



**ST. THOMAS COLLEGE OF
TEACHER EDUCATION, PALA**
Research centre in education

Psychological Synergy

A collection of Psychologists



Educational Psychology Lab



Preface

The album 'Psychological Synergy' stands as a testament to the brilliant minds that have shaped the discipline of psychology. It presents a curated collection of psychologists whose pioneering research and innovative theories have driven the evolution of our understanding of the human mind. As a psychology teacher, I am confident that this compilation will serve as a valuable resource for students and scholars alike, offering a window into the diverse landscape of psychological thought. I extend my sincerest appreciation to my diligent students for their dedicated efforts in compiling this work.

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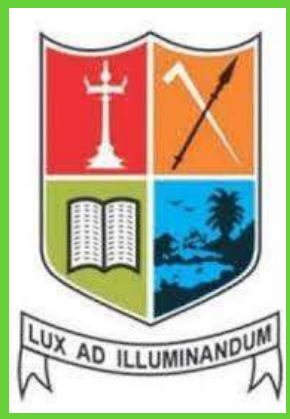
1

Plato

(428/427 BCE - 348/347 BCE)

- **Plato, an ancient Greek philosopher, is considered as a foundational thinker in Western philosophy.**
- **His contributions to psychology laid the ground work for many modern psychological concepts.**
- **The important theories proposed by him were the Theory of Forms, the Allegory of the Cave and the Tripartite Soul.**
- **He recognized the existence of an unconscious mind and the need to bring its contents into conscious awareness.**





2

Aristotle

(BCE 384 - 322 BCE)

- Aristotle, a naturalist and philosopher, theorized about psychology's concepts.
- He suggested that soul and body are not separate.
- He wrote the first known text in the history of psychology, named 'De Anima' or 'Para Psyches' which means 'On the Soul'.
- He proposed that mind was the 'first entelechy', or primary reason for the existence and functioning of the body.





3

Wilhelm Wundt

(1832 - 1920)

- **Wilhelm Wundt was a German psychologist, who founded experimental psychology as a discipline and became a pioneer of cultural psychology.**
- **He established the very first psychology laboratory in Leipzig, Germany in 1879.**
- **This event is widely recognized as the formal establishment of psychology as a science distinct from biology and philosophy.**





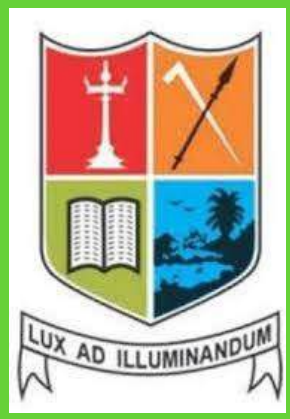
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Alfred Binet

(1857 - 1911)

- **Developer of the first usable intelligence test.**
- **Known for his extensive research related to the mental capacity of humans.**
- **Created the Stanford-Binet IQ test and the Binet-Simon test.**
- **Emphasized that no child suspected of retardation should be removed from the regular classroom without undergoing a psychological and medical assessment that would help confirm the retardation.**





5

Martin Seligman

(DOB: 12/08/1942)

- Introduced Positive Psychology, a new branch of Psychology focusing on the study of positive emotions, character strengths and building a flourishing life.
- The PERMA model is Seligman's framework for understanding and measuring wellbeing.
- Best known for his work on the idea of "learned helplessness" .





6

Alfred Adler

(1870 - 1937)

- Formed the school of thought known as individual psychology.
- Considered to be the first community psychologist because his work developed attention to the community life, prevention, and population health.
- One of the first practitioners to provide family and group counseling and to use public education as a way to address community health.





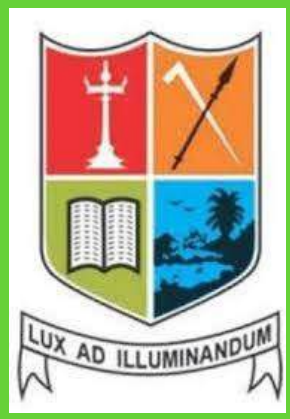
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Leon Festinger

(1919 - 1989)

- Festinger spearheaded the use of scientific experimentation in Social Psychology.
- Best known for developing cognitive dissonance theory and social comparison theory.
- Ranked as as the 5th most eminent psychologist of the 20th century.





8

John B. Watson

(1878 - 1958)

- Pioneered the behaviorist subdiscipline of Psychology.
- Best known for his controversial "Little Albert" experiment.
- Gained a lot of attention for his "Twelve Infants" quote in his book, *Behaviorism*.





9

Carl Jung

(1875 - 1961)

- **Established the field of Analytical Psychology.**
- **Additionally, Jung is known for his theorizing about how personality types, such as introversion and extroversion, shape our behavior.**
- **In Jung's theory, there are three levels to consciousness: the conscious mind, the personal unconscious, and the collective unconscious.**





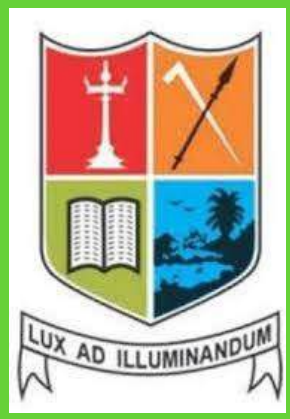
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Karen Horney.

(1885 - 1952)

- **Neo-Freudian psychologist known for her theory of neurotic needs and her research on feminine psychology.**
- **Founded American Journal of Psychoanalysis.**
- **Horney is widely regarded as the founder of feminine psychiatry, which focuses on the psychiatric treatment of women, and feminist psychology.**



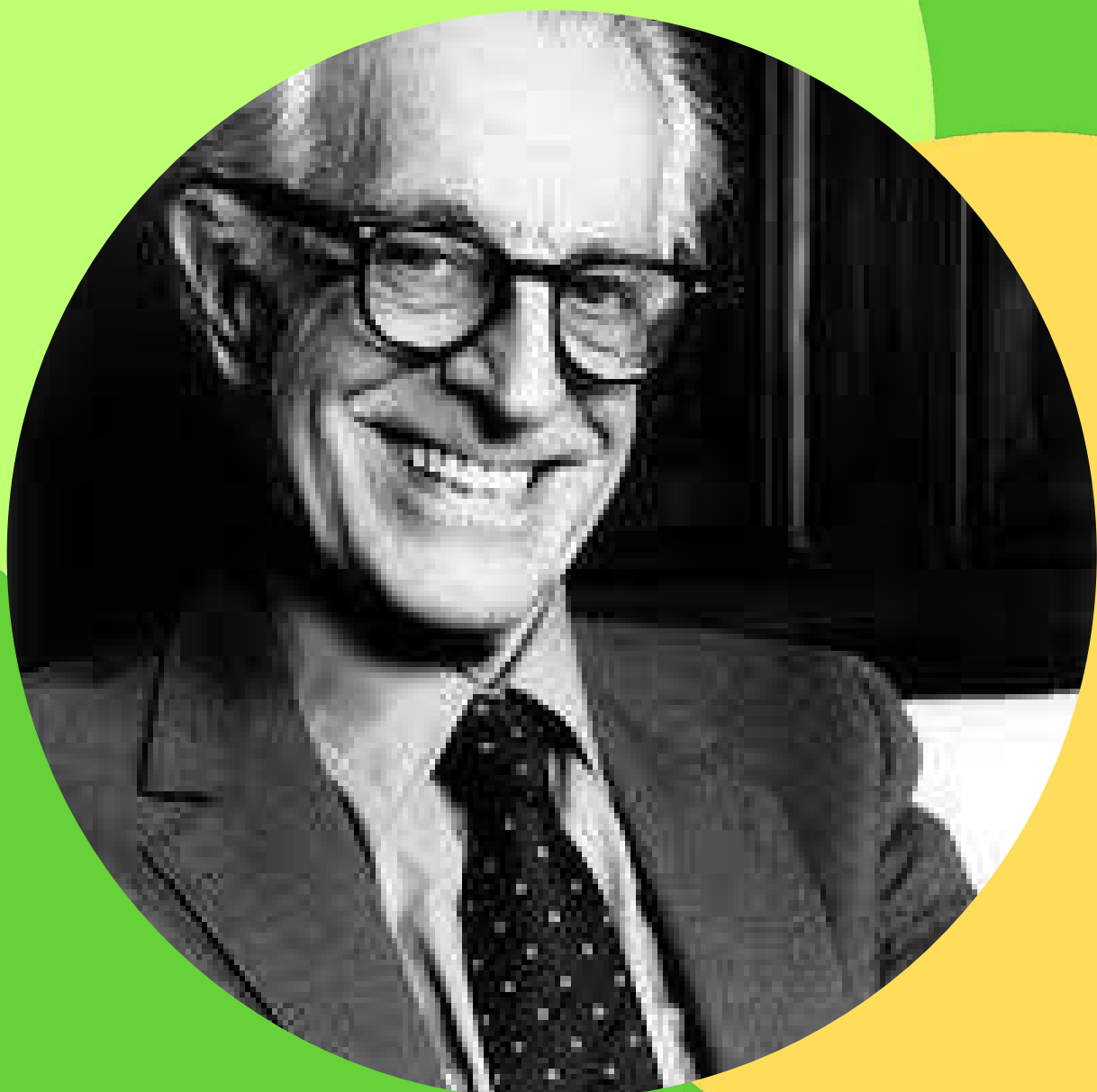


11

Albert Ellis

(1913 - 2007)

- Developed rational emotive behavior therapy.
- Founded the Institute for Rational Living in 1959 which is now known as the Albert Ellis Institute and continues to offer trainings for psychotherapists today.
- Developed the A-B-C theory of personality.





12

Viktor Emil Frankl

(1905 - 1997)

- Developed the psychological approach known as logotherapy.
- Emphasized the “meaning-dimension” or spiritual dimension of human beings.
- Writer of best selling book *Man's Search for Meaning*, originally published as *From Death-Camp to Existentialism* in 1959, and in as *Nevertheless, Say "YES" to Life: A Psychologist Experiences the Concentration Camp* in 1946.





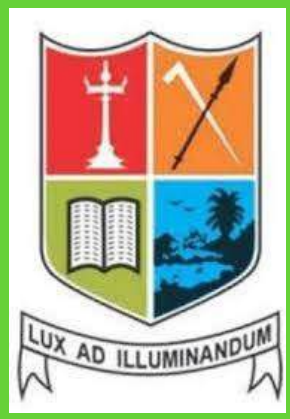
13

Kurt Lewin

(1890 - 1947)

- Considered to be one of the founding fathers of modern organizational behavior and Social Psychology.
- First psychologist who discovered the possibility of conducting psychological experiments.
- Advocated Gestalt Psychology and is well known for his development of the concept of the psychological "field," or "lifespace," within which each person lives and acts.





14

Erich Fromm

(1900 - 1980)

- Known for developing the concept that freedom was fundamental to human nature and for challenging the theories of Sigmund Freud.
- Before Erich Fromm there was "one-person psychology." Then, through a respectful, ambitious, but uncompromising revision of Freudian theory, Fromm helped lead us to our current relational perspective that considers the complexities of a "two-person" interpersonal, contextual view of human functioning and therapeutic treatment.





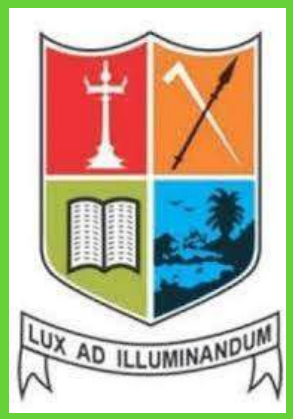
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Daniel Kahneman

(1934 - 2024)

- Author of the best-seller "Thinking, Fast and Slow" laid the foundation for a new field of research- Behavioral Economics.
- His work on attention led to a book, Attention and Effort, in which he presented a theory of effort based on studies of pupillary changes during mental tasks.





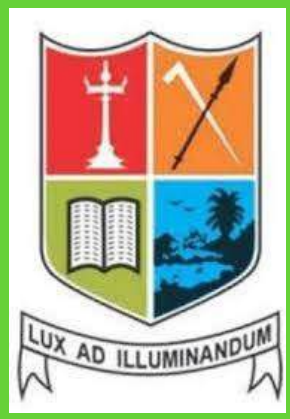
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Mary Ainsworth

(1913 - 1999)

- **Developmental psychologist perhaps best known for her development of the "Strange Situation" assessment used to observe child attachment.**
- **Identified that three main styles of attachment exist: secure, anxious- avoidant and Anxious-resistant.**





17

Gordon Allport

(1897 -1967)

- Viewed by many as the founder of trait theories of personality.
- Because of Allport's specific focus on personality itself, he is also viewed as the founder of Personality Psychology as a distinct discipline.





18

Edward Thorndike

(1874 - 1949)

- **Considered the father of Educational Psychology.**
- **Noted psychologist for his contributions to the theory of learning.**
- **Renowned for developing the Law of Effect in 1905, which states that behaviors followed by satisfactory outcomes become more strongly associated and likely to reoccur.**





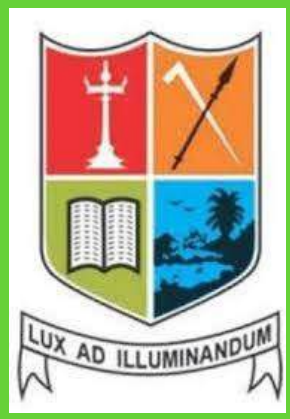
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Jerome Bruner

(1915 - 2016)

- Proposed a 3-tiered system of internal representations: enactive (action-based), iconic (image-based), and symbolic (language-based).
- Advocated a spiral curriculum in which the same subject matter is taught at various levels with increasing depth and breadth.
- Popularised a process known as *scaffolding*.





20

Wolfgang Kohler

(1887 - 1967)

- **Co-founder of Gestalt Psychology.**
- **Connected Gestalt psychology to the natural sciences, arguing that organic phenomena are examples of holism at work.**
- **Associated with 'Theory of Insightful learning'.**





21

Lawrence Kohlberg

(1927 - 1987)

- **Known primarily for his research into moral psychology and development.**
- **Described three stages of moral development which described the process through which people learn to discriminate right from wrong and to develop increasingly sophisticated appreciations of morality.**





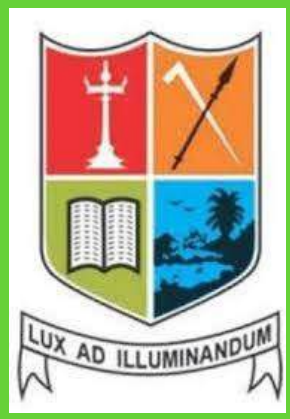
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Harry Harlow

(1905 - 1981)

- **Best known for his maternal-separation, dependency needs, and social isolation experiments on rhesus monkeys, which manifested the importance of caregiving and companionship to social and cognitive development.**
- **Demonstrated the importance of love and affection, specifically contact comfort, for healthy childhood development.**





23 Mary Whiton Calkins

(1863 - 1930)

- The first woman president of the American Psychological Association. Often regarded as the “Mother of Psychology”.
- Studied both dreams and memory and is most well known for her work in self-psychology which studies the self and its relationship to the environment.





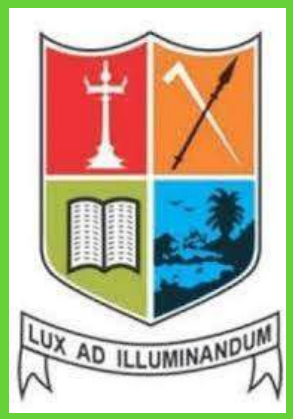
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John Dewey

(1859 - 1952)

- Believed in progressive education, and rejected authoritarian teaching method.
- Advocated that human beings learn through a 'hands- on' approach. This places Dewey in the educational philosophy of pragmatism.
- Focused on experiential education, encouraging educators to provide quality educational experiences that would influence students' future decisions.





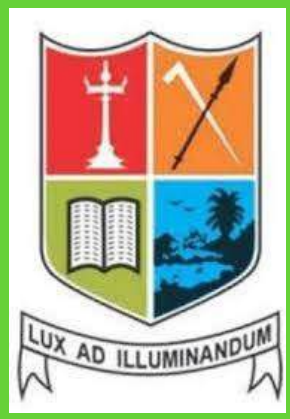
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Howard Earl Gardner

(DOB : 11/07/1943)

- Developed the theory of multiple intelligences which posits that intelligence is not a single general ability but rather consists of at least eight specific intelligences including linguistic, logical-mathematical, spatial, bodily-kinesthetic, musical, interpersonal, intrapersonal, and naturalist.





26

Anna Freud

(1895 - 1982)

- She was the youngest daughter of Sigmund Freud and Martha Bernays.
- Created the field of child psychoanalysis.
- Detailed a number of defense mechanisms such as repression, denial, projection, and displacement.





27

Sigmund Freud

(1856 - 1939)

- **Considered as the father of Psychoanalysis.**
- **Proposed the structure of personality which consists of the id, the ego and the superego.**
- **Introduced the concept of unconscious mind.**
- **Developed the Talking Cure method.**
- **Proposed that the Personality is shaped by early childhood experiences.**





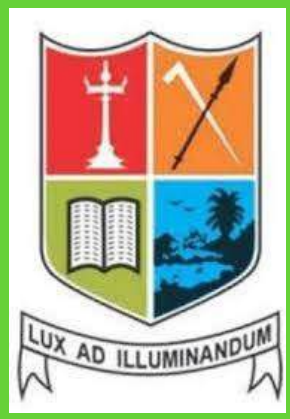
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Carl Ransom Rogers

(1902 - 1981)

- **One of the founders of Humanistic Psychology.**
- **Best known for developing the psychotherapy method called client-centered therapy.**
- **One of the first psychologists to introduce the term 'client'.**
- **Propounded the Theory of Self Actualization.**





29

Erik Erikson

(1902 - 1994)

- Became famous for coining the phrase **identity- crisis**.
- Erikson's main contribution to Psychology was his **developmental theory**.
- He professed that humans developed throughout their life span, which is explained in his eight psychosocial stages of development.





30

Jean Piaget

(1896 - 1980)

- Developmental psychologist who introduced a 4 stage theory of cognitive development.
- Piaget emphasised the importance of schemas in cognitive development, and described how they were developed or acquired.
- Piaget's theory of cognitive development and epistemological view are together called genetic epistemology.



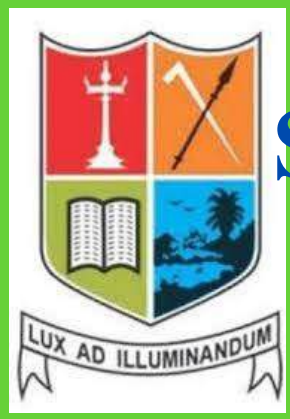


31 Albert Bandura

(1925 - 2021)

- Bandura was a major influence on the transition between behaviorism and Cognitive Psychology and contributed to the field of Psychology in many ways for over 70 years.
- He proposed the Social Cognitive Theory that talked about human beings getting influenced by models they observe around them.
- Served as elected President of American Psychological Association.





32

B.F. Skinner

(1904 - 1990)

- Developed Behaviorism theory which views human behaviour as responses to environmental stimuli.
- Skinner refined the concept of operant conditioning and the Law of Effect.
- His contributions were a systematic exploration of intermittent schedules of reinforcement, the shaping of novel behavior through successive approximations, the chaining of complex behavioral sequences via secondary (learned) reinforcers, and “superstitious” (accidentally reinforced) behavior.





33

William James

(1842 - 1910)

- Known for James-Lange theory of emotion and the theory of self.
- William James is often called the *father of American Psychology*.
- Contributed significantly by founding the school of functionalism, focusing on how mental activities help individuals adapt to their environment.
- Wrote *The Principles of Psychology*.





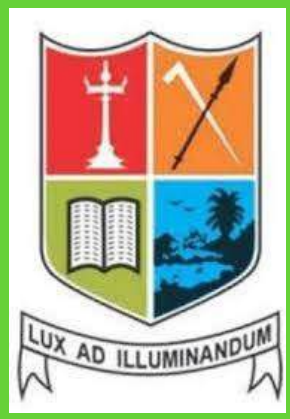
34

Ivan Pavlov

(1849 - 1936)

- Pavlov is known for his experiments with dogs, showing that classical conditioning is possible when you pair two unrelated stimuli to produce a conditioned response.
- Together with Watson, Pavlov and other great scientists of the time developed a major school within Psychology known as Behaviorism.
- Received the Nobel Prize in Physiology in 1904.





35

Lev Vygotsky

(1896 - 1934)

- Contributed to the field of cognitive development through his sociocultural theory.
- The theory highlights the importance of social interaction in children's early learning and development.
- Vygotsky's concept of the Zone of Proximal Development (ZPD) and scaffolding has impacted educators and society.
- Vygotsky also emphasised the role of language in cognitive growth and development.





36

Hugo Münsterberg

(1863 - 1916)

- **Pioneer of Applied Psychology, including industrial- organizational, clinical, and forensic psychology.**
- **Suggested that Psychology could be used for industrial applications, including management, vocational decisions, advertising, job performance, and employee motivation.**
- **He also developed many questionnaires to test the skills and abilities of employees.**



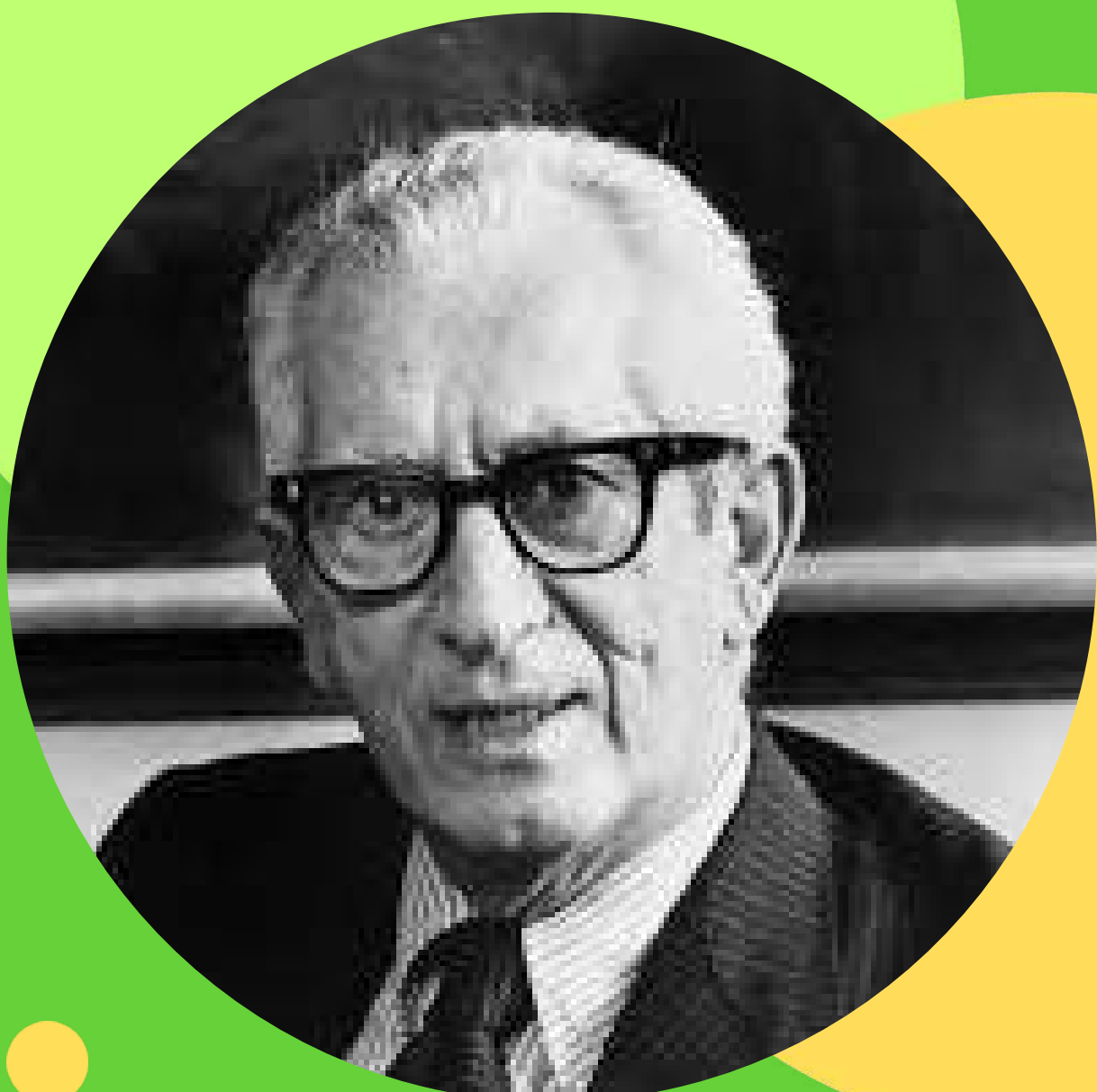


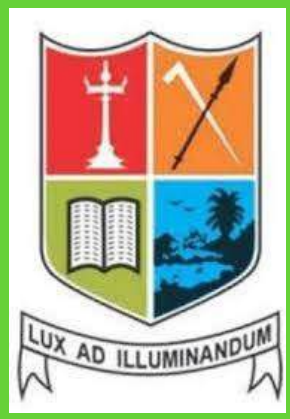
37

Benjamin Bloom

(1913 - 1999)

- Developed a "taxonomy of educational objectives" which classified the different learning objectives and skills that educators set for students.
- Carried out significant research on mastery learning, showing that it is not innate giftedness that allows one to succeed, but rather hard work.





38

Hermann Ebbinghaus

(1850 - 1909)

- Famous for his discovery of the "forgetting curve".
- Introduced fundamental scientific techniques to the field of Psychology.
- Pioneered numerous experimental studies of memory and established multiple laboratories throughout Central Europe for purposes of psychological research and study.

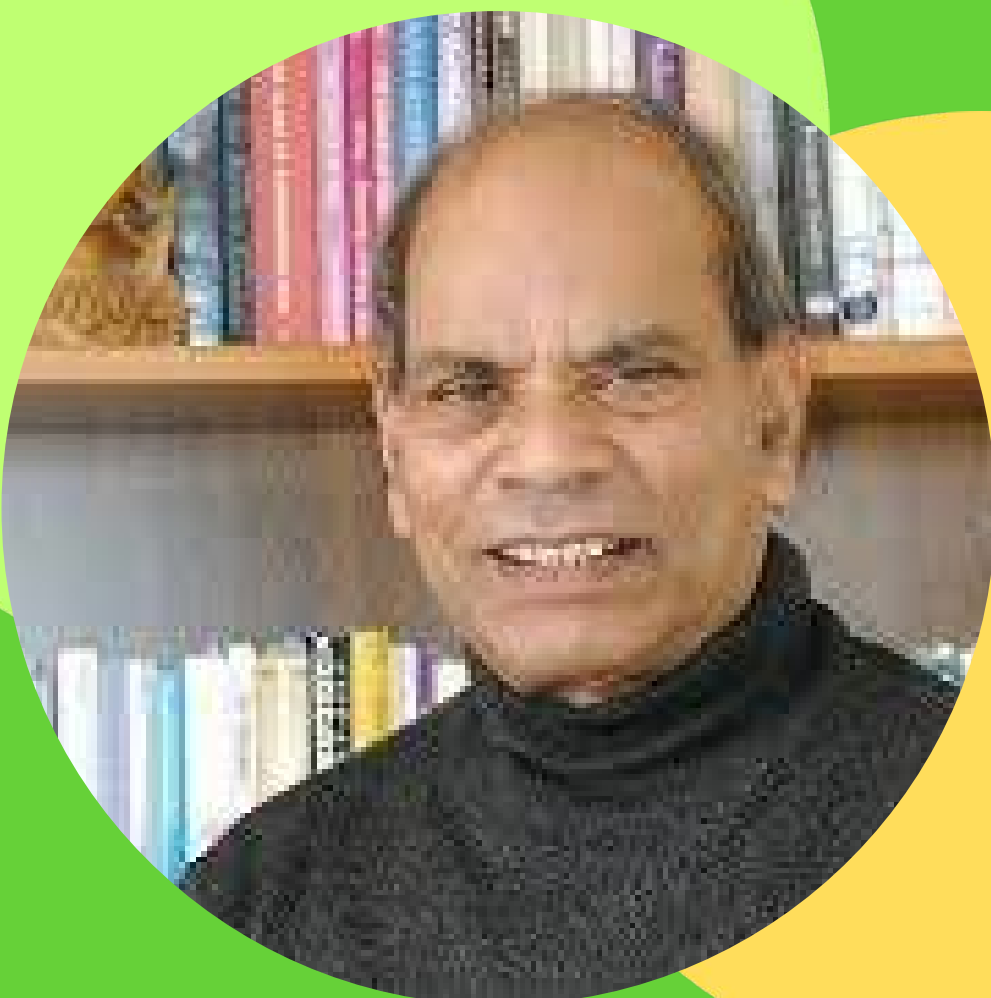




39

Jagannath Prasad Das

- Indo-Canadian educational psychologist specialized in Educational Psychology, intelligence and childhood development.
- Among his contributions to Psychology, major are the PASS theory of intelligence and the Das-Naglieri Cognitive Assessment System.





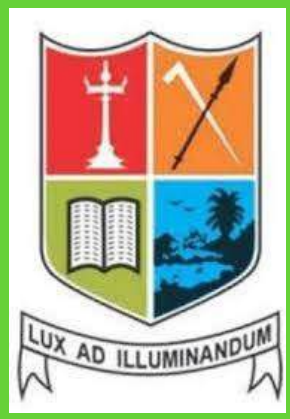
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Narendra Nath Sen Gupta

(1889 - 1944)

- Generally considered as the founder of modern Psychology in India.
- Established the first independent department of Psychology in India—the Department of Experimental Psychology, at the University of Calcutta.
- Sen Gupta founded Indian Journal of Psychology in 1925.
- Conducted extensive research on memory, perception, motivation and personality.





41

Nalini Ambady.

- **First Indian woman to teach Psychology at Harvard and Stanford universities.**
- **A distinguished social psychologist, Ambady is well known for her research showing that people can form accurate first impressions about others based only on seconds-long observations of their non-verbal behavior.**





42

M.V.Gopaldaswamy

(1896 - 1957)

- One of the founding fathers of Department of Psychology at University of Mysore(1924).
- Gopaldaswamy's interests were in 'Tantra Philosophy' and 'Modern Psychology'.
- Gopaldaswamy adapted Western intelligence tests for the Indian population. He also standardized tests of higher mental functions.



GOPALASWAMY AT ALL INDIA RA...



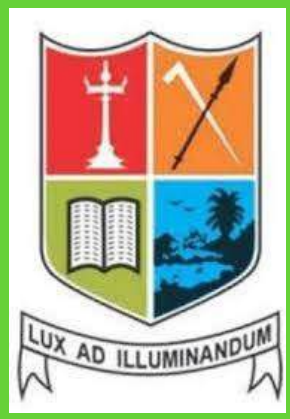
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Hosur Narayan Murthy.

(1924 - 2011)

- Hosur Narayan Murthy, (1924 - 2011) was a psychologist, philosopher, Sanskrit scholar and teacher who headed the department of psychology at the prestigious "National Institute of Mental Health and Neuro Sciences" (NIMHANS), Bangalore.
- He was responsible for the introduction of clinical neuropsychology and behavioural medicine to India, and developed a number of diagnostic scales for classifying mental disorders.





44

Gunamudian David Boaz

(1908 - 1965)

- **Gunamudian David Boaz was the first Indian psychologist.**
- **“Father of Psychiatric Treatment in Madras”**
- **He founded the Psychology department in the university of Madras in 1943.**





45

Ashis Nandy

(DOB: 13/05/1937)

- Indian political psychologist, social theorist, futurist and critic.
- A trained clinical psychologist, Nandy has provided theoretical critiques of European colonialism, development, modernity, science, technology, nuclearism, cosmopolitanism, and utopia.
- He has also offered alternative conceptions relating to cosmopolitanism and critical traditionalism.





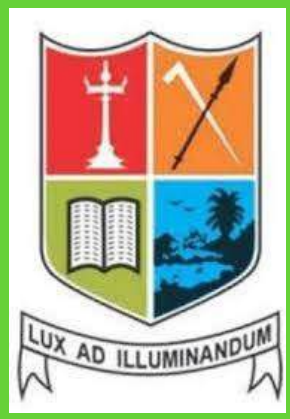
46

Kishor Moreshwar Phadke

(1936 - 2022)

- **Kishor Moreshwar Phadke, also known as K. M. Phadke, was an Indian psychologist, and practitioner and trainer in Rational Emotive Behavior Therapy (REBT).**
- **He is first Indian psychologist who enjoys the unique distinction of being a fellow and supervisor of the Albert Ellis Institute in New York City. He is best known as a pioneer of REBT in India. Due to his distinguished contributions to REBT, Indian psychologists consigned a unique title to his therapy – Ellis-Phadke therapy.**





47

Prof. Eledath Mohamed

(Year of birth:1935)

- **Known by the pen name of ‘Psycho or Siko’.**
- **He is one of the founding members of Indian Association of Clinical Psychologists (IACP).**
- **He has published about 20 research papers, including in British Journal of Psychiatry and Epilepsia, many of them were presented in international conferences.**
- **He is the author of 6 books and several articles and essays in various magazines and newspapers.**





48

Shoba Raja

- **Indian psychologist and known for her work in developmental issues of vulnerable groups within the field of disability and mental health.**
- **She is a member of the advisory group for the Movement for Global Mental Health, a global network of individuals and institutions who are committed to scaling up of evidence-based services for people living with mental disorders.**
- **She is also an advisor to the World Psychiatric Association's (WPA) task force for developing best practices in working with service users and carers.**





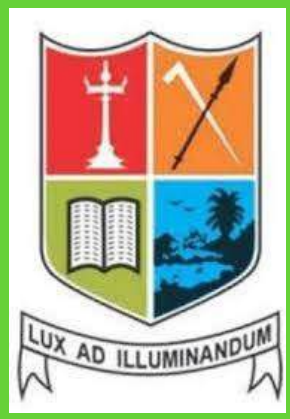
49

Indra Sen

(1903 - 1994)

- **Founder of Integral psychology as an academic discipline.**
- **In all of Sen's work, themes of integral and wholeness were very important, and he frequently used terms like "Integral Culture" and "Integral Man".**





50

Devendra Singh

(1938 - 2010)

- Devendra Singh (January 12, 1938 – May 18, 2010) was a professor of Psychology at the University of Texas, known largely for his research regarding the evolutionary significance of human attraction.
- A pioneer in the field of evolutionary psychology, Singh's most notable research concerned the evolutionary significance of waist-to-hip ratio (WHR).
- In 1993, he was the first to elucidate the concept and significance of this ratio as an indicator of attractiveness.





51

Dr. P. M. Mathew Vellore

(1933 - 2020)

- Dr. P. M. Mathew Vellore, was an Indian psychologist, columnist, writer and actor from Kerala, credited with popularizing the subjects of Psychology and Sexology in Kerala.
- He was known for his clinical service as well as for the several psychology-related articles and columns he wrote in Malayalam periodicals during the last quarter of 20th century.





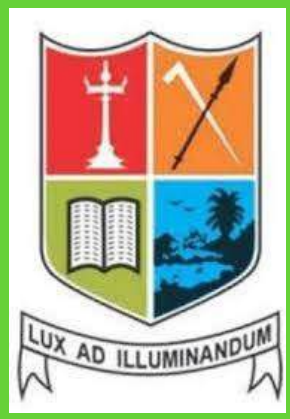
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Anuja Trehan Kapur

(DOB : 24-10-1975)

- Anuja Trehan Kapur is an Indian criminal psychologist who is also known as a counselor, social activist and advocate.
- As a psychologist she shares input on various psychological and mental issues related to abnormal behavior, suicide, child psychology, divorce, bullying, remarriage and its effects on children, social media and networking, and relationship issues.





53

Sudhir Kakar

(1938 - 2024)

- **Sudhir Kakar was a psychoanalyst, writer, and scholar who made significant contributions to the fields of cultural psychology and the psychology of religion.**
- **Kakar's work explored the relationship between psychoanalysis and mysticism. He analyzed the personalities of Swami Vivekananda, Mohandas Gandhi, and Ramakrishna.**



Thank You



We extend our sincere gratitude to our Principal Prof. Dr. (Sr.) Beenamma Mathew, Our Psychology Teacher Dr. Alex George, and our teachers for diligently guiding us throughout the crafting of the album. We were fortunate and privileged enough to receive valuable insights and meet many people who illuminated us with their knowledge. We earnestly hope that this album Psychological Synergy may inspire and illuminate all who comes across it and profoundly appreciate the field of Psychology and its invaluable contributions to mankind.

On behalf of 2023-2025 B.Ed. Batch,
Rini Joseph
Commerce Education

