

History and Systems of Psychology: Timelines in the Development of Contemporary Psychology

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Abstract

The history, developments and systems of psychology including the various perspectives has been life long and is a part of our social interaction, philosophy, scientific discovery and technological advancement. Psychology is a part of logic, history, health, law, philosophy, economics and finance, religion and our social political economic development. The beginning and growth in psychology has been a marked development that is highly intertwined with psychopathology, psychiatry, psychotherapy and counselling. This is because the study of human behaviour and mental processes is a part of health, a search for meaning of life, a social concern of what is acceptable and appropriate conduct in society, and at the same time a search for meaning of human relations. This paper links the history and systems of psychology with modernity by highlighting a systematic application of psychology and its principles in our contemporary society.

Keywords: history, developments, systems, perspectives of psychology

Background to study

The history and development of various systems and perspectives in psychology is often presented as standalone events or the contribution of various personalities (eminent scholars). This lonesome approach makes it difficult for ordinary students particularly in the developing countries to comprehensively embrace psychology. This is because the study of the history and systems tends to lean towards a historical perspective rather than an intellectual and rational advancement of the study of essential elements of psychology. The purpose of this paper is to link various events and perspectives in order to embrace a wider swipe aimed at understanding psychology in our world. This approach encourages psychological studies and a wider application of psychology in our contemporary society. The history and development of various systems and perspectives in psychology has been influenced and must be interconnected among the following: (1) growth and expansion of knowledge and skills in logic, philosophy and medicine; (2) various scholars in psychology who have made enormous contribution to an in depth understanding of humanity and our world; (3) various world events that have shaped and moderated our understanding and application of psychology; and, (4) Development in information, science and technology.

Rationale and methodology

There must be several reasons why psychological services in developing countries have not taken a soaring upward trend as in developed countries (Bojuwoye, 1992; Gossa & Adebowaleb, 2014; Kasomo, 2013, Wango, 2015). In my own view based on various scholarly publications and as a senior lecturer that teaches students and facilitates in seminars and workshops in counselling and psychology, a major reason for the low advancement in psychology is the lack of interconnectedness between the various spheres of psychology. A student takes several courses in psychology including the following: Introduction to Psychology; History and Systems of Psychology; Human Growth and Development; Personality; Cross - Cultural Psychology / Cross-Cultural Counselling; Theories of Psychology / Psychotherapeutic Approaches; African Psychology / Contemporary Psychology; Family Psychology and several others. However, the student may not link and identify the development of psychology and the interconnectedness between the systems and application of psychology.

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This paper has several objectives. Firstly, it links various events and timelines with an understanding of ourselves (through a study of Psychology and our world phenomenon). Secondly, it provides timelines that progressively enable the student to conceptualize the development and advancement of psychology knowledge. Thirdly, it broadens psychology by exploring various events in our world thus expands our scope, just as psychology has stretched our interpretation and synthesis of our world. Finally, the paper encompasses the fact that psychology is also an interdisciplinary study that takes from across the disciplines including economics, history, law, medicine, philosophy, information and technological advancement. The sets of events and principles are essentially targeted to uncovering the better understanding of psychology.

The write-up therefore aims to first clarify the notion of psychology and psychopathology by offering timelines in the development of knowledge in psychology and linking various events in our world. This is an attempt to briefly trace the history and development of psychology as well as our human advancement. Secondly, after mentioning very precisely on the date and each of the events, it highlights the perspective. The purpose of the table with timelines and perspectives is to collect and exhibit a paradigmatic logic using the hermeneutic phenomenological approach (Berrios, 1989; Finlay, 2009; Grbich, 2007; Heidegger, 1977, 1996; Kafle, 2011; Langdridge, 2007).

Study approach

The paper uses the hermeneutic phenomenological approach and thus adopts metaphysical stance on methodological grounds (Finlay, 2009; Heidegger, 1977, 1996; Kafle, 2011; Langdridge, 2007; van Manen, 1990, 2014). Phenomenology is an umbrella term encompassing both a philosophical movement and a range of research approaches (Kafle, 2011). Phenomenology when applied to research is the study of phenomena: their nature, meanings and implications (Finlay, 2009; Langdridge, 2007). In this paper, psychology, its nature and meaning is the focus of study as well as the way we interpret various aspects in our world. Phenomenology is a way of researching the essence or essential meanings of phenomena (Kafle, 2011) such as psychological studies. The purpose is for the phenomenological approach to provide a rich textured description of the systems and perspectives of psychology as a lively experience. Langdridge (2007) clarifies that phenomenology as a qualitative method focuses on human experience as a topic in its own right. In the same way, psychology as the study of human behaviour is concerned with meaning and the way in which meaning arises in experience such as the implications of various events in our world. Hermeneutic phenomenology too is understood when we practically engage in its activities.

The choice of hermeneutic phenomenology is also significant since this paper also provides immense knowledge of both events in our world as well as a history and perspectives of psychology. This is because as argued by various scholars such as Berrios (1989), Maykut and Morehouse (1994), Merleau-Ponty (2006) and Warthall (2006) the aim of phenomenology is the appropriate description of phenomena. Thus, phenomenology provides essential aspects as follows: (a) a conceptualization (reduction and essences), (b) a philosophy including a description of overarching perspectives, and (c) the research method (assumptions and strategies, ontology and epistemology). Thus, psychology as knowledge and research and its interpretations can be experienced together including its pedagogical significance in our world. Phenomenological research has the advantage of being sensitive (Heidegger, 1977; Henriksson & Saevi, 2009) and has a specific kind of engagement with the world (Merleau-Ponty, 2006; van Manen, 2014). This is because as stated by Kafle (2011) phenomenology has the potential to penetrate human experience and trace the essence of a phenomenon such as psychology, and explicate it as experienced by individuals and the community. Psychology is a phenomenon in which we engage in, an activity and an experience.

Kafle (2011) argues that though there is no prescription on the methodological sets of doing a hermeneutic phenomenological research a few methodological guidelines can be suggested (van Manen, 1997; 2014). This includes purposive sampling with information rich cases as suggested by Merriam (1998). Multiple tools including books, journal articles and various publications including online information were used to generate data. The purpose is to coalesce information that resonates with psychological events in various contexts and that can be appropriately applied and aligned in a coherent framework. The data was processed to uncovering paramount thematic analysis and existential analysis (Kafle, 2011; van Manen, 1997; 2014). Data analysis was then performed by applying the hermeneutic cycle that constituted reading, reflective writing and interpretation (Guba & Lincoln, 1999; Kafle, 2011; Laverty, 2003; Merleau-Ponty, 2006). In the end, hermeneutic phenomenology as a pedagogic practice of text explicates the life world of psychology in this case and is aligned to van Manen (1997; 2014) textually analysis.

Phenomenological hermeneutics is an interpretive research paradigm and thus both a philosophical and methodological strength. This paper adopts both a narratives and a thematic analysis. Thus, students of psychology must move reading psychology and towards embodying it as demonstrated in the timeline table.

Table 1: Timelines in the History and Development of Psychology

Time	Event / Development in Psychology Perspective
	All cultures and societies throughout history speculated on the nature of the world. This included the human mind, heart, soul, spirit and brain. Traditional societies attempted to interpret our world through society traditions and religion. This included standard practices of behavioural conduct.
Stone Age	Mental disorders treated by trephination.
469 - 399 BC	Socrates shaped the cultural and intellectual development of the world.
430 - 377 BC	Hippocrates cites brain as source of mental disorders, personality temperaments.
428 - 347 BC	Plato, a Greek philosopher argued for the role of nature in psychological development.
384 - 322 BC	Aristotle, a Greek philosopher argued for the role of nurture in psychological development.
387 BC	Plato suggested that the brain is the mechanism of mental processes.
335 BC	Aristotle suggested that the heart is the mechanism of mental processes.
605	Ancient China was the first country in the world that implemented a nationwide standardized test, which was called the imperial examination. The imperial examination was established by the Sui dynasty in 605 AD. The main purpose of this examination was to select able candidates for specific governmental positions. It was later abolished by the Qing dynasty in 1905.
500 - 1450	Middle ages adopts demological explanations and treatments, traditional societies attempt to understand our world through religion and tradition.
1483 - 1546	Martin Luther seeks to secularize education.
1515 - 1588	German physician Johann Weyer the first medical practitioner to specialize in mental illness argued that the mind was as susceptible to illness as the body.
1547	Bethlehem Hospital was given to the city of London by King Henry VIII for the sole purpose of confining the mentally ill. Patients were chained and whipped in order to prevent violence.
1588 - 1679	Thomas Hobbes, English Philosopher, dualism.
1596 - 1650	René Descartes, French philosopher, free will, existence of innate natural abilities. Desecrates first floated the ideal of double existence of truth in the form of body and soul often discussed as the principle of dualism.
1623 - 1662	Blaise Pascal's rejected the Cartesian rationalism, which tried to define human being in terms of our rational capacities. Pascal saw human being as an essential paradox, a contradiction between mind and body. Existential phenomenology is perceived as carrying on Pascal's ideas. Soren Kierkegaard acknowledged as the founder of modern existentialism, shared Pascal's sense for the inherent contradiction built into the human condition.
1632 - 1704	John Locke, English philosopher, built on Aristotle's innate mind (<i>tabula rasa</i>).
1693	Witch-hunting trails peak in Salem, Massachusetts.
1712 - 1778	Jean-Jacques Rousseau, French philosopher, argued human beings are good by nature, and that education should be shaped to the child and child allowed develop naturally.
1724 - 1804	Immanuel Kant proposed an alternative conception of an empirical investigation of human thought, feeling, desire, and action (<i>Anthropology from a Pragmatic Point of View</i> , 1798) that also anticipated an empirical study of psychology.
1732 - 1819	William Tuke, an English Quaker brought reforms on treatment of mental patients in Northern England similar to Philippe Pinel.
1745 - 1813	Benjamin Rush, widely considered the father of American psychiatry and an imminent physician at Pennsylvania Hospital limited his practice to mental illness and developed innovative human approaches to treatment. The hospital was to hire intelligent and sensitive attendants to work closely with patients, reading and talking to them and taking them on regular walks. Rush also wrote the first American course on psychiatry.
1745 - 1826	Philippe Pinel argued that mental patients were sick people whose illness required sympathy and

	kindness rather than chains and beatings. Pinel approach proved remarkably successful in the treatment of mentally ill patients.
1758 - 1828	Franz Josef Gall, founder of phrenology.
1772 - 1840	Jean Esquirol, Pinel's student went on to establish ten new mental hospitals that operated on the principles of treating mental patients with dignity (Pinel approach) and later releasing them.
1782 - 1852	Friedrich Froebel, largely responsible for the invention of kindergarten.
1795 - 1878	Ernst Heinrich Weber was an anatomist and physiologist, who first described the concept of just noticeable difference in experiments on the thresholds of perception of lifted weight.
1801 - 1887	Gustav Fechner, German experimental psychologist who developed the idea of just noticeable difference (JND), which is considered to be the first empirical psychological measurement.
1802 - 1887	Dorothea Dix, a Boston school teacher made humane care a public and political concern in the United States. She urged state legislation of laws seeking for reform in treatment of poor and mentally ill. From 1841 to 1881, Dix sought for new laws and greater government funding to improve the treatment of people with mental disorders.
1809 - 1882	Charles Darwin, British naturalist whose theory of natural selection influenced the functionalist school and the field of evolutionary psychology.
1818 - 1883	Karl Max Socialist / Communism and analysis of class structure.
1822 - 1911	Francis Galton Individual Differences.
1832 - 1920	Wilhelm Wundt, German psychologist who opened the first psychology laboratory.
1842 - 1910	William James, American psychologist who opened one of the first psychology laboratories at Harvard University and helped develop the field of functionalism.
1849 - 1936	Ivan Pavlov, Russian physiologist whose experiments on learning led to the principles of classical conditioning.
1846 - 1924	G. Stanley Hall, studied briefly with Wundt, established first American research laboratory at John Hopkins University in 1883. Launched America's first psychology journal, driving force behind the establishment of the American Psychological Association (APA) in 1892 and was elected the first President.
1850 - 1909	Hermann Ebbinghaus, German psychologist studied the ability of people to remember lists of syllables under different conditions.
1856 - 1939	Sigmund Freud, Austrian psychologist founded the theory of psychoanalysis.
1859 - 1938	Edmund Husserl initiated the phenomenological movement as a distinct form of knowledge and radically new way of philosophy.
1859 - 1952	John Dewey, practical application of psychology.
1867 - 1927	Edward Bradford Titchener, American psychologist contributed to the field of structuralism.
1870 - 1937	Alfred Adler, Individual Psychology.
1870 - 1952	Maria Montessori introduced a liberated concept of early childhood education that provided opportunity for child free expression.
1871 - 1955	Jesse Buttrick Davis Pioneered vocational guidance in schools. Jesse implemented a systematic guidance programme in schools.
1874 - 1949	John B. Watson, American psychologist contributed to behaviourism.
1875 - 1961	Edward Thorndike, sought a scientific approach to the study of learning, including assessment and measurement as part of learning.
1878 - 1958	Carl Jung, Analytical Psychology.
1886 - 1969	Sir Frederic Bartlett, British psychologist studied the cognitive and social processes of remembering.
1889 - 1976	Martin Heidegger recast the phenomenological movement moving away from a philosophical discipline with focus on consciousness and essences of phenomena towards elaborating existential and hermeneutic (interpretive) dimensions.
1892 - 1949	Harry Stack Sullivan, Social Psychology.
1896 - 1934	Lev Vygotsky, Cultural – historical psychology.
1896 - 1980	Jean Piaget, Swiss psychologist developed important theories of cognitive development in children.

1904 - 1990	B. F. Skinner, American psychologist contributed to behaviourism.
1905 - 1997	Viktor Emil Frankl, Austrian neurologist and psychiatrist, survived the holocaust, founder of logotherapy, form of existential analysis.
1913 - 1990	Murray Bowen research in families and family systems theory and therapy.
1926 - 1993	Donald Broadbent, British cognitive psychologist was a pioneer in the study of attention.
1929 - 1968	Martin Luther King Jr. an American Baptist minister and activist became the most visible spokesperson and leader in the Civil Rights.
1773	First American hospital exclusively for mental patients opens in Williamsburg, Virginia.
1774	Franz Mesmer detailed his cure for some mental illness, originally called mesmerism and now known as hypnosis.
1793	Philippe Pinel is named the chief physician at La Bicetre in Paris and initiated several reforms including unchaining mental patients and allowing them to move freely. Pinel released the first mental patients from confinement in the first massive movement for more humane treatment of the mentally ill. Similar reforms took place in America, England and other parts of the world.
1796	William Tuke founded the York Retreat, a rural estate where about thirty mental patients were lodged as guests in quiet country houses and treated with a combination of rest, talk, prayer and manual work.
1808	Franz Gall wrote about phrenology (the idea that a person's skull shape and placement of bumps on the head can reveal personality traits).
1812	Benjamin Rush writes first American textbook on Psychiatry.
1834	Ernst Heinrich Weber published his perception theory of 'Just Noticeable Difference,' now known as Weber's Law, or as the Weber-Fechner.
1842	Dorothea Dix begins campaign to reform mental hospitals and legislation in the United States.
1848	Phineas Gage suffered brain damage when an iron pole pierces his brain. His personality was changed but his intellect remained intact suggesting that an area of the brain plays a role in personality.
1859	Charles Darwin published the <i>On the Origin of Species</i> , detailing his view of evolution and expanding on the theory of 'Survival of the fittest.'
1861	French physician Paul Broca discovered an area in the left frontal lobe that plays a key role in language development.
1865	Gregor Mendel publishes theories of genetic.
1869	Sir Francis Galton, influenced by Charles Darwin's ' <i>Origin of the Species</i> ,' publishes 'Hereditary Genius,' and argues that intellectual abilities are biological in nature.
1874	Carl Wernicke published his work on the frontal lobe, detailing that damage to a specific area damages the ability to understand or produce language.
1876	<i>Mind</i> , a journal in psychology studies was established by Alexander Bain.
1878	G. Stanley Hall received the first American Ph.D. in psychology. He later founded the American Psychological Association.
1879	Wilhelm Wundt establishes first laboratory for experimental study of psychology in Leipzig, Germany. Psychology becomes a field of empirical research.
1881	Wundt forms the professional journal <i>Philosophische Studien</i> (Philosophical Studies).
1881	Théodule-Armand Ribot proposed what became known as Ribot's Law, which states that amnesia has a time-gradient in that recent memories are more likely to be lost than the more remote memories (although in practice this is actually not always the case).
1883	Emil Kraepelin publishes textbook on psychiatry, likening mental disorders to physical diseases.
1883	The first laboratory of psychology in America is established at Johns Hopkins University.
1885	Herman Ebbinghaus introduced the nonsense syllable as a means to study memory processes.
1886	Sigmund Freud begins treating patients in Vienna, Austria.
1887	G. Stanley Hall founded <i>The American Journal of Psychology</i> .
1888	James McKeen Cattell becomes the first professor of psychology at the University of Pennsylvania.
1889	The first International Congress of Psychology took place in Paris, France.

1890	William James published <i>Principles of Psychology</i> , that later became the foundation for functionalism.
1890	The term 'Mental Tests' was coined by James Cattell, beginning the specialization in psychology now known as psychological assessment.
1890	Sir Francis Galton developed the technique known as the correlation to better understand the interrelationships in intelligence studies.
1890	New York State passed the State Care Act, ordering indigent mentally ill patients out of poor-houses and into state hospitals for treatment and developing the first institution in the U.S. for psychiatric research.
1890	James McKeen Cattell publishes <i>Mental Tests and Measurements</i> , marking the beginning of the practice of psychological assessment.
1892	American Psychological Association (APA) founded. It was headed by G. Stanley Hall, with an initial membership of 42.
1894	John Dewey established the first (1 st) major educational psychology laboratory in the U. S. A. at the University of Chicago.
1894	Margaret Floy Washburn completes her training under Titchener.
1895	Sigmund Freud, with Josef Breuer, published first chapters of on the psychological mechanisms of hysterical phenomena, <i>Studies on Hysteria</i> published launching psychoanalysis.
1895	Alfred Binet forms the first psychology laboratory devoted to psychodiagnosis.
1896	Lightner Witmer establishes first psychological clinic in the U.S. at the University of Pennsylvania.
1896	Writings by John Dewey began the school of thought known as functionalism.
1896	The first psychological clinic was established at the University of Pennsylvania marking the birth of clinical psychology.
1896	Hugo Munsterberg published his book <i>On the Witness Stand</i> , advocating the use of psychology in legal matters. Munsterberg ardently believed that psychology had practical implications in everyday life.
1897	General Paresis linked to physical cause, syphilis.
1898	Edward Thorndike developed the 'Law of Effect,' arguing that "a stimulus-response chain is strengthened if the outcome of that chain is positive."
1900	Sigmund Freud publishes <i>The Interpretation of Dreams</i> .
1900	Morton Prince (1854 - 1929) uses hypnosis to treat multiple personality disorder.
1900-1	Edmund Husserl ' <i>Logical Investigations</i> ' was a benchmark in the world of philosophy. Husserl published two other master pieces <i>Formal and Transcendental Logic</i> (1929) and <i>Cartesian Meditations</i> (1931) that made phenomenology known to the whole world. The notion of phenomenology as envisaged by Husserl was later termed as transcendental phenomenology.
1901	Ivan Pavlov demonstrates classical conditioning.
1901	The British Psychological Society is formed.
1905	Alfred Binet's Intelligence Test was published in France <i>New Methods for the Diagnosis of the Intellectual Level of Subnormals</i> . First intelligence test published.
1905	Mary Whiton Calkins is elected the first woman president of the American Psychological Association.
1906	Ivan Pavlov publishes his findings on classical conditioning.
1906	The <i>Journal of Abnormal Psychology</i> was founded by Morton Prince.
1907	Alzheimer's disease identified by Alois, Alzheimer.
1907	Carl Jung publishes <i>The Psychology of Dementia Praecox</i> . Jung begins to break away from Freud's ideas to develop his own theories of analytical psychology.
1908	Clifford Beers writes autobiography <i>A mind that found itself</i> , launching mental hygiene movement in the United States.
1909	Freud makes his only visit to America and lectures at Clark University.
1909	Calkins publishes <i>A First Book in Psychology</i> .
1909	Frank Parson publishes <i>Choosing a Vocation</i> .

1911	Edward Thorndike published first article on animal intelligence leading to the development of the theory of Operant Conditioning.
1911	The first American Journal devoted to vocational guidance, <i>The Vocational Guidance Newsletter</i> .
1912	Wilhelm Stern developed the original formula for the Intelligence Quotient (IQ) after studying the scores on Binet's intelligence test.
1912	Max Wertheimer published research on the perception of movement, <i>Experimental Studies of the Perception of Movement</i> , marking the beginnings of Gestalt Psychology.
1913	John B. Watson publishes <i>Psychology as the Behaviorist Views It</i> . The work helped establish behaviourism, which viewed human behaviour arising from conditioned responses.
1913	Carl G. Jung departed from Freudian views and developed his own theories citing Freud's inability to acknowledge religion and spirituality. Jung school of thought became known as Analytical Psychology.
1913	Behaviourist John Watson argues that psychology should abandon study of consciousness.
1913	National Vocational Guidance Association (NVGA) now the National Career Development Association [NCDA] launched.
1914 - 1919	First World War.
1915	Sigmund Freud publishes work on repression.
1916	Stanford-Binet intelligence test was published in the United States. Stanford psychologist Lewis Terman began applying psychology to law enforcement in 1916.
1917	The U.S. Congress declares all nonmedical opioids illegal.
1917	Then president of the APA, Robert Yerkes writes the Alpha and Beta Tests for the Army to test intelligence.
1917	William Marston found that systolic blood pressure had a strong correlation to lying. This discovery would later lead to the design of the modern polygraph detector.
1919	John B. Watson publishes <i>Psychology, From the Standpoint of a Behaviourist</i> .
1920	Watson and Rosalie Rayner publish research the classical conditioning of fear with their subject, Little Albert.
1921	Rorschach test published.
1922	William Marston was appointed as the first professor of legal psychology.
1923	Sigmund Freud publishes <i>The Ego and the Id</i> .
1923	Marston testified in the case of <i>Frye vs. United States</i> . This case is significant because it established the precedent for the use of expert witnesses in courts. The Federal Court of Appeals determined that a procedure, technique, or assessment must be generally accepted within its field in order to be used as evidence.
1924	Police use first lie detector.
1925	Gestalt Psychology is brought to America with the publication of Wolfgang Kohler's <i>Perception: An Introduction to the Gestalt Theory</i> .
1925	Martin Heidegger publication <i>History of Concept of Time</i> (1925) and <i>Being and Time</i> (1927) paved the foundation to the hermeneutic phenomenology.
1927	Anna Freud, daughter of Sigmund Freud, pioneered child psychology and in 1927, she published a book <i>An Introduction to the Technique of Child Analysis</i> that expanded ideas on the treatment of children.
1929	Electro Convulsive Therapy (ECT) developed.
1929	The first International Congress of Psychology to be held in the United States was convened at Yale University.
1929 - 1939	The Great Depression was a world economic downturn in the history of the industrialized world that lasted 10 years. It started with 'Black Thursday' October 24, 1929 when traders sold 12.9 million shares of stock in one day. It was triple the usual amount and over the next four days, stock prices fell by 23 percent. The height of the Depression was 1933 when unemployment rose from 3 percent to 25 percent of the nation's workforce. Wages fell by 42 percent.
1932	Jean Piaget publishes <i>The Moral Judgment of the Child</i> .
1932	Walter B. Cannon coined the term homeostasis and began research on the fight or flight

	phenomenon.
1935	Alcoholic Anonymous (AA) founded.
1935	First use of lobotomy for mental disorders.
1935	Henry Murray publishes the <i>Thematic Apperception Test (TAT)</i> .
1936	Egas Moniz published his work on frontal lobotomies as a treatment for mental illness.
1937	Marijuana made illegal in the United States.
1938	Electro convulsive therapy (ECT), formerly known as electroshock therapy, is used for the first time on a person. It becomes a popular method of treatment throughout the 40s and 50s (and remains in use today).
1938	B.F. Skinner proposes operant conditioning.
1939	The Wechsler - Bellevue intelligence scale published.
1939	The Canadian Psychological Association was founded.
1939 - 1945	Second World War.
1941	The International Council of Psychologists (ICP) was established to advancing the science and practice of psychology worldwide.
1942	Jean Piaget published ' <i>Psychology of Intelligence</i> ' discussing his theories of cognitive development.
1942	Minnesota Multiphasic Personality Inventory (MMPI) was developed and fast became the most widely researched and widely accepted psychological assessment device.
1942	Carl Rogers developed client-centred therapy and publishes <i>Counselling and Psychotherapy</i> . His approach encourages respect and positive regard for patients.
1943	LSD's hallucinogenic effects discovered.
1943	Minnesota Multiphasic Personality test (MMP) published.
1943	Jean-Paul Sartre's existential book <i>Being and Nothingness</i> published.
1943	Abraham Maslow, one of the founders of humanistic psychology, publishes his theory of the hierarchy of needs.
1944	The Committee on International Relations in Psychology (CIRP) was formed.
1945	The state of Connecticut passed licensure legislation for psychologists, becoming the first state to recognize psychology as a protected practice oriented profession.
1945	The <i>Journal of Clinical Psychology</i> was founded.
1945	Karen Horney published her feministic views of psychoanalytic theory, marking the beginning of feminism.
1948	Alfred Kinsey reports on sexual behaviour of men.
1948	The Universal Declaration of Human Rights (UDHR). The Universal Declaration was adopted by the General Assembly of the United Nations on 10 December 1948. Motivated by the experiences of the preceding world wars, the Universal Declaration was the first time that countries agreed on a comprehensive statement of inalienable human rights.
1948	World Health Organization is established.
1949	Lithium salts first used for bipolar disorder.
1949	Boulder Conference outlines scientist-practitioner model of clinical psychology, looking at the M.D. versus Ph.D. used by medical providers and researchers, respectively.
1949	Canadian, Donald Hebb, intuited that neurons that 'fire together, wire together', implying that encoding of memories occurred as connections between neurons were established through repeated use (also known as Hebb's Rule).
1950	Erik Erikson published 'Childhood and Society,' where he expands Freud's Theory to include social aspects of personality development across the lifespan.
1950 - 1970	Various African states achieve independence leading to self-governed rule. This marked the rise of independent states formerly under colonial rule. Education in these states adopts a 'local' orientation. Scores of books and other publications became readily available from scholars other than of European and Western origins. Psychology and other studies become areas of study with establishment of psychology in higher institutions of learning. Three major areas are: school guidance and counselling; mental health; and, career guidance.
1951	Chlorpromazine, first antipsychotic drug, tested.

1951	Carl Rogers publishes Client-Centred Therapy.
1952	First edition of Diagnostic and Statistical Manual of Mental Disorders (DSM) published by the American Psychiatric Association. This marked the beginning of modern mental illness classification.
1952	Sex-change Operation performed on Christine Jorgensen.
1952	A study on psychotherapy efficacy was published by Hans Eysenck suggesting that therapy is no more effective than no treatment at all. This prompted an onslaught of outcome studies which have since shown psychotherapy to be an effective treatment for mental illness.
1952	Chlorpromazine (Thorazine) first used in the treatment of schizophrenia.
1953	Alfred Kinsey reports on sexual behaviour of women.
1953	Samaritans, first suicide prevention centre, founded in England.
1953	B.F. Skinner outlined behavioural therapy, lending support for behavioural psychology via research in the literature.
1953	Code of Ethics for Psychologists was developed by the American Psychological Association.
1954	Abraham Maslow helped to found Humanistic Psychology and later developed his famous Hierarchy of Needs.
1955	The Los Angeles Suicide Prevention Centre founded.
1956	Family systems theory and therapy launched.
1956	George Miller produced his influential paper on short-term memory and his assessment that our short term memory is limited to what he called 'the magical number seven, plus or minus two'.
1957	Leon Festinger proposed his theory of 'Cognitive Dissonance' and later became an influence figure in Social Psychology.
1957	USSR successfully launched the first space probe (Sputnik I).
1958	Joseph Wolpe develops desensitization.
1958	Harry Harlow publishes <i>The Nature of Love</i> , which describe his experiments with rhesus monkey's on the importance of attachment and love.
1959	Lunik II lands on the moon.
1961	Thomas Szasz publishes <i>The Myth of Mental Illness</i> .
1961	John Berry introduced the importance of cross-cultural research bringing diversity into the forefront of psychological research and application.
1961	Carl Rogers published 'On Becoming a Person,' marking a powerful change in how treatment for mental health issues is conducted.
1961	Franz Fanon authors <i>The Wretched of the Earth</i> .
1961	Albert Bandura conducts his now famous Bobo doll experiment.
1962	Albert Ellis proposes rational-emotive therapy. Ellis publishes Reason and Emotion in Psychotherapy, leading to the development of Rational Emotive Behaviour Therapy (REBT).
1963	The Community Mental Health Act trigger deinstitutionalization in the United States.
1963	Antianxiety drug Valium introduced in the United States.
1963	Alfred Bandura introduced the idea of Observational Learning on the development of personality. Bandura developed social cognitive theory.
1963	Lawrence Kolberg introduced his ideas for the sequencing of morality development.
1964	U.S. Surgeon General warns that smoking can be dangerous to human health.
1965	Norepinephrine and serotonin theories of depression proposed.
1967	Aaron Hock publishes cognitive theory and therapy for depression. Aaron Beck published a psychological model of depression suggesting that thoughts play a significant role in the development and maintenance of depression.
1967	Methadone maintenance treatment begins.
1967	Holmes and Rahe develop social adjustment rating scale to measure life stress.
1967	Aaron Beck publishes a model of depression that suggests thoughts play a significant role. He is seen as the founder of Cognitive Behavioural Therapy (CBT).
1968	The DSM II is published.
1968	First Doctor of Psychology (Psy.D.) professional degree programme in Clinical Psychology was

	established in the Department of Psychology at The University of Illinois – Urbana/Champaign.
1968	Martin Luther King Jr, the Civil Rights leader is assassinated.
1969	Joseph Wolpe published <i>The Practice of Behaviour Therapy</i> .
1969	Elizabeth Kubler Ross publishes <i>On death and dying</i> .
1970	Masters and Johnson publish human sexual Inadequacy and launch sex therapy.
1970	Esther Boserup publication on <i>‘Women’s Role in Economic Development.’</i>
1971	First Doctorate in Psychology (Psy.D.) awarded (from The University of Illinois – Urbana/Champaign).
1971	Kenneth Clerk became the first African American President of the APA.
1972	CAT scan introduced.
1973	DSM stops listing homosexuality as a mental disorder.
1973	David Rosenhan conducts study on being sane in insane places.
1973	APA endorsed the Psy.D. degree for professional practice in psychology.
1973	Stockholm syndrome (capture-bonding) a psychological phenomenon is described.
1974	Stanley Milgram publishes <i>Obedience to Authority</i> , which presented the findings of his famous obedience experiments.
1975	Endorphins natural opioids discovered in human brain.
1975	Martin Seligman publishes on helplessness.
1975	U.S. Supreme Court declares that patients in institutions have right to adequate treatment.
1980	The DSM III is published.
1981	MRI first used as diagnostic tool.
1981	Researchers discover that Ritalin helps persons with ADHD.
1981	Cases of a rare lung infection <i>Pneumocystis carinii pneumonia (PCP)</i> were found in five young people previously gay men in Los Angeles. In December, 1981 the first cases of PCP were reported in people who injected drugs. By the end of 1981, there were 270 reported cases of severe immune deficiency among gay men and 121 of them had died. The history of HIV and AIDS began in illness, fear and death as the world faced a new and unknown virus. Psychology has assisted in both understanding and behavioural change.
1982	The cases among gay men suggested that the cause of the deficiency was sexual and the syndrome was initially called gay-related immune deficiency (or GRID). In September, CDC used the term AIDS (acquired immune deficiency syndrome).
1983	In November, the World Health Organisation (WHO) held its first meeting to assess the global AIDS situation and began international surveillance.
1982	John Hinckley found not guilty by reason of insanity of the attempted murder of President Reagan.
1982	Carol Gilligan publishes the feminist tract <i>In a Different Voice</i> .
1983	Howard Earl Gardner, <i>Frames of Mind: The Theory of Multiple Intelligences</i> . Howard Gardner (professor at Harvard University) introduced his theory of multiple intelligence, arguing that intelligence is something to be used to improve lives not to measure and quantify human beings.
1984	The cause of AIDS was found to be the retrovirus HTLV-III.
1985	In April, the US Department of Health and Human Services (HHS) and the World Health Organisation (WHO) hosted the first International AIDS Conference in Atlanta Georgia.
1986	In May, the International Committee on the Taxonomy of Viruses said that the virus that causes AIDS will be called HIV (Human immunodeficiency virus).
1987	Several countries had reported cases of HIV and AIDS. Subsequently, programmes were launched on policy, treatment and awareness.
1987	In October, AIDS became the first illness debated in the United Nations (UN) General Assembly.
1987	Antidepressant Prozac approved in the United States.
1988	WHO declared 1 st December as the World AIDS Day.
1988	American Psychological Society founded.
1980s to1991	Soviet leader Mikhail Gorbachev undertook several reforms (glasnost, meaning openness)

	including policies of political and economic restructuring. These had global implications.
1990	Human Genome project launched.
1990	Dr. Jack Kevorkian performs his first assisted suicide.
1990	Noam Chomsky publishes <i>On Nature, Use and Acquisition of Language</i> .
1990	Nelson Mandela is released from prison. Mandela fostered racial reconciliation, promoted democracy and social justice.
1991	Steven Pinker publishes an article in <i>Science</i> introducing his theory of how children acquire language, which he later details further in his book <i>The Language Instinct</i> .
1993	Annual Prozac sales reach \$1.2 billion. Fluoxetine (Prozac) was the first major breakthrough for the treatment of depression.
1994	The DSM IV is published.
1994	Stephen Pinker's <i>The Language Instinct</i> is published.
1997	Deep Blue, the supercomputer at the time, beats the World's best chess player, Kasparov, marking a milestone in the development of artificial intelligence.
1998	Annual Prozac sales reach \$ 2.8 billion.
1998	Viagra goes on sale in the United States.
1998	Martin Seligman chooses positive psychology as the theme for his speech to the American Psychological Association, as its incoming president.
1998	Terrorist attacks in Dar-es-Salaam, Tanzania Nairobi, Kenya at the USA Embassy buildings in which over 300 people are killed and other injured. Terrorism and trauma become a concern in psychological studies.
1998	Psychology advances to the technological age with the emergence of e-therapy.
1999	Killing rampage at Columbine High School stirs public concern about identifying and treating dangerousness in children.
1999	U.S. Supreme Court rules that mental patients have a right to treatment in the community rather than institutions when it is available.
2000	Genetic researchers finish mapping human genes. Scientists hope to one day isolate the individual genes responsible for different diseases.
2000	Seligman proposes positive psychology. Seligman has expanded Positive Psychology to education, health, and neuroscience.
2000	DSM-IV-TR (4 th Edition, Text Revision) is published.
2001	Terrorists attack America in the infamous September 11.
2001	The case of Andrea Yates who drowned her five children highlights the disorder postpartum psychosis.
2001	The United States Surgeon General published a supplement to the first-ever Surgeon General's report on Mental Health.
2001	The American Psychological Association officially recognized forensic psychology as a specialization within psychology.
2002	New Mexico becomes the first state to pass legislation allowing licensed psychologists to prescribe psychotropic medication.
2002	Steven Pinker publishes <i>The Blank Slate</i> , arguing against the concept of <i>tabula rasa</i> .
2002	Psychologist Daniel Kahneman is awarded the Nobel Prize in Economics for his research (conducted with Amos Tversky) on how judgements are made in the face of uncertainty (Tversky died in 1996 and the Nobel is not awarded posthumously).
2002	The push for mental health parity gets the attention of the White House as President George W. Bush promotes legislation that would guarantee comprehensive mental health coverage.
2008	Obama becomes the first African American President of USA.
2013	The DSM - 5 is published.

Discussion: Conceptualisation of Contemporary Psychology

Six major themes have been identified in the timeline to enable greater conceptualization and understanding of the systems and perspectives of Psychology.

These are: psychological development in ancient-cum-modern traditional societies; development in logic, philosophy and psychology; religion, pastoral counselling and care; advancement in Medicine, Science and technology; human rights and democratic reforms; and, other issues in contemporary psychology that affect modern aspects of our lives. We will look at each very briefly with an overrunning theme – the need for diagnosis, prevention and healing of the human mind and overall well-being.

Psychology and Psychiatry in Ancient-cum-Modern Traditional Societies

Ancient societies made attempts to understand our world. These include: life and death, sun and moon, day and night, seasons, illness and disease as well as natural events. People sought various ways to explain our world and this was expressed in various ways including: myths and legends, oral narratives, songs and dances, proverbs and riddles, art and folklore. Societies developed religion and other social facets such as marriage and family, initiation ceremonies, means of obtaining food and shelter, safety and security including looking after the body as well as dealing with animals, natural objects and events such as rivers, lakes, earthquakes, floods and other eventualities. In almost all traditional societies, religion (sacred) and the social life (secular) were interconnected. Society also instilled values and norms based on social principles. These include beliefs, ways of conduct, behaviour, rules and regulations. Soon, the society noted that certain people deviated from the norm or set procedures.

Deviation or abnormal behaviour describes tendencies that society regarded as different or opposed to regular or ordinary behaviour. It must be accepted that traditional societies did not have the benefit of our modern immense knowledge. Therefore, they made inferences to their so called 'natural world' and sought explanation based on such a (limited) understanding. I have used the world limited because it is possible that certain incidents are now more fully comprehensible. For example, early societies explained all phenomena from the actions of the sinister beings (demons and evil spirits) who they perceived to control the world. Certain people such as sorcerers and people with an 'evil eye' were also feared because it was believed they could bewitch others. This explains why even today, the more traditional societies will still explain certain phenomenon misfortunes (physical or mental illness, accident or calamity) or death in terms of actions by the spirit. Yet modern medicine can explain certain diseases or aspects as arising from genetics rather than the traditional explanation of a curse or an abomination of the gods.

The treatment for abnormality or mental illness in early societies was principally through exorcism. This was conducted through traditional healing by a priest or medicine man. The idea was to drive out the evil spirit and thus make the body whole. There was also elaborate ceremonies including cleansing, performing certain rite or fulfilling certain traditional obligations. Today, the more traditional societies still have strong inclinations to such practices. A therapist working with the more traditional societies or with persons with a high traditional inclination will be told about a rite of passage that could have been missed out (or is expected to be performed, such as circumcision or payment of bride price). In such circumstances, the psychologically disturbed client will be persuaded that their problem cannot be resolved for certain reasons (for example, cannot have a child, cursed, failed to pay bride price, married from the wrong clan) yet there is a report that indicates a medical condition. Thus, cross cultural psychology and cross cultural counselling provide critical information to our understanding of self and other societies.

Development in Logic, Philosophy and Psychology

In early civilizations, philosophers and physicians such as Hippocrates, Plato, Aristotle, Descartes, John Locke and Husserl pursued knowledge in the study of phenomenon that lead to the development in logic, philosophy, medicine and psychology. Hippocrates, the father of modern medicine identified mental illness as a disease and sought to correct the underlying physical pathology. Emotional problems were later identified among the major causes. Advanced studies have led to study of the human brain, emotions, personality and assessment tests. It can be argued that during the early civilizations (500 BC to 500 AD), philosophers and physicians, religious leaders and traditional healers were at the helm of explaining various phenomenon. The middle ages (500 to 1350) witnessed a growth in knowledge with a tremendous growth in religion as well. Religion tended to surpass scientific knowledge. Further, religious leaders used their power in society to recount advanced knowledge. In the end, religious beliefs tended to remain supreme and dominated most aspects of society. This explains why people also turned to religion for healing and treatment. Eventually, science and medicine grew as knowledge increased. By the renaissance (1400-1700), there was a flourishing cultural and scientific activity and this has extended to technological epoch. During the renaissance and thereafter, people travelled more widely leading to greater interaction of cultures as well as interaction in information, trade and shared knowledge.

Knowledge was also becoming highly specialized including mental illness. Subsequently, even the understanding and care of mental illness, deviance and abnormal behaviour was greatly enhanced by expansion in knowledge. The nineteenth century witnessed a sporadic growth in psychology, psychiatry and psychotherapy. There was advanced studies of the mind and mental illness starting from the German physician Johann Weyer, Bethlehem Hospital was started in London for the sole purpose of confining the mentally ill and more asylums were set up. Mental illness was negatively construed as a carry forward of the more traditional societies. Initially, patients were confined and chained and whipped. In the 1800s years, treatment of people with mental disorders began to change for the better with ideas from Philippe Pinel, William Tuke, Benjamin Rush and Jean Esquirol. A change in moral treatment and guidance was found to be more potentially productive. Thus, the Freudian psychoanalysis, and other approaches such as behaviourism (Skinner and Pavlov), humanistic approaches (Abraham Maslow, Carl Rogers) and cognitive behavioural approaches were established upon various reforms and moral treatment of mentally ill patients.

Religion, Pastoral Counselling and Care

Religion has been predominant in both the traditional and modern world. Traditional societies held the gods with utmost respect and hence Achebe equips that 'a man cannot wrestle with a god'. Misfortunes were highly attributed to actions by the gods including illness and death as well as natural calamities such as lack of rain, floods, earthquake, fires or invasion by an enemy. Subsequently, the gods had to be appeased (Wango, 2013).

Christianity and several other religions have a strong conviction on the existence of sprits and demons and there are several instances of mention of spirits. There is a distinction between evil spirits and demons. Evil spirits are entities that at some point had a physical body. While living, an evil spirit was perceived as bad person who did not have much regard for other people. Unlike evil spirits, demons never had a physical body. Demons are fallen angels who followed Satan's rebellion from heaven and are organized under Satan in hierarchical levels known as rulers, authorities, powers, and spiritual forces of evil.

Various religions endorse the existence of evil spirits and demons, including a conviction that a person is obsessed by an evil spirit. In the Bible, there are several instances of the mention of both the evil spirit and demons. There is the evil spirit that descends on King Saul while Jesus heals a man possessed by an evil spirit. In spiritual terms, the evil spirits, demons and unclean spirits require to be exorcised. The exorcism of demons or unclean spirits is one of the major categories of miracles by pastors. Clients with strong religious convictions will seek spiritual redemption. We must seek for a reconciliation to synchronise religion, tradition and modernity (Wango, 2013).

Developments in Medicine, Science and Technology

There has been a marked development in economics, politics, medicine and technology. By the late 19th and early 20th Century English statisticians led by Francis Galton, Karl Pearson and Ronald Fisher developed the mathematical tools such as correlations and hypothesis tests that made possible much more sophisticated analysis of statistical data and improved research. Medicine also became highly applied in psychology, primarily for both physical and mental disorders. This includes psychological evaluation and treatment for purposes of preventative care that is a top priority for medical doctors. Medical practitioners have also sought to understand the doctor-patient relationship. This includes the transmission of potentially life-changing knowledge to the patient and significant others. An understanding of the psychology of a patient has provided insights into various methods for promoting positive health. Similarly, other disciplines such as economics, philosophy and politics make use of psychology.

Human rights and Democratic reforms

Psychology has greatly been influenced by among others the growth in human rights and democratic ideals. The two world wars (1914-1819) and (1939-1945) greatly contributed to the universal declaration of human rights. The human rights movement was further accelerated by diverse political and democratic ideals such as socialism and democracy. The political ideals in Europe and America have traversed the world including Asia and Africa and particularly the civil rights principles of Martin Luther King Jr. and later Nelson Mandela among others. Psychology including various professions such as counselling and psychaitry are governed by a code of ethics and standard procedures (American Counselling Association, 2014; American Psychiatric Association, 2013).

Globalisation and Contemporary issues in modern society

Psychology has diversified to incorporate globalisation and the wider world (Wango, 2013; 2015). Events in the world such as the great economic depression, HIV and AIDS, perestroika and the reforms in Eastern Europe, acts of terrorism, diverse political ideals and brain-scanning technology (that can identify, for example, specialized brain cells and are then combined in brain areas). These events have reshaped both our thinking as well as the application of psychology in social economic political development (poverty and substandard living, unemployment and careers, drug abuse, HIV and AIDS, relationship issues, human rights and child abuse). Psychology is highly applicable in behavioural change, politics, sports, forensics and other spheres (Wango, 2015). In addition, psychology also needs to survey and assess the psychology of other societies including Africans (Dawes, 1998; Lassiter, 1999; Kasomo, 2013; Wango, 2013). We must therefore be aware of the worldwide system and our interconnectedness.

Conclusion

Various events and people have influenced psychology and our lives. There are also several perspectives in psychology. In addition, psychology has expanded to education, health, forensics, personality and assessment, social work and community psychology, counselling and psychotherapy. Psychology is applicable in various facets of our lives including sports, schools, medicine, rehabilitation and correctional centres, finances and overall wellbeing. Developments in science and technology have led to widespread enlightenment. This includes the diversity of careers and a mix up of various cultures. Scientific achievement has led to advancement in medicine as well as other facets of life such as the lie detector test, enhanced communication as well as increased knowledge in counselling, clinical psychology, psychiatry, psychology and psychotherapy. In patient and out-patient facilities are readily available. Health encompasses both physical and psychological wellbeing, and health care includes health insurance. Thus, Seligman's positive psychology could be the steel bridge to the next phase as psychology becomes more applicable to our lives.

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Note

This paper acknowledges that all societies have long established traditions. Traditions include customs, habits, beliefs and rituals including religion. The term 'traditional' may imply the systems, viewpoints and beliefs of a society before the emergence of industrialization, modernization, scientific and technological development as opposed to the modern, industrialized and scientific community. Traditional also refers to the social cultural practices that leans more on the habitual and customary 'standard practices.' Standards practice refers to the long established conventions such as customs before the influence of other predominant practices such as religion (Christianity, Islam and others), political inclinations as well as the more recent technological advancement in the world. The debate as to whether Britain should exit from the European Union (Brexit) included many of the seemingly conservative Britons feeling somehow invaded by 'others' via the links with the Union. Thus, even societies in Europe and America will consider certain aspects as their tradition such as general politeness, giving a seat to the elderly, the sick, persons with disabilities and pregnant women. The term 'more traditional societies' in this paper refers to communities that are highly inclined to communal practices, as compared to the 'modern' societies that are likely to embrace more of modernity including other religions, scientific and technological advancements as well as embrace human rights values including the rights of children and other marginalised groups such as women, persons with disabilities and other minority groups. It is also likely for a person in a more traditional society to lean towards seeking a traditional explanation of certain phenomenon (either positive such as life achievement including marriage, job, promotion or negative such as illness, (sudden) death, divorce, lack of a child, or calamity). Traditional explanation are inclined to investigate and explain events as an act of the gods, a curse or even consult a medicine man. A modern explanation would probably be (highly more) logical, seek a rationale or scientific explanation (clarification).

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