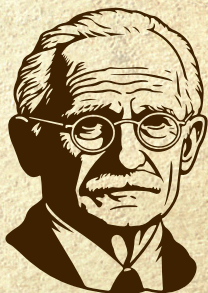
Gestalt psychology, with Max Wertheimer, Wolfgang Köhler, and Kurt Koffka, emphasizes the importance of holistic perception and experience.

## MID & LATE 20<sup>TH</sup> CENTURY

1950–1960: HUMANISTIC & COGNITIVE PSYCHOLOGY

1960–70: REBT & CBT

1980–1990: POSITIVE PSYCHOLOGY & NEUROSCIENCE



## DIGITAL DIVERSITY

Increased focus on digital interventions and brain-behavior relationship

Increased focus on cultural psychology, global mental health and integration of various schools of thoughts



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