

Six Approaches to Psychology: Humanistic



- **Humanistic Approach** – Humans are naturally good and always strive to reach perfection
- **Abraham Maslow** (Hierarchy of Needs) and **Carl Rogers** (Unconditional Positive Regard) led the charge. This approach came out the 60's and 70's.
- Believe that our environment does not force us to become anything but acts as a background for our internal growth

Six Approaches To The Person

Chao Zhang



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