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What is the psychodynamic theory of personality?

In psychology, a psychodynamic theory is a view that explains personality in terms of conscious and unconscious forces, such as unconscious desires and beliefs. Psychodynamic theories commonly hold that childhood experiences shape.

Psychodynamics, also known as psychodynamic psychology, in its broadest sense, is an approach to psychology that emphasizes systematic study of the psychological forces that underlie human behaviour, feelings, and emotions and how they might relate to early experience.

Why is the psychodynamic approach important?

Our behaviour and feelings are powerfully affected by unconscious motives: ... Our behaviour and feelings as adults (including psychological problems) are rooted in our childhood experiences: Psychodynamic theory states that events in our childhood have a great influence on our adult lives, shaping our personality.

Psychodynamic Perspective

The basis of the psychodynamic perspective is to understand what is going on in the mind of an individual or "to get in the head" of a patient to see what is going on in the unconscious part of the mind.

The psychodynamic perspective asserts that in childhood certain incidents may occur that produce behaviours in adulthood. As children, defence mechanisms are utilized, then as adults behaviours manifest as a result.

Examples of defence mechanisms that may be used include:

Repression

Denial

Reaction formation

Sublimation

Projection

Displacement

Regression

Fantasy

Compensation

Intellectualization

Some examples psychodynamic approach is:

The unconscious is one of the most powerful affects on behaviour and emotion.

No behaviour is without cause and is therefore determined.

Childhood experiences greatly affect emotions and behaviour as adults.

Various conflicts throughout childhood development shape overall personality.

Conclusions:

Psychodynamics approach to the personality effect the unconscious force and also determine our personality because according to this theory human nature works between conscious and unconsciousness. For example,

you may be feeling thirsty at this moment and decide to get a drink. The unconscious mind is the primary source of human behaviour. So from the unconscious stage you will come towards the conscious stage. After this you will fulfil your wish to drink water.

Same thing is also applicable for our personality. Some time anger Accor in unconscious and then we apply it in conscious. This thing truly determines our personality and behaviour.