

Human life will never be understood unless its highest aspirations are taken into account. Growth, self-actualization, the striving toward health, the quest for identity and autonomy, the yearning for excellence (and other ways of phrasing the striving "upward") must by now be accepted beyond question as a widespread and perhaps universal human tendency

And yet there are also other regressive, fearful, self-diminishing tendencies as well, and it is very easy to forget them in our intoxication with "personal growth," especially for inexperienced youngsters. We must appreciate that many people choose the worse rather than the better, that growth is often a painful process....

Abraham Maslow, *Motivation and Personality*

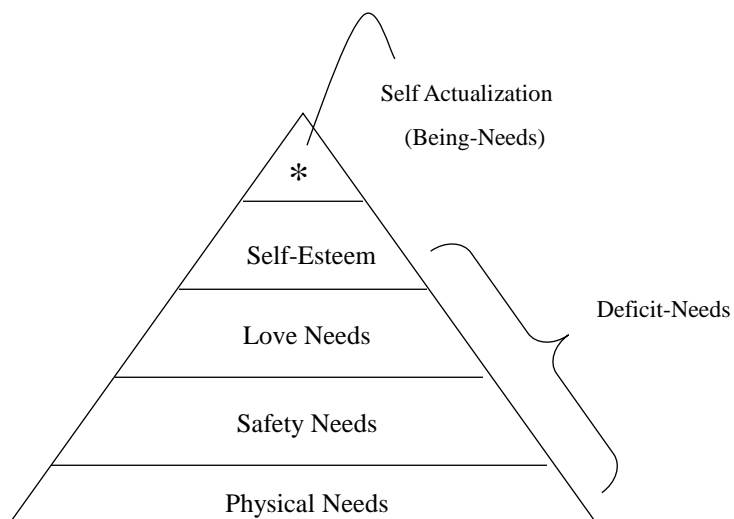
Humanism

- Philosophical movement that emphasizes worth of the individual
- Gives credit to the human spirit
- Emphasis on creative, spontaneous & active nature of humans
- Human capacity to overcome hardship & despair
- Optimistic
- Values the subjective experience of the individual

Abraham Maslow 1908-1970

- Born Brooklyn, New York
 - Russian Jewish Family, mother & father 1st cousins
- Oldest of 7 children
- Didn't always know where the next meal was coming from.
- Mother-cold, vicious, superstitiously religious & abusive to son-threats of divine retribution
- Absent father-worked all the time-father was depressed, became ward of his son
- Married his 1st cousin

Hierarchy of Needs



Hierarchy of Human Needs

- Sets of Needs
 - **basic** or deficiency - lower needs that must be gratified before it becomes possible to move into the growth area.
 - **physiological** - needs for food, water, sex, air, sleep.
 - **safety** - needs for feeling safe, protection, structure, freedom within limits.
 - **belonginess and love** - needs to feel that we have a place and that we are loved. At this level, we experience love in a selfish way - love in which the individual is more concerned with receiving love and gratifying his or her needs than with giving love to another; also known as deficiency-love (D-love).

Hierarchy of Human Needs (cont.)

- Sets of Needs (basic needs cont.)
 - **esteem** - needs for respect and recognition.
 - **self-esteem** - respect based on our own competence, independence, and achievements.
 - **esteem from others** - respect and recognition accorded us by others.

Hierarchy of Human Needs (cont.)

- Sets of Needs (cont.)
 - **growth** - higher needs that may emerge once the basic needs have been satisfied; also known as meta needs.
 - growth depends on environmental conditions
 - **permissive parenting** - disciplinary style in which parents make few demands on their children and use little punishment.
 - **authoritarian** - disciplinary style in which parents discourage verbal give-and-take with their children and expect instead unquestioning obedience to their judgments.
 - **authoritative** - disciplinary style in which children are consulted by parents in the establishment of disciplinary rules.

Hierarchy of Human Needs (cont.)

- Sets of Needs (growth needs cont.)
 - **B-cognition state** - state of experiencing that is nonjudgmental and self-validating.
 - **peak experience** - intense, mystical experience in which an individual exists in a temporary state of joy and wonderment.
 - characteristics of self-actualizers
 - problem-centered
 - democratic character
 - nonprejudiced
 - cosmopolitan in outlook
 - socially responsible
 - resist enculturation, where appropriate
 - capable of unselfish love (B-love or Being love)
 - fresh appreciation of events

Maslow's List of B(eing)-Values

(The Psychology of Being, pg. 83, quoted verbatim)

1. **wholeness**; (unity; integration; tendency to oneness; interconnectedness; simplicity; organization; structure; dichotomy-transcendence; order);
2. **perfection**; (necessity; just-right-ness; just-so-ness; inevitability; suitability; justice; completeness; "oughtness")
3. **completion**; (ending; finality; justice; "it's finished"; fulfillment; *finis* and *telos*; destiny; fate);
4. **justice**; (fairness; orderliness; lawfulness; "oughtness");
5. **aliveness**; (process; non-deadness; spontaneity; self-regulation; full-functioning);
6. **richness**; (differentiation, complexity; intricacy);
7. **simplicity**; (honesty; abstract, essential, skeletal structure)
8. **beauty**; (rightness; simplicity; richness; wholeness; perfection; completion; uniqueness)
9. **goodness**; (rightness; desirability; oughtness; justice; benevolence; honesty);
10. **uniqueness**; (idiosyncrasy; individuality; non-comparability; novelty);
11. **effortlessness**; (ease; lack of strain, striving or difficulty; grace; perfection, beautiful functioning);
12. **playfulness**; (fun; joy; amusement; gaiety; humor; exuberance);
13. **truth; honesty; reality**; (nakedness; simplicity; richness; oughtness; beauty; pure, clean and unadulterated; completeness; essentiality).
14. **self-sufficiency**; (autonomy; independence; not-needing-other-than-itself-in-order-to-be-itself; self-determining; environment-transcendence; separateness; living by its own laws).

Therapeutic Assessment Techniques

- **Personal Orientation Inventory (POI)** - measure of self-actualization

Evaluative Comments

- Comprehensiveness - limited in scope.
- Precision and Testability - not very precise and somewhat difficult to test adequately.
- Parsimony - fails to meet the parsimony criterion; too simplistic.
- Empirical Validity - empirical support is not consistent.
- Heuristic Value - theory has been very stimulating to researchers in a large number of disciplines; strong heuristic value.
- Applied Value - strong applied value in pastoral and educational counseling and in the business world.