A Mnemonic to Help You Remember the 7 Approaches

- Each finger on your hand and the palm can represent a different perspective:
  - **The thumb = Psychodynamic**
    - Stick out your thumb and make a gesture over your shoulder while turning your head in that direction. You are “looking back,” just as a psychodynamic psychologist does when they are focusing on the past and unconscious conflicts stemming from childhood.
  - **The index finger = Cognitive**
    - Point to your head like you are thinking. The cognitive perspective looks at how we process, store, and interpret information.
  - **The middle finger = Behavioral**
    - How do you know what it means to “flip someone off”? You learned it. This relates to the idea of rewards, punishments, and modeling. Flipping the bird is also an observable behavior, and behaviorists focus on what can be seen and measured only.
  - **The ring finger = Humanistic**
    - Try to lift your ring finger straight (without any other fingers going up also) – it can’t be done! Now use your other fingers to push it up... much better. Humanists believe that we need others to help us “reach our fullest potential,” and Rogers’ theory of unconditional positive regard does the trick.
  - **The pinky finger = Biological**
    - Finish my sentence: “Pinky and the ______.” Behaviorists look at the tie between our behavior and our biology. But our knowledge base for this is still relatively small – like our pinky.
  - **The palm = Sociocultural**
    - Make a “gathering” movement with both hands, bringing them to your chest. We are gathering all people together, all cultures. To understand others we must understand the culture they are from. Differences are good!
  - **The “evolved sixth finger” = Evolutionary**
    - Hold up a finger from your other hand and pretend that you have 6 fingers instead of 5. Evolutionary psychologists focus on how traits/behaviors evolve over time (usually aided our ancestors’ survival or increased their genetic line)