

Multidimensional Integrative Approach

Overview of Approaches

Biological Influences

- Biological: Physiological responses to a situation.
- Genetic: inherited genes may increase vulnerability, such as towards stress. Inherited genes may contribute to the development of certain personality traits that may indirectly influence responses.
- Neurological: imbalances with neurochemicals, such as serotonin.

Psychological Influences

- Behavior: Behavioral responses or tendencies, such as conditioning
- Cognition: How we process information, including the unconscious.
- Psychological factors: traumatic experiences, such as war, abuse, neglect, and one's thoughts lead to maladaptive responses.

Emotional Influences

- Emotional responses: an emotion related to an experience that motivates behavior, such as fear, anger, joy. A situation "triggers" an emotional response.

Social, Cultural or Interpersonal Influences:

- Social Influences: The type of support received from others.
- cultural factors (i.e., religion, traditions and beliefs).
- interpersonal relationships: the types of relationships we form with others.

Developmental Influences

- Passage of time: as time passes, we change, the environment changes, and how we respond to similar situations changes. From this perspective, a person can learn to respond differently to a somewhat familiar event or experience.