

HUMANISTIC PSYCHOLOGY

The Third Force

The Fulfillment Model

Self Actualization: “Experiencing fully, vividly, selflessly, with full concentration and total absorption [the moment].” (Maslow, 1972)

“Although Maslow and other Third Force psychologists disagree with the *theories* of the Behaviorists and Freudians, they find that the *techniques* of scientific psychology and of Freud can be useful.” (Goble, 1970)

Rejects

Pessimism of the Freudian

Impersonalism of Behaviorism

Reductionism

Gestalt Psychology

whole is greater than the sum of its parts

Studying the “very best” human beings

Not the average or abnormal

“What is happening now is a change in the image of manIn the case of the humanistic and Third Force image, which shows so clearly that we have been selling human nature short throughout the whole of recorded history, this is certainly. . .a revolution in terms of its consequences. It can and will change the world and everything in it. I feel so privileged to be at a turning point in history and to be helping with it. . .” (Maslow, personal letter to Goble, 1968)