

Humanistic Psychology – Questions by Topic

Q1.

Referring to **two** assumptions of the humanistic approach, explain why humanistic psychologists have rejected the scientific method.

(Total 4 marks)

Q2.

Read the item and then answer the question that follows.

Dominic is unhappy and lacks confidence. He also thinks he is not very good-looking and not very clever. He goes to a counselling therapist for help. The therapist suggests that Dominic lacks congruence.

Outline what is meant by 'congruence'. Explain **one** way in which Dominic might achieve 'congruence'.

(Total 4 marks)

Q3.

Tatiana's parents are concerned about her mobile phone use. She is an anxious child and has low self-esteem. Tatiana only feels good about herself when she receives messages or positive comments on social media. She feels safe when she has her phone and socially isolated without it.

Tatiana's parents worry that her dependence on her mobile phone is starting to affect her well-being and achievement at school.

Outline and evaluate the humanistic approach. Refer to Tatiana's behaviour in your answer.

(Total 16 marks)

Q4.

It has been claimed that the humanistic approach has little to offer psychology. Outline and evaluate the humanistic approach in psychology. Refer to **at least one other** approach in your answer.

(Total 16 marks)