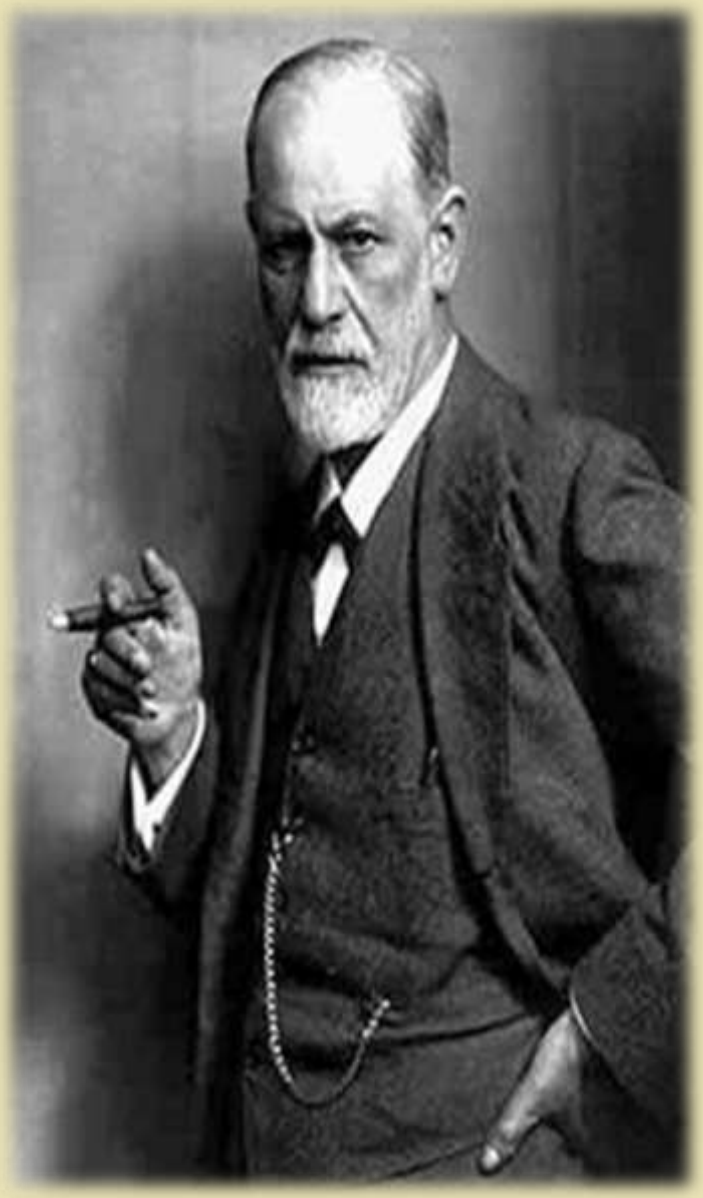


Psychoanalytic Theory

- Sigmund Freud (1856-1939)
- Jewish background, though avowed atheist
- Lived in Vienna until Nazi occupation in 1938
- Had medical background- wanted to do “neurophysiologic research”
- Private practice in nervous and brain disorders.





Overview

- One might consider that Freudian psychoanalytic theory is basically a family theory as Freud considered how the individual develops overtime within the context of a family, specifically interacting with mother and father, later siblings.



- Psychoanalytic theory was the first of many psychodynamic theories to follow many within a direct line from Freudian thinking.
- Freud ‘discovered’ the unconscious which is the basis for all psychodynamic theories
- Psychodynamic theories hold that human behavior is primarily the function of reactions to **internal** (thus mostly unconscious) stimuli instincts, urges, thoughts.



- Behavioral theories on the other hand hold that behavior is in response to **external** stimuli; responses are learned and over time appear as automatic. Some would hold the possibility of internal stimuli; however, such cannot be seen and/or measured and thus are not a fit subject for science.
- Phenomenological theories hold that the human is in process of becoming and just ‘is’.



- Current psychodynamic theories are derived from Freud's original concepts with addition of new knowledge and information. More recent theorist are known as Neo-Freudians. Few,if any, practice as Freud once did.
- Psychoanalysis was not conceived as just a method of treatment, but also as a training method for new analysts. Basically it was an attempt to surface and interpret all material located in the unconscious. This process was deemed to be curative for the patient.

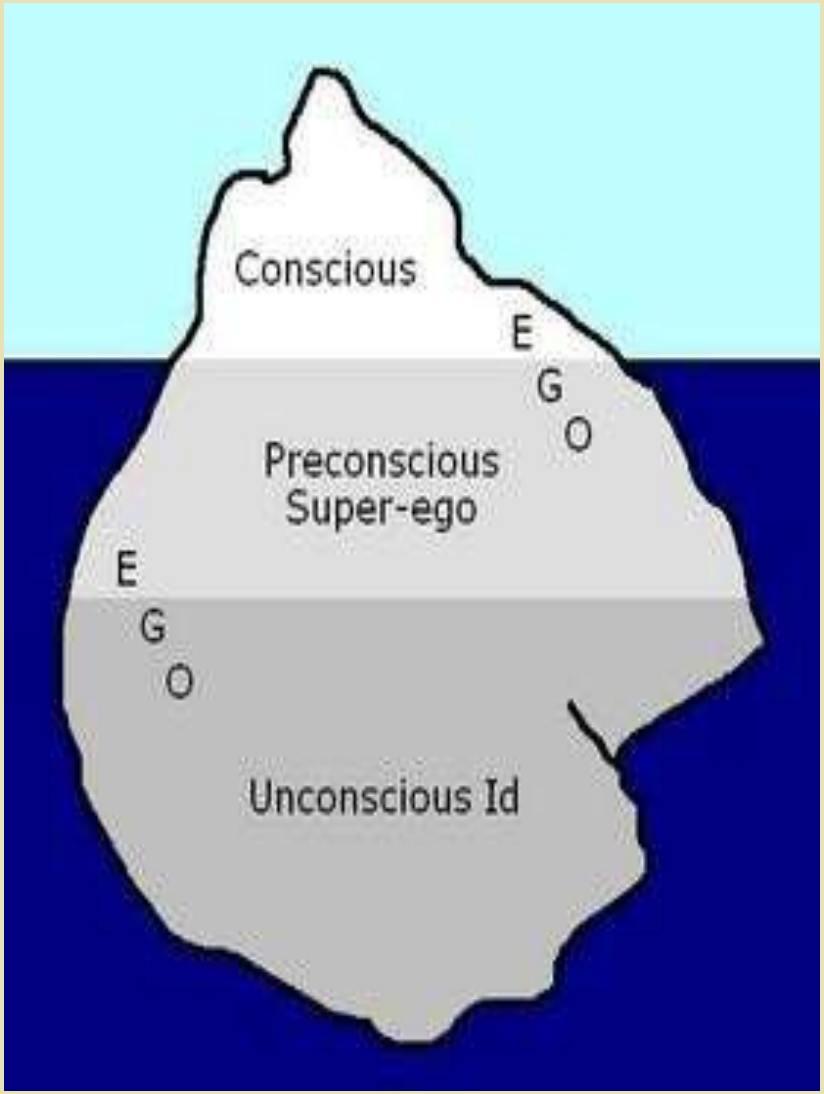


- For the trainee, the purpose was to develop an acute awareness of one's own psyche so as to prevent interference from one's own biases with the analysis of another. This is called counter-transference.
- Freud named the level of consciousness - unconscious, conscious and preconscious (not in much use now)
- Freud developed a topography of the self: id, ego and superego.
- Freud also posited that human behavior was built up over time through distinct stages.



- Freudian stages were oral, anal, oedipal, latency, genital. Observation of infant reveled to him the preoccupation with feeding and nurturance; excretion and toilet training, discovery of genitals and sensation from erogenous zones.
- Following is a period of when the child is less preoccupied with their bodily functions and concerned about relations in the social world.
- When adolescence presents another radical physiological change, once more the person is preoccupied with the body and sexual feelings and activities now they are living in an adult body.

3 Levels of Awareness



- Conscious
- Preconscious
- Unconscious



Conscious

- Current contents of your mind that you actively think of
- What we call working memory
- Easily accessed all the time



Preconscious

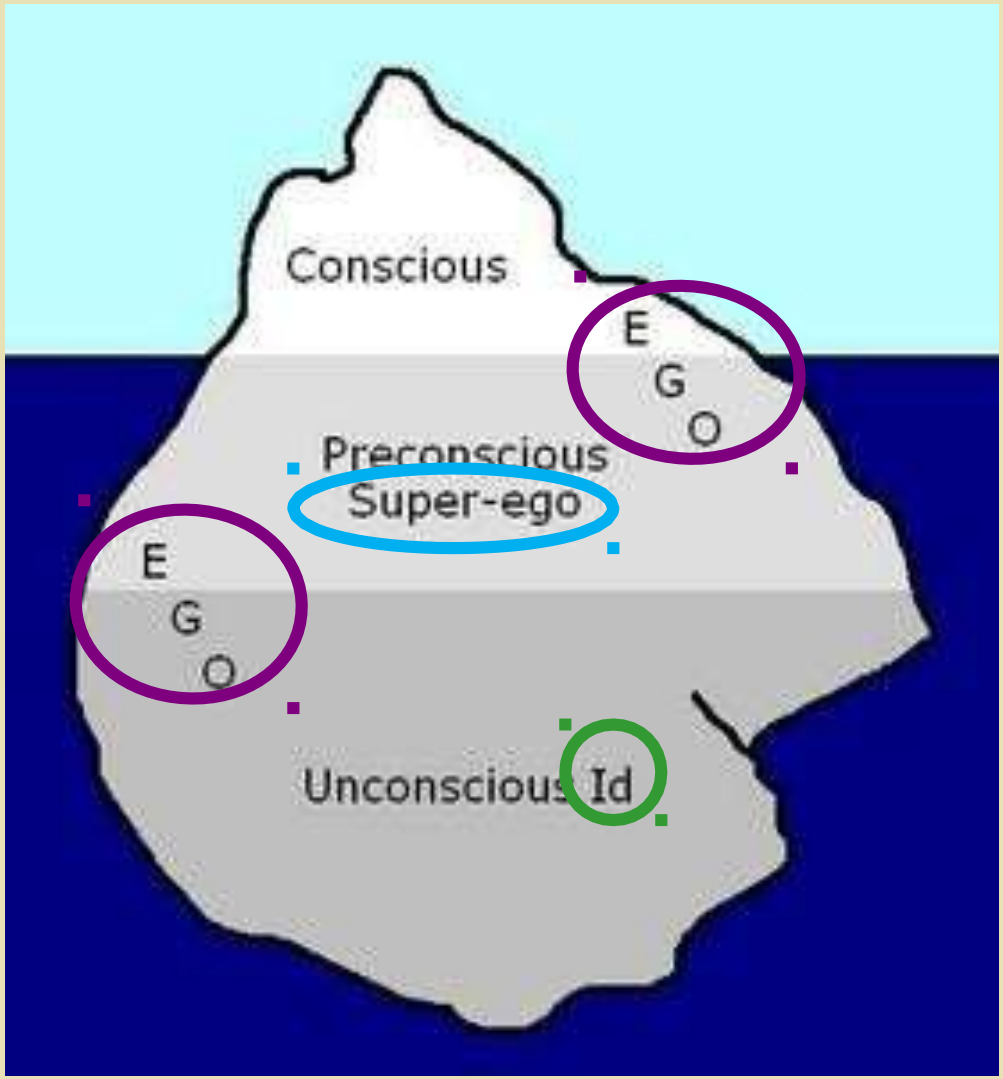
- Contents of the mind you are not currently aware of
- Thoughts, memories, knowledge, wishes, feelings
- Available for easy access when needed



Unconscious

- Contents kept out of conscious awareness
- Not accessible at all
- Processes that actively keep these thoughts from awareness

Freudian Components of Personality



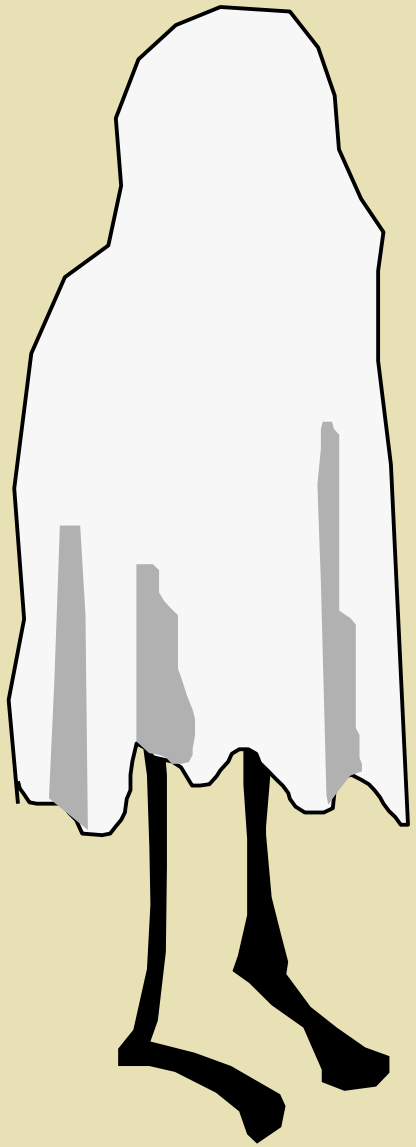
- Id
- Ego
- Superego

ID

Resides completely at the unconscious level

Acts under the pleasure principle

- immediate gratification, not willing to compromise
- Generates all of the personality's energy



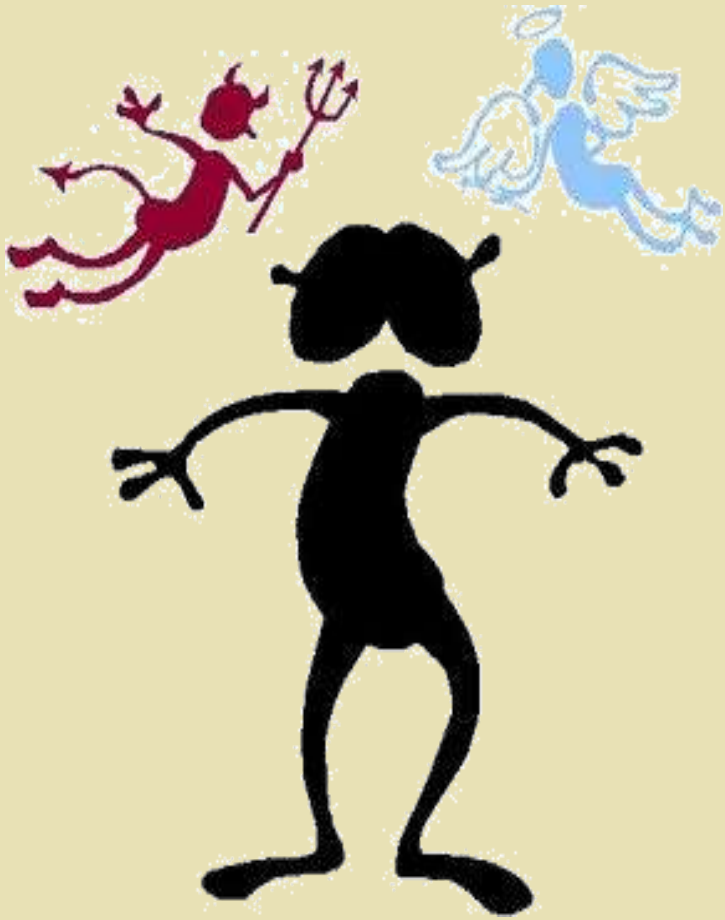
SUPEREGO

- The moralist and idealistic part of the personality
- Resides in preconscious
- Operates on "ideal principle"
  - Begins forming at 4-5 yrs of age
- Essentially your "conscience"



EGO

- Resides in all levels of awareness
- Operates under "reality principle"
- Attempts negotiation between Id and Superego to satisfy both realistically





- **Ego:** part of personality that mediates the demands of the id, the superego and reality

  - The ego has no concept of right or wrong; something is good simply if it achieves its end of satisfying without causing harm to itself or to the id.

- **Superego:** part of the mind that houses **morals/ values**

  - **conscience** can punish the ego through causing feelings of guilt or shame, reward us by feeling proud when we live up to it

  - **ego ideal: ultimate standard** of behavior as a "good" member of society.

- The interaction of these three parts of ourselves is characterized by **conflict.**



Conflicts of Personality Components

- Conflicts between the Id, Superego and Ego arise in unconscious mind
- Can't be reached in unconscious
- Come out in various ways
  - Slips of tongue ("Freudian slip")
  - Dreams
  - Jokes
  - Anxiety
  - Defense Mechanisms



DEFENSE MECHANISMS

- defense mechanisms operate unconsciously to protect the ego from threats from the id and from external reality.



Denial

- Refusal to accept external realities because too threatening to enter awareness
- i.e. denying that your physician's diagnosis of cancer is correct and seeking a second opinion



Repression

- Internal impulses and memories too threatening so bared from entering awareness
- i.e forgetting sexual abuse from your childhood due to the trauma and anxiety



Projection

- Attribute unacceptable thoughts or impulses onto others (project these inappropriate thoughts etc onto others)
- i.e when losing an argument, you state "You're just Stupid;"



Displacement

- Shifting attention from one target that is no longer available to a more acceptable or “safer” substitute
- i.e slamming a door instead of hitting as person, yelling at your spouse after an argument with your boss



Regression

- returning to a previous stage of development
- i.e sitting in a corner and crying after hearing bad news; throwing a temper tantrum when you don't get your way



Rationalization

- supplying a logical or rational reason as opposed to the real reason
- i.e stating that you were fired because you didn't kiss up to the boss, when the real reason was your poor performance



How Does our Mind Develop?

The Psychosexual Stages of Development

- Freud felt our development was driven by sexual energy, or **libido**
- At particular points in the developmental process, a single body part is particularly sensitive to sexual, erotic stimulation, and is referred to as the **erogenous zone**
- The child's libido centers on behavior affecting the primary erogenous zone of his age; he cannot focus on the primary erogenous zone of the next stage without resolving the developmental conflict of the immediate one.



Psychosexual Development

- Stages of development in which conflict over Id's impulses plays out
- Ego must control these impulses
- If not resolved, psychological issues can emerge later in life



- A child at a given stage of development has certain needs and demands- either frustration or overindulgence results in **fixation,** where the person gets “stuck” in that stage
- the method of obtaining satisfaction which characterized the stage one is fixated in will dominate and affect his **adult personality.**



1. **Oral stage:** (birth-18 months): erogenous zone is the mouth and sucking and biting lead to satisfaction

   - **frustration:** pessimism, envy, suspicion and sarcasm
   - **overindulgence:** optimistic, gullible, and is full of admiration for others around him
   - **primary conflict:** “weaning” : deprives the child of the sensory pleasures of nursing and of the psychological pleasure of being cared for, mothered, and held



2. **Anal Stage** (18-36 months): obsession with the erogenous zone of the anus and with the retention or expulsion of the feces- conflict with parents/societal pressures

- **anal expulsive character**: messy, disorganized, reckless, careless, and defiant.

- **anal retentive character:** neat, precise, orderly, careful, stingy, withholding, obstinate, meticulous, and passive-aggressive

- The resolution of the anal stage permanently affects the individual propensities to **possession** and attitudes towards **authority**.



3. **Phallic Stage:** (3- 6 years): The phallic stage is the setting for the greatest, most crucial sexual conflict in Freud's model of development. In this stage, the child's erogenous zone is the genital region.

- The conflict, labeled the ***Oedipus complex*** (The ***Electra complex*** in women), involves the child's unconscious desire to possess the opposite-sexed parent and to eliminate the same-sexed one.



- Employs the defense mechanism of identification, becoming as much like the same sex parents as possible, indoctrinating them into their appropriate sexual role in life.

  - A lasting trace of the Oedipal conflict is the **superego**

  - Fixation at the phallic stage develops a **phallic character**, who is reckless, resolute, self-assured, and narcissistic--excessively vain and proud.



- failure to resolve the conflict can also cause a person to be afraid or incapable of close love;

- Freud also postulated that fixation could be a root cause of homosexuality.



4. **Latency Period:** a period in which the sexual drive lies dormant. During the latency period, children pour this repressed libidal energy into asexual pursuits such as school, athletics, and same-sex friendships.



5. Genital Stage: child's energy once again focuses on his genitals, interest turns to heterosexual relationships. The less energy the child has left invested in unresolved psychosexual developments, the greater his capacity will be to develop normal relationships with the opposite sex.



Freud's Psychosexual Stages

STAGE		FOCUS
Oral	(0-18 months)	-Pleasure centers on the mouth- sucking, chewing, biting
Anal	(18-36 months)	-Pleasure focuses on bowel and bladder elimination; coping with demands for control
Phallic	(3-6 years)	-Pleasure zone is the genitals; coping with incestuous sexual feelings
Latency	(6 to puberty)	-Dormant sexual feeling
Genital	(puberty on)	-Maturation of sexual interest



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