

SPECIAL INTRODUCTION

Psychology Timeline

A few of the many events in psychology and clinical psychology

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1500 BCE

The first written description of the human brain appears in the Edwin Smith Papyrus.

c. 400 BCE

The era of Hippocrates, father of medicine. The four humors (blood, phlegm, black bile, and yellow bile) are hypothesised to play a role in determining personality. Mental illness is understood as a physical disease.

c. 387 BCE

Plato founds the *Academy*, a school of philosophy and science. He sees the body and soul as separate entities.



www.mathpath.org

120-201 AD

Galen works on a theory of personality and is the first to classify the emotions.

1247

The first western mental hospital, Bethlehem Royal Hospital ("Bedlam"), opens in London.

1637

Descartes publishes *Discourse on Method*, containing the famous: "I think, therefore I am."

c. 1650

Hobbes argues that mental processes are the result of the motion of brain atoms. He stresses the role of experience as the source of human knowledge.

c. 1770

Phillippe Pinel takes control of the Bicêtre asylum and forbids the use of chains and shackles. He removes patients from dungeons, provides them with sunny rooms, and allows them to exercise on the grounds.



www.nlm.nih.gov

c. 1790

Kant develops rationalism and empiricism. He argues that, while the mind has no substance, it is an active process that converts raw perceptions into ordered experiences.

1838

The first psychology course is taught in Canada by Thomas McCulloch at Dalhousie University. ►



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1848

Phineas Gage survives a significant brain injury, but experiences considerable changes in his demeanor. It is the first case in which a direct link is drawn between brain damage and personality changes.



www.atlasobscura.com

1859

Darwin publishes *On the Origin of Species*.

1879

Wilhelm Wundt opens the first experimental psychology lab in Leipzig, Germany.



en.wikipedia.org

1880

Galton starts the systemic use of questionnaires.

1890

Charles Roy and Charles Sherrington show that brain activity is correlated to blood flow. Their research forms the basis of modern fMRI.

“The subject to be observed lay on a delicately balanced table which could tip downwards either at the head or the foot if the weight of either end were increased. The moment emotional or intellectual activity began in the subject, down went the balance at the head-end, in consequence of the redistribution of blood in his system...”

1889

James Baldwin opens the first psychology laboratory in Canada.

1900

Freud publishes *The Interpretation of Dreams*. His work, such as the “talking cure,” helps form the foundation of modern clinical psychology.

1901

Alois Alzheimer begins to work with Auguste D., a 51-year-old woman with strange behavioural symptoms and memory loss.

1905

Binet and Simon develop a scale to determine mental age, which is used to identify mental retardation in school children. Their work marks the start of standardised intelligence testing.

1906

Pavlov publishes his findings on classical conditioning.

1915

C. S. Myers coins the term “shell-shock” to describe the symptoms of severely traumatised soldiers.

1920

Independent psychology departments appear at McGill and the University of Toronto.

1926

Piaget publishes *The Language and Thought of the Child*, which examines cognitive functioning in children. His observations lead to the conclusion that children think differently than adults.



traveldisequilibrium.wordpress.com

1934

The Montreal Neurological Institute is established at McGill University; Montreal soon becomes a world leader in neuroscience research and training.

1939

The Canadian Psychological Association is established. ►

1942

Carl Rogers develops patient-centred therapy

c. 1950

The first generation of anti-psychotic drugs are released. The drugs do not cure, but help to control symptoms.

1952

The first Diagnostic and Statistical Manual (DSM-I) is published.

1963

Milgram examines the relationship between obedience and authority. Results suggest that behaviour is affected by situational factors.



www.scientias.nl

1970s

Deinstitutionalisation, the process of closing asylums and integrating patients into the community, begins in Canada.

1970s

Research into neuroplasticity, the brain's ability to change, grows in popularity. Prior to this, it was widely believed that the brain was fixed throughout adulthood.

1980s

An estimated 33% of homeless people are considered mentally ill, the majority of them suffering from schizophrenia.

1990s

Development of modern neuroimaging techniques, such as the fMRI.

2000

Researchers finish mapping the human genome

c. 2000

The growth of the mental health movement occurs, with increased emphasis placed upon positive psychology and wellness.

2012

It is estimated that there are 86 billion neurons in the human brain.

2013

Publication of the DSM-5. ■

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