**Unit 8 Psychological perspectives in Health & Social Care**

**Answer plan**

**The Humanistic Perspective**

**P1, M1**

**Heading: THE HUMANISTIC PERSPECTIVE**

Define the Humanistic perspective i.e. what it focuses on.

State that it is based on the work of two psychologists, Abraham Maslow and Carl Rogers.

**Heading:** Abraham Maslow

Explain the Hierarchy of needs – you can draw a diagram.

Explain the terms **self-actualisation** when you are describing the process of progressing through the hierarchy.

Give your own example of the hierarchy of needs applied to an individual. E.g. ***‘For a child to be able to learn in school, they need to be nourished, get enough sleep etc, they also need…….’***

Next, move on to Rogers.

**Heading**: Carl Rogers

Describe what Rogers said about **self-concept** and **self-esteem**.

Make sure that you explain the key terms: **Self-esteem**

**Self-concept**

**Internalise**

You can use the PPT for this and the terms are also in Stretch

Finally – Assess the Humanistic approach. Look at Walsh and the handouts on the perspectives but do not copy this and make sure everything is in your own words.