

# List of Psychological Theories

## Cognitive Theories

- **Information Processing Theory:**  
Explores how people process, store, retrieve, and use information and how this process changes over different stages of life.
- **Piaget's Theory of Cognitive Development:**  
Jean Piaget's theory describes how children's intelligence grows through four stages of development, emphasizing the acquisition of knowledge and the ability to think logically.
- **Vygotsky's Sociocultural Theory:**  
Lev Vygotsky's theory focuses on the influence of culture, social interaction, and language on cognitive development.

## Behavioral Theories

- **Classical Conditioning (Pavlovian Conditioning):**  
Ivan Pavlov's theory that explains behavior as a learned response to a specific stimulus.
- **Operant Conditioning:**  
B.F. Skinner's theory on the modification of behavior through reinforcements and punishments.
- **Social Learning Theory (Bandura):**  
Albert Bandura's theory that combines cognitive and behavioral frameworks to explain that people learn from observing others.

## Developmental Theories

- **Erikson's Stages of Psychosocial Development:**  
Erik Erikson's theory outlines eight stages of psychological development, from infancy to late adulthood, each characterized by different challenges and potential outcomes.
- **Attachment Theory (Bowlby & Ainsworth):**  
Focuses on how early attachments with caregivers shape future emotional and social development.

## Social Psychology Theories

- **Social Identity Theory (Tajfel & Turner):**  
Explores how group membership affects self-concept and behavior with others.
- **Cognitive Dissonance Theory (Festinger):**  
Leon Festinger's theory that suggests that we have an inner drive to hold all our attitudes and beliefs in harmony and avoid disharmony (or dissonance).

## Psychoanalytic Theories

- **Freud's Psychoanalytic Theory:**

Sigmund Freud's theory focuses on unconscious motivations that influence personality and psychological disorders.

- **Jung's Analytical Psychology:**

Carl Jung's theory emphasizes the collective unconscious and archetypes in shaping personality.

## Humanistic Theories

- **Maslow's Hierarchy of Needs:**

Abraham Maslow's theory that human actions are motivated by an innate drive to fulfill needs from the most basic (physiological) to higher-order (self-actualization) needs.

- **Rogers' Person-Centered Theory:**

Carl Rogers' theory emphasizes the human potential for growth, self-determination, and the importance of unconditional positive regard in therapy.

## Evolutionary Psychology

- **Evolutionary Theory of Psychology:**

Suggests that psychological traits such as memory, perception, and language are adaptations—i.e., the functional products of natural selection.

## Positive Psychology

- **Seligman's PERMA Model:**

Martin Seligman's theory of well-being, focusing on Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment.

## Multicultural Psychology

- **Cross-Cultural Psychology:**

Examines the cultural factors that influence psychological processes and how people of different cultures relate to each other.

## Neuropsychology

- **Hebb's Theory of Neuronal Activity:**

Donald O. Hebb's theory that proposes an explanation for the adaptation of neurons in the brain during the learning process, famously summarized as "neurons that fire together wire together."