Introduction to Western Psychology

This survey course explores psychology as it has developed in the Western world. Students learn to better understand mental life and behavior by studying diverse Western traditions that range from laboratory science to the intuitive clinical work involving clients and therapist. Topics covered include brain function, consciousness, perception, learning, thought, maturation, emotion, personality, mental illness, and therapy. Understanding of these topics is deepened by critically evaluating Western psychological frameworks with respect to each student’s experience.

Course Number: PSYB101
Unit: 3.0
Program: Psych - BA Contemplative