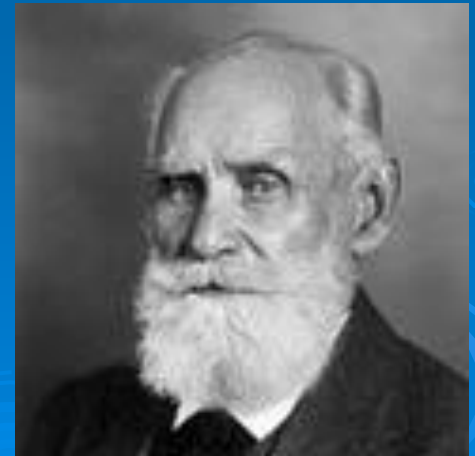
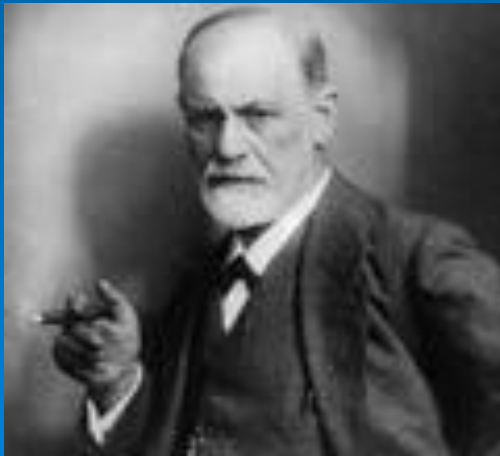


# Famous Psychologists



# Psychology

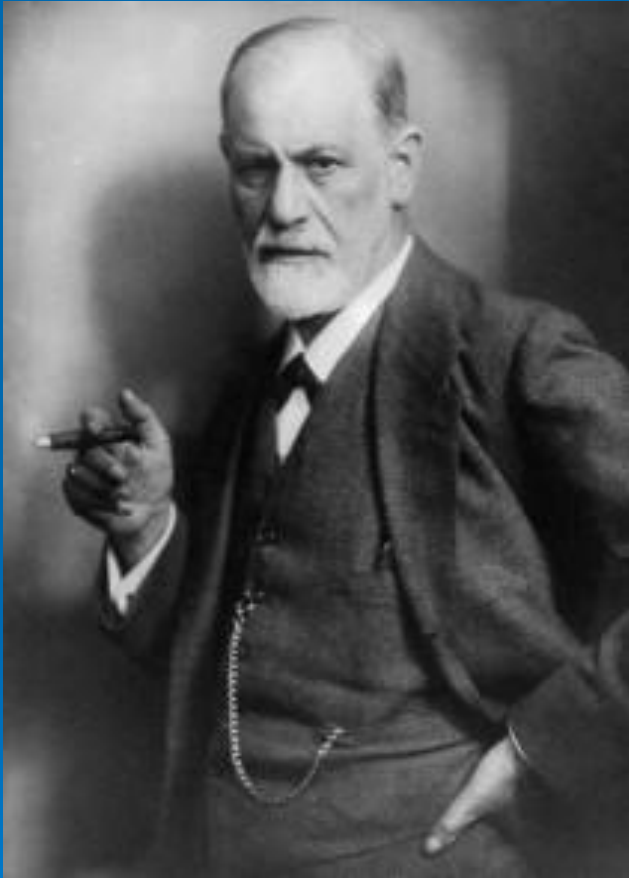
- Psychology is the study of mind and behavior. It is an academic discipline and an applied science which seeks to understand individuals and groups by establishing general principles and researching specific cases. In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and biological processes that underlie cognitive functions and behaviors.

# Alfred Adler



- Alfred Adler was an Austrian doctor and therapist who is best-known for forming the school of thought known as individual psychology. He is also remembered for his concept of the inferiority complex, which he believed played a major part in the formation of personality. Adler was initially a colleague of Sigmund Freud, helped establish psychoanalysis, and was a founding member of the Vienna Psychoanalytic Society.
- Adler's theory focused on looking at the individual as a whole, which is why he referred to his approach as individual psychology. Adler was eventually expelled from Freud's psychoanalytic circle, but he went on to have a tremendous impact on the development of psychotherapy.

# Sigmund Freud



- Freud was born on May 6, 1856, in an Austrian town called Freiberg (now Czech Republic). At age 17, he joined University of Vienna. At first he wanted to study law, but he later changed his mind and joined the medical faculty his studies included philosophy. In 1881, Freud received his medical degree. He then carried out some research on cerebral palsy, aphasia, and microscopic neuroanatomy. Early in his career, Sigmund was influenced by the work of his good friend, Josef Breuer.
- With the help of Josef, Sigmund posited that neuroses had their origins in very traumatic experiences that took place in the patient's past. Sigmund believed that the original occurrences had been long forgotten and hidden from consciousness.
- Freud's treatment was to empower his patients to remember the experience and then bring it to consciousness. In doing this, the patient is able to confront the experience both emotionally and intellectually. Sigmund believed a person could then discharge it and heal oneself the neurotic symptoms. Breuer and Freud both published their theories and findings in *Studies in Hysteria* in 1895.

# Alice Miller



- Alice Miller was a famous Swiss psychologist of Polish origin. She is known for her work and books on parental child abuse. Born in Lviv, Poland, in January 1923 in a Jewish middle-class family
- Miller managed to survive World War II, but she lost her entire family in the war. In 1946, Miller migrated to Switzerland, where she did her studies and won a scholarship at the University of Basel. Alice went on to earn her doctorate in 1953 in psychology, philosophy, and sociology. Thereafter, Miller studied psychoanalysis until 1960 and started working as a psychoanalyst in Zurich.