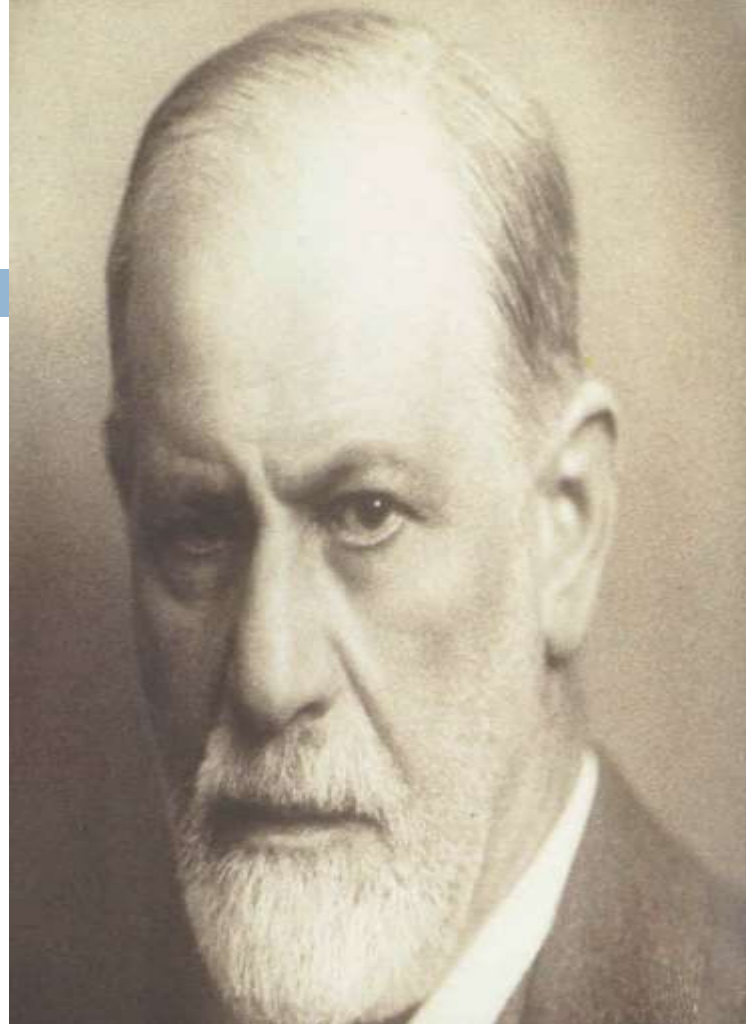


DR A JOHN BALAIAH

UNIT 3-

SIGMUND FREUD & PSYCHOANALYSIS

25PCP1CC03



Sigmund Freud

(6 May 1856 – 23 Sept 1939)

Backdrop to Freud's thought

- Freud formulated and developed the idea that many neuroses (phobias, hysterical paralyses and pains, some forms of paranoia, etc.):
 - ▣ had their origins in deeply traumatic experiences in the past life of the patient
 - ▣ which were now forgotten, hidden from consciousness;
 - ▣ the treatment was to enable the patient to recall the experience to consciousness, to confront it in a deep way both intellectually and emotionally, and in discharging it, to remove the underlying psychological causes of the neurotic symptoms

Freud's Psychoanalytic Theory



Eros

Libido

Thanatos

Freud's Psychoanalytic Theory

□ Drives and instincts

Eros

Libido

Thanatos

Drives people toward acts that are sexual, life-giving, and creative

Freud's Psychoanalytic Theory



Eros

Libido

Thanatos

Drives people
to experience
sensual
pleasure

Freud's Psychoanalytic Theory

□ Drives and instincts

Eros

Libido

Thanatos

Drives people
toward
aggressive and
destructive
behaviors

Key Concepts

View of human nature

- Deterministic
- Behaviour is determined by unconscious forces, unconscious motivations, biological and instinctual drives
- These evolve through key psychosexual stages in the first six years
- PA teaches , one may through insight free oneself from the tyranny of past experiences

Instincts

- Central
- Life instincts
- Libido to sexual energy
- Broadened to include the energy of all life instincts
- Serve the purpose of the survival
- Libido- source of motivation that encompasses sexual energy but goes beyond it
- Goal of life- gaining pleasure and avoiding pain

Death instincts

- Aggressive drives
- Unconscious wish to die or hurt themselves or others
- Sexual drives and aggressive drives are powerful determinants
- Why people act as they do
- Conflicts between LI (Eros) and death instincts (known as Thanatos)
- How to manage aggressive drive (Civilization and its discontents)
- Human race can be exterminated
- How much more true is this today that in Freud's time

Two models of mental life



- 1. Structure of personality
- 2. Topographic model

Structure of Personality

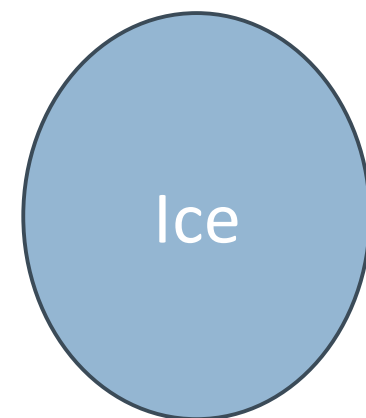
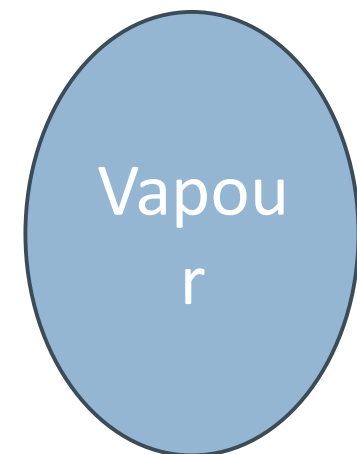
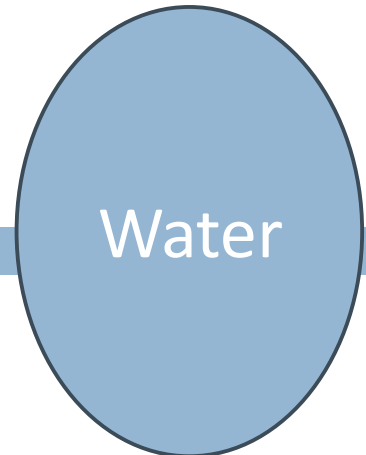
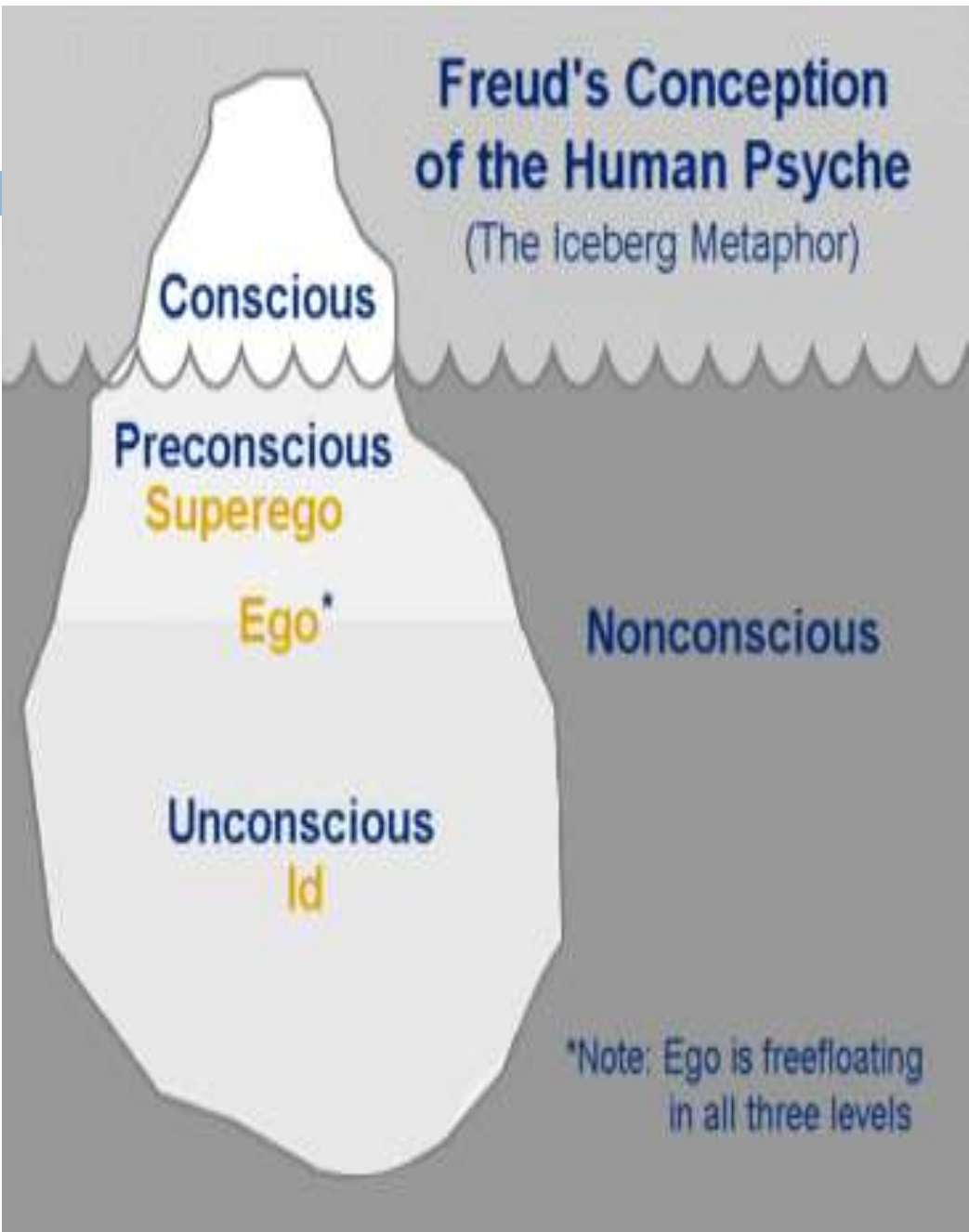
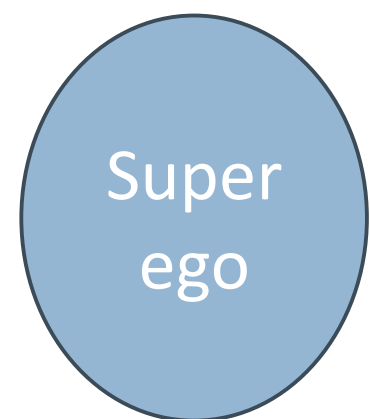
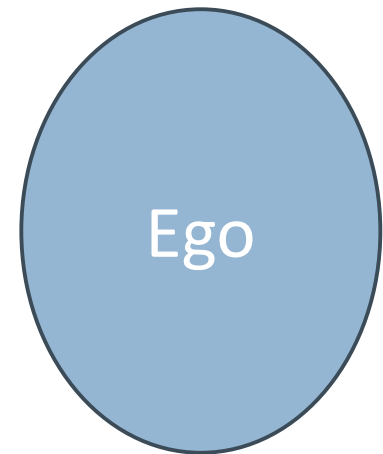
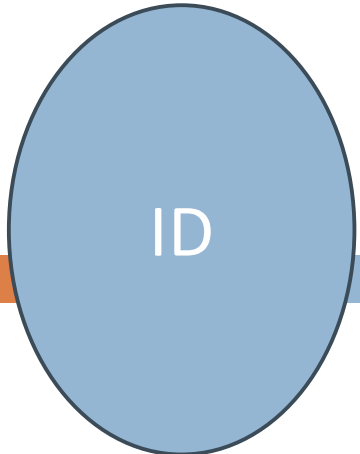
- Personality consists of three systems
- The ID, EGO & SUPER EGO
- Psychological structures and not manikins
- Personality functions as a whole
- No three discrete segments
- ID- Biological component, Ego – Psychological component & Super EGO- Social component

Structure of Personality

ID	EGO	SUPER EGO
At birth all	Contact with the external world of reality Executive Body	Judicial Moral code Good/bad; right/wrong
Primary Source of Psychic Energy & seat of instincts Blind, demanding and insistent Lacks organization Discharges tension immediately and returns to homeostatic condition Pleasure principal Illogical, amoral and to satisfy instinctual needs ID never matures, It does not think but wishes and acts	Executive, governs , controls and regulates the personality Traffic Cop- mediates between instincts and the surrounding environment Controls consciousness and exercises censorship Plans how to satisfy the needs Seat of intelligence and rationality Checks and balances the blind impulses of the id Id knows the subjective reality, ego distinguishes mental images and the external world	Ideal than real No pleasure but perfection Traditional values Inhibit the Id impulses To persuade the Ego to strive for moral goals than realistic goals Internalization Promotes rewards and punishments Rewards are feelings of pride and self love Punishments are feelings of guilt and inferiority

2. Topographic Model





Consciousness & unconsciousness

- Unconscious cannot be studied directly
- It has to be inferred directly from the behaviour
- Clinical evidence for postulating the unconscious includes the following
 - 1. Dreams : symbolic representations of unconscious needs , wishes and conflicts
 - 2. Slips of the tongue and forgetting (Familiar name)
 - 3. Posthypnotic suggestions
 - 4. Material derived from free association techniques
 - 5. Material derived from projective techniques
 - 6. Symbolic contents of psychotic symptoms

Preconsciousness

- Contains ideas , feelings and memories available to us when we choose to focus attention on them. E.g. Nuclear war
- Primary function is to police our psyche and prevent unconscious thoughts that might generate anxiety from reaching consciousness
- Either completely blocks unconsciousness or disguising unconsciousness material
- Incestuous impulses – arouse anxiety – represses – hatred / Reaction formation
- Sexual impulses are buried in her unconsciousness (Boy in love with a girl)

Two types of thought processes

- 1. Secondary process- (Consciousness & PC)
- Reality principle, logical and organized
- Normal mode of thinking
- 2. Primary Process
- unorganized mental activity
- unconscious, no logic appears
- 5 years but a college student (Dream)
- Certain mechanisms are operative

Mechanisms

- Symbolism – An object to signify something else based on its original and substitute
- Banana, Papaya
- Condensation- Several objects come fused in a single symbol (one's boss, father, minister appear as the same person in the dream)
- Displacement – Emotions, ideas and wishes are transferred from their original substitute
- (Anger might be displaced from a parent to a teacher)

Consciousness



- Thin slice of the total mind
- Larger part of the mind exists below the surface of the water (awareness)
- Unconscious stores up all experiences, memories, repressed materials. Needs and motivations are inaccessible (out of awareness) (absentia – in the world of unconscious)

Consciousness

- Aim of psychoanalysis is to make the unconscious , conscious
- Then only one can exercise choice (Therefore, Indecisiveness)
- Essential to grasp the role of unconscious in the understanding of psychoanalytic model of behaviour
- Unconscious influence behaviour
- Unconscious processes are the roots of all forms of neurotic symptoms and behaviours
- Cure is uncovering the meaning of the symptoms , causes of the behaviour and the repressed material that interfere with healthy functioning
- Intellectual insight alone does not resolve the symptoms
- Old patterns (repetition) must be confronted through transference distortions.

Anxiety

- State of tension that motivates us to do something
- Develops out of conflict between the psychic structure
- Function- to warn the impending danger
- Reality anxiety – Proportionate to the danger in the external world
- Neurotic anxiety- is the fear that the instincts will get out of control and do something, may invite punishment
- Moral anxiety- fear of one's own conscience
- When ego cannot manage anxiety by rational or direct methods, it relies on unrealistic ones- Ego Defense mechanism

Some Common Defense Mechanisms

- Immature
- Repression
- Denial
- Retroflection
- Acting out
- Projection
- Splitting
- Reaction Formation
- Conversion/Somatization
- Dissociation
- Displacement
- Intellectualization
- Isolation

DEFENSE	DESCRIPTION	EXAMPLE
denial	arguing against an anxiety provoking stimuli by stating it doesn't exist	denying that your physician's diagnosis of cancer is correct and seeking a second opinion
displacement	taking out impulses on a less threatening target	slamming a door instead of hitting a person; yelling at your spouse after an argument with your boss
intellectualization	avoiding unacceptable emotions by focusing on the intellectual aspects	focusing on the details of a funeral as opposed to the sadness and grief
projection	placing unacceptable impulses in yourself onto someone else	when losing an argument, you state "You're just Stupid," homophobia
rationalization	supplying a logical or rational reason as opposed to the real reason	stating that you were fired because you didn't kiss up the boss, when the real reason was your poor performance
reaction formation	taking the opposite belief because the true belief causes anxiety	having a bias against a particular race or culture and then embracing that race or culture to the extreme
regression	returning to a previous stage of development	sitting in a corner and crying after hearing bad news; throwing a temper tantrum when you don't get your way
repression	pulling into the unconscious	forgetting sexual abuse from your childhood due to the trauma and anxiety
sublimation	acting out unacceptable impulses in a socially acceptable way	sublimating your aggressive impulses toward a career as a boxer; becoming a surgeon because of your desire to cut; lifting weights to release 'pent up' energy
suppression	pushing into the unconscious	trying to forget something that causes you anxiety

Mature DM



- Altruism
- Humour
- Suppression
- Anticipation
- Sublimation

M DM

- **Altruism**
- Instinctual and gratifying service to others
- Philanthropy or public service (Unlike Reaction formation)
- **Humor**- Forbidden wishes can be expressed in comic fashion
- **Suppression**- Conscious effort to postpone paying attention to an unpleasant subject Minimising misfortunes
- Keeping a stiff upper lip
- I 'll think about that tomorrow

- **Anticipation-** Planning for a future discomfort in a realistic fashion to decrease anxiety
- Impending separation from a loved one

- **Sublimation-** supports much of civilization
- Sexual & aggressive impulses into personally and socially acceptable channels. Sports, aggression is tamed
- Aggression is channelled but not inhibited
- Many artistic endeavours – sublimated libidinal energies

IMMATURE DM

- **Repression** : Akin to forgetting
- Forcing the thoughts, memories and feelings into the unconscious
- Responsible for lapses of memory
- Accompanied by symbolic behaviour
- (Clothes selection- Man attracted to a female psychiatrist)
- Denial – Unacceptable thoughts banished from awareness (Physical disorders)

- **Retroflexion**
- Turning against the self – Deflecting it from original object to self
- Depressive & masochistic
- **Hypochondriasis**- Retroflexion involves transforming a reproach towards others into somatic complaints

- **Acting out-** acting on an intolerable feelings
- Acting on an unconscious wish
- Psychologists disapprove of
- Projections: To defend one's own unresolved feelings
(Advancing behaviours- Everyone in the streets)

DM

- ❑ Spilting- Dissociating positive and negative aspects and compartmentalizing
- ❑ Good guys and bad guys
- ❑ Living with ambivelances
- ❑ Reaction Formation: Unconscious impulses are disallowed and opposit conscious attitudes and behaviours are developed
- ❑ Woman who despises her children – Undue affection
- ❑ Using salacious literature in schools and colleges
- ❑ Voluntines Day

DM

- **Conversion-** Somatoform disorder
- Symbolically expressed through body
- Expressed through bodily symptom
- Woman whose unacceptable impulse to kill her husband becomes paralysed
- Dissociation: To avoid or cope with severe emotional stress
- Sleep walking, amnesia and multiple personality

□ **Displacement**

- Redirects feelings from an original object to a more acceptable or less dangerous substitute

□ **Intellectualization**

- To avoid strong feelings (Not in our hands)
- Thinking about instinctual wishes in affectively bland terms to avoid experiencing strong emotions (Not getting a position- Don't deserve it)

- **Isolation of affect**
- Separation of feelings from an idea
- Banishing into consciousness
- Obsessive –compulsive personality styles
- (Husband who is angry with wife may not express her anger, but finding out ways to hurt her)

Development of Personality

- Three early stages of development usually people bring to counseling
- Gratification Vs. Deprivation
- Stage 1 : Oral stage – Libido – Pleasure -Zone
- Oral gratification- Trust, Accepting other, forming interpersonal relationships
- Oral fixation: Mistrust, rejection, inability form relationships – Mental Health issues (Borderline personality disorder, paranoia, Addictions to alcohol)

Oral stage

- ❑ ORAL INCORPORATIVE BEHAVIOUR
- ❑ Stimulation of the Mouth – then it is developed to the other parts of the body
- ❑ Adults who exhibit (excessive eating, chewing, talking ,smoking and drinking)
- ❑ Due to oral fixation
- ❑ Deprivation during infancy is assumed to lead problems into adulthood

Oral stage

- Oral aggressive period- while the infant teeths
- Adult Characteristics- Sarcasm, hostility, aggression, gossip and making teething comments are related to events of this developmental period
- Greediness and acquisitiveness- not enough getting food or love
- Material things are substitutes for what they really want – food and love
- Mistrust , fear of reaching out to others, rejection of affection , fear of loving , low self esteem, isolation and withdrawal and inability to form /maintain relationships

PD

- Stage 2: Anal Stage: Zone (1-3)
- Learning independence, accepting personal power, learning to express feelings such as rage and aggression (negative feelings)
- Control over the bowels- Far reaching effects on their personality traits
- Parental discipline and attitudes have significant consequences for child's later personality development- OCD, Phobia

Anal stage

- ❑ Children also exercise their power
- ❑ Withholding their feces or defecating at inappropriate times
- ❑ Strict toilet training resulting in inappropriate places and times
- ❑ Later adulthood characteristics like cruelty, anger and extreme disorderliness- anal aggressive personality
- ❑ Parents praise – Importance of this activity
- ❑ Need for productivity
- ❑ Child will develop lot of negative feelings

Anal stage

- Adults develop fixation revolving around extreme orderliness, hoarding, stubbornness and stinginess – This is known as anal-retentive personality
- **Accept anger and hostility towards those who love**
- These feelings were bad and parental acceptance would be withheld if they expressed, so they repressed
- Do this here/there
- Lost touch with potential for power
- Struggle to define who they are and what they are capable of.

PD

Ages 3-6

- Phallic Stage : Genitalia as the erogenous zone- Libido centers- Basic conflicts center around unconscious incestuous relationship
- Oedipus complex- Male Phallic stage— Parent of opposite sex – because of threatening nature , repressed
- Girls- Electra Complex
- Possess the parent of the opposite sex comes the wish to do away with the competition- of the same sex
- How the parents respond verbally and nonverbally has an impact on sexual attitudes and feelings that child develops

- Boy in fantasy and in behaviour exhibits sexual longing for the boy
- More powerful the father – rival – repression has already begun
- Specific fears- Castration anxiety- Cut off
- Fear is increased when he sees the absence of penis in the girls
- Fear of losing his prized possession
- Represses his longings for the mother
- If he cannot beat him rather join him
- More acceptable forms of affection
- Vicarious satisfaction
- Becomes more like his father, adopt many of his father's mannerisms

Electra complex

- Many controversies regarding female phallic stage
- Girls first object of love is mother , but love is transferred to the father
- She develops negatives feelings especially when she observes the absence of a penis, condition known as penis envy
- Compete with the mother for father's attention
- Penis envy is girl's counterpart to the boy's castration anxiety

PD

- Sexuality is misunderstood
- Sexuality refers to organ pleasure of any kind
- Sexuality is more diffused- Not meaning the sexual act
- Curiosity about sex is aroused –
- Sex role identification is the developmental task

Latency Stage Ages 6-12

- All the above three stages- narcissistic- self centeredness – inner world
- Moving to – External reality
- Quiescent interests are developed after the torment of sexual impulses of preceding years
- Sexual interests are replaced by school, play mates, sports and range of new activities
- Time of socialization
- Towards forming relationships with others

PD Genital Stage Ages 12-18

- ❑ Old themes of phallic stage are revived
- ❑ Though there are societal restrictions and taboos adolescents can deal with socially acceptable activities
- ❑ Turning away from narcissistic to Altruistic
- ❑ Goals of lieben und arbeiten
- ❑ To love and work
- ❑ Loving and working bring paramount satisfaction and derive satisfaction

Ages 18-35 Genital stage continues

- Core characteristics of mature adult is the freedom to love and work. Freedom from parental influence and capacity to care for others

Therapeutic Process

- Goals
- 1. Make the unconscious conscious
- 2. Strengthen the ego so that the behaviour is based more on reality and less on instinctual cravings
- 3, Childhood experiences are reconstructed, discussed , interpreted and analyzed
- 4. Oriented toward achieving insight, not just intellectual understanding but with feelings and memories associated with this self understanding

Therapist Function and Role

- 'Blank screen' approach
- Anonymous
- Neutral
- Transference relationships which will foster projections on them
- Significant other of the client
- 'Grist for the mill'
- Who is a healthy person?

Role

- Analyst listens while Analysand does most of the talking
- To teach clients the meaning of these processes
- Analysand's feelings toward the therapist
- It is more like putting the pieces together

Client's Experience in Therapy

- Long term commitment
- Three to five years
- Lying on a couch encourages deep and uncensored reflections
- Fosters projections (Classical)
- Root causes of their historical problems
- No Radical decisions
- Insight into how environments affect them and how they affect the environment and a reduced defensiveness

Relationship



- ❑ Transference is the core
- ❑ Transference allows clients to understand and resolve unresolved business from these past relationships.
- ❑ Current substitute for significant others
- ❑ Positive transference towards the therapist

Relationship

- Working-through Process
- Not only become aware of unconscious material but also achieve some level of freedom from infantile strivings total love and acceptance from parental figures
- Narcissistic disorders may improve with repeated acknowledgements of the past

Relationship

- Learn to provide themselves with reassurances rather than seeking confirmations from the others
- Notion of never becoming completely free of past experiences has significant implications for the therapist
- May lead to counter transference- Dependence tendency

Application : Therapeutic Techniques and procedures

- 1. Maintaining the Analytic framework
- Talk – Catharsis- Insight- working through the unconscious material
- Analyst's relative anonymity, regularity, consistency of meetings, starting and ending of sessions – (Feeding an infant)
- Minimise departures

2. Free Association

- Saying whatever comes to mind – Basic rule
- Painful, silly, trivial, illogical, irrelevant
- Central technique, No censorship
- Lie on the couch (Classical)
- Surface content, hidden meaning
- Listening with the third ear
- Areas that clients do not discuss are more significant
- Client must determine the actual meaning

3. Interpretation

- 1. pointing out the meanings of free association, resistances, dreams, therapeutic relationships
- Ego to assimilate the new material
- Therapist uses clients reactions as gauge
- 2. Interpretation should always start from the surface
- 3. Point out a resistance / Defense

4. Dream Analysis

- Dreams are royal road to unconsciousness
- Two levels
- Latent content – hidden, symbolic, unconscious motives, sexual and aggressive impulses are transformed into
- Manifest Content
- Unlock repression that has kept from consciousness and relate it to the present struggle
- Understanding to the current functioning

5. Analysis and interpretation of Resistance

- Anything that works against the process
- Fosters the status quo and gets in the way of the change
- Prevents the client to gain insights , gratifications

6. Analysis and interpretation of Transference

- To experience a variety of feelings that would otherwise be inaccessible
- To achieve here and now insight of the past and the current functioning
- I had a dream
- I forgot to bring my Credit card
- I will be missing a few sessions

Contemporary Trends

- Incorporating cultural and social influences on personality
- Anna Freud – Adapting psychoanalysis to children and adolescents
- Erikson- Expands the theory into psychosocial theory

Object Relations Theory

- Other/ object/target
- The way we have experienced others
- Internalized others
- Set up representations and influence our relationships
- Internalizations Vs. Externalizations

Self Psychology

- Heinz Kohut
- How we use interpersonal relationships (self objects) to develop our own sense of self
- Relational model
- Interactive process between therapist and the Client

Margret Mahler

- Self- other pattern
- Will influence the later adulthood behavior
- People can be dependent or independent based on their attachment with mother in toddlerhood
- Object Relations theory
- Oedipus Complex is less critical than the child's progression from a symbiotic state to state of separation



- Begins in a state of fusion with the mother and progresses gradually to separation
- Psychological development can be thought of as the evolution of the way in which individuals separate and differentiate from others

Stages of development

- Stage 1 - 3 or 4 weeks – **Normal infantile autism** – Physiological tension than psychological process
- Unable to differentiate
- Melanie Klein – Infant perceives parts not as unified one
- Adult's lack of psychological organization may be thought of returning to the most primitive infantile stage



- **Second Stage**
- Symbiosis – 3rd month
- Mother is a partner not an interchangeable part
- Emotional attachment
- **Third stage-** Separation –individuation process begins in the 4th or the 5th month
- Separation but returns for comfort
- Independence and dependence
- Approving mirrors

Narcissistic

- Those who cannot differentiate at the same time idealize others will suffer from low self esteem and narcissistic personality disorders
- - Narcissistic- Too much of self importance
- Grandiose self , exploitative tendencies will leave them poor self concept (Empty Vessels)
- Need to be admired, parasitic relationships with others
- H. Kohut – Perceiving threats to their self esteem

Borderline

- Period of separation –individuation
- Thwarted by the rejection of the parents
- Making the children to feel low self esteem
- Borderline people are characterized by instability , irritability, impulsive anger and extreme mood shifts.
- Suffer from disillusionment and euphoria
- Lack of clear identity (Kernberg) , lack of understanding of other people , poor impulse control

Constancy of Self and object

- Stage IV – Constancy of Self and object
- 36 months
- Treatment
- Healthiest and best when they are independent and experience attachment
- Taking joy in themselves and being able to idealize others
- Sense of freedom, self sufficiency and self esteem
- Not compulsively dependent / nor fear closeness