This week the focus will be on development of Humanistic psychology. Joseph Wolpe (1915-1997) was a psychiatrist who helped to develop a procedure known as systemic desensitization.

“What is the importance of Exposure Therapies APA,(2000)”.

Joseph Wolpe, agreed that social learning or the exposure to an actual fear is needed to overcome a fear or situation. To develop a positive response or relaxation which is critical when observation behavior.

The criticism by Freud: Sigmund Freud disagreed with exposure to overcome a fear. What you really need is to focus on “neurotic anxiety or sexual dysfunction, APA, (2000)”. That fear was caused by the patient’s repression of a sexual conflict from the past.

Wolpe’s Criticism: The past or your fear of sexuality has nothing to do with a fear or phobia regarding spiders. There is no evidence to support your theory Freud. Fear is a learned behavior, and can unlearn. Behavior therapy must be developed to help the patient learn that the fear of spiders is only socially learned behavior.

Freud’s Disagreement: Listen young man (Wolpe) I have in the field of psychoanalysis of over thirty years. Everything is based on the unconscious state of mind. You need the Id, Super-ego and ego to keep you balanced.

Wolpe’s Final Argument: You don’t understand Freud, in Humanistic psychology or Behavioral therapy every situation is based on the patient’s current situation. These principles are based or focused on present events and situations. No need to return to past. Through the aspect of teaching positive