UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Historical Introduction to Psychology

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Historical Introduction to Psychology (20301)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora ANA DANIELA BARRETO ALEIXO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Introduce students to the historical evolution of psychology as a science, following a perspective of comparison between the past and the present of the different areas of psychology.

15. Specific Objectives

a) Historically frame the events that boosted the development of psychology as a science;
b) Characterize and critically analyze the different existing psychological currents;
c) Recognize the main figures in the history of psychology and their contributions;
d) Describe the current state of psychology as a scientific area of knowledge.

16. Skills to be acquired

Learn and distinguish the main theoretical currents that contributed to the affirmation of Psychology as a science in order to allow students to objectively understand the remaining subjects taught.

17. Teaching Methodology

Expository and interrogative method - Classes supported by slides and audiovisual media. And active method - classes with the participation of students in the analysis of texts (articles and book chapters), discussion and critical reflection on the theme

18. Course Unit Program

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1. Introduction to the history of psychology and the Development of Modern Psychology
The Relevance of the Past to the Present
2. Philosophical origins and influences on Psychology
- the Mind-Body Problem
2.1) Psychological thought in antiquity.

3) Psychology in the scientific era.
3.1) The influence of Positivism in the development of Psychology.
3.2) Wundt's psychological project.
3.3) Darwin's influence on Psychology.
3.4) Behaviorism and Neobehaviorism
3.5) Gestalt Psychology.
3.6) Psychoanalysis.
3.7) Humanistic Psychology.
3.8) Cognitive Psychology.
3.9) Constructivism.

4) Final reflections: psychology today.

19. Assessment Methods

- Two tests and a group assignment (written with oral presentation).
- Continuous assessment will take into account attendance, quality of class participation.

20. Didactic Resources

Expository means (classes in powerpoint), audiovisual resources (videos) and analysis of supporting documents and scientific articles.

21. Sustainability Objectives

3 - Quality health
4 - Quality education

22. Keywords

Psychology
History
Schools of Psychology

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23. Main Bibliography

Author(s):	Schultz, D. P., & Schultz, S. E		
Title:	História da psicologia moderna		
Edition:	11ª	Year:	2020
Local:			
Publisher:	CENGAGE LEARNING		
ISBN Code:			

Author(s):	Hergenhahn, B. R., & Henley, T.		
Title:	An introduction to the history of psychology		
Edition:		Year:	2019
Local:	New York		
Publisher:	Wadsworth		
ISBN Code:			

Author(s):	Jacó-Vilela, A. M.; Leal Ferreira, A. A. L.; Portugal, F.T.		
Title:	História da Psicologia: Rumos e Percursos		
Edition:	3ª	Year:	2013
Local:			
Publisher:	NAU		
ISBN Code:			

24. Complementary Bibliography

Author(s):	Shiraev, E.		
Title:	A history of psychology: A global perspective		
Edition:	2ª ed.	Year:	2015
Local:			
Publisher:	Sage		
ISBN Code:			

Author(s):	Figueiredo, L.C.M., & Santi, P. L. R.		
Title:	Psicologia, Uma (nova) Introdução		
Edition:	3º ed.	Year:	2008
Local:			
Publisher:	Educ		
ISBN Code:			

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Autor / Author	Prof. Doutora ANA DANIELA BARRETO ALEIXO
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