Overview

I. Introduction
II. Key Concepts
III. Development of Personality
IV. Therapeutic Process
V. Therapeutic Techniques & Procedures

I. Introduction

A. Sigmund Freud’s psychoanalytic system =
   a model of personality development,
   a philosophy of human nature,
   a method of psychotherapy
B. Erik Erikson’s theory of psychosocial development
   extends Freud’s theory in several ways

II. Key Concepts

View of Human Nature: our behavior is determined by
   irrational forces,
   unconscious motivations,
   biological and instinctual drives,
   as these evolve through key psychosexual stages in the first six years of life
   a. Libido- refers to sexual energy
   b. Death instincts- this accounts for the aggressive drive

Structure of Personality

THE ID — The Demanding Child
   Ruled by the pleasure principle
THE EGO — The Traffic Cop
   Ruled by the reality principle
THE SUPEREGO — The Judge
   Ruled by the moral principle
Structure of Personality

- THE EGO — The Traffic Cop
  - the "executive" that
    - governs,
    - controls, &
    - regulates the personality

THE SUPEREGO — The Judge
- judicial branch of personality
- includes a person's moral code
  - (good or bad)

Consciousness & Unconscious

- Unconscious
  - cannot be studied directly;
  - it is inferred from behavior
- Consciousness
  - according to Freud it is a thin slice of the total mind

The Unconscious

- Clinical evidence for postulating the unconscious:
  - Dreams
  - Slips of the tongue
  - Posthypnotic suggestions
  - Material derived from free-association
  - Material derived from projective techniques
  - Symbolic content of psychotic symptoms

Anxiety

- Reality anxiety:
  - fear of danger from the external world
- Neurotic anxiety:
  - fear that the instincts will get out of hand and cause one to do something for which one will be punished
- Moral anxiety:
  - fear of one's own conscious

Ego-Defense Mechanisms

- Are normal behaviors which operate on an unconscious level & tend to deny or distort reality
- Help individual cope with anxiety & prevent the ego from being overwhelmed
- Have adaptive value if they do not become a style of life to avoid facing reality
Ego-Defense Mechanisms

- Repression:
  - an involuntary removal of something from consciousness
- Denial:
  - a way of distorting what the individual thinks, feels, or perceives in a traumatic situation.
- Reaction formation:
  - one defense against a threatening impulse is to actively express the opposite impulse

- Projection:
  - attributing to others one's own unacceptable desires and impulses
- Displacement:
  - directing energy toward another object or person when the original object or person is inaccessible
- Rationalization:
  - explaining away failures or losses (justifying)

- Sublimation:
  - diverting sexual or aggressive energy into other channels, ones that are usually socially acceptable and sometimes even admirable
- Regression:
  - reverting to a form of behavior that is not so demanding (immature or that they had grown out of)
- Introjection:
  - taking in and swallowing the values and standards of others

Ego-Defense Mechanisms

III. Development of Personality

- Sigmund Freud (Psychoanalytic Psych.)
- Erik Erikson (Ego Psychology)
- Carl Jung (Analytic Psychology)
- Margaret Mahler (Object Relations)
- Heinz Kohut (Self Psychology)

FREUD’S PSYCHOSEXUAL STAGES:

- ORAL STAGE
  - First year
  - Related to later mistrust and rejection issues
- ANAL STAGE
  - Ages 1-3
  - Related to later personal power issues
- PHALLIC STAGE
  - Ages 3-6
  - Related to later sexual attitudes
- LATENCY STAGE
  - Ages 6-12
  - A time of socialization
- GENITAL STAGE
  - Ages 12-60
  - Sexual energies are invested in life
ERIKSON’S PSYCHOSOCIAL STAGES:

1. Trust vs mistrust - Infancy
2. Autonomy vs shame & doubt - Early childhood
3. Initiative vs guilt - Preschool age
4. Industry vs inferiority - School age
5. Identity vs role confusion - Adolescence
6. Intimacy vs isolation - Young adulthood
7. Generativity vs stagnation - Middle age
8. Integrity vs despair - Later life

JUNG’S PERSPECTIVE:

- Carl Jung's idea that nature of humans is to be constantly developing, growing, & moving toward a balanced & complete level of development
- Process of self-actualization is oriented toward the future
- Also believes humans have constructive & destructive forces & we have to accept the dark side of our nature

CONTEMPORARY TRENDS:

- Margaret Mahler (Object-Relations Theory)
- Heinz Kohut (Self Psychology)

Object-Relations Theory:

- Margaret Mahler
- Emphasized the observation of children & found different stages of development:
  - First stage = normal infantile autism
  - Second stage = symbiosis
  - Third stage = separation/individuation process

Self Psychology:

- Heinz Kohut
- Proposes that healthy self-development proceeds from adequate responsiveness of caregivers to the child’s vital emotional needs, including:
  - Alterego Needs
  - Idealizing Needs
  - Mirroring Needs

Self Psychology:

- Alterego Needs
- Children need to have involvement with other being like themselves
- Idealizing Needs
- Children need to feel attached to an emotionally stable caregiver who can soothe & calm them
- Mirroring Needs
- Children need to feel understood & appreciated, that their feelings mean something
Self Psychology:
- If these needs are not met in childhood, problems will occur throughout lifespan
- Neglectful parenting (physical/emotional or worse—abuse) can result in derailments of self development & impair individual’s ability to form healthy relationships
- Adequate parental responsiveness to child’s affect states (moods & feelings) is particularly vital if child is to achieve affect differentiation (emotional health & stability) & tolerance

Self Psychology:
- Stresses that individuals need relationships throughout life
- Relationships that serve to evoke & maintain the integrity & cohesiveness of self will always be required
- Insufficient selfobject responsiveness may lead to fragmentation, a distressing affective & cognitive state indicating threatening self-cohesion
- Fragmentation experiences range from mild dysphoria to a panicked sense of impending annihilation or disintegration


IV. Therapeutic Process
- Therapeutic Goals:
  - therapist uses a variety of methods to bring out client’s unconscious material that needs to be worked on
- Therapist's Function and Role:
  - therapist needs to assume an anonymous stance also known as the blank screen

IV. Therapeutic Process
- Client’s Experience in Therapy:
  - psychoanalysis is a long-term process and the client need to be willing to commit
- Relationship between Therapist and Client:
  - transference process is used
  - It allows clients to understand & resolve “unfinished business” from past relationships
  - What is known as the working-through process

V. Therapeutic Techniques and Procedures
- Maintaining the Analytic Framework:
  - using a whole range of procedural & stylistic factors in sessions
    - (i.e., starting & ending the sessions on time)
- Free Association:
  - clients says whatever comes to mind (without censure), regardless of how painful, silly, trivial, illogical or irrelevant it may be
  - This is one of the best tools for opening the door to the unconscious

V. Therapeutic Techniques and Procedures
- Interpretation:
  - Therapist points out, explains and even teaches the client the meanings of behavior
  - Important for the therapist to consider readiness of the client
- Dream Analysis:
  - Therapist uses the "royal road to the unconscious" to bring unconscious material to light
  - Giving client insight of some unresolved problems
  - latent content are hidden, symbolic, and unconscious motives wishes, and fears
  - manifest content which is the dream that appears to dreamer
## V. Therapeutic Techniques and Procedures

### Analysis and Interpretation of Resistance:
- Refers to any idea, attitude, feeling, or action (conscious or unconscious) that fosters the status quo & gets in the way of change
- Anything that works against the progress of therapy & prevents the production of unconscious material
- However, client & therapist have to work past the resistance & confront it

## V. Therapeutic Techniques and Procedures

### Analysis and Interpretation of Transference:
- Clients often react to their therapist as they did to a significant person
- This helps them work on old conflicts that are keeping them fixated & stopping their emotional growth
- Helps client to see that canceling appointments, fleeing from therapy prematurely, etc., are ways of defending against anxiety
- These acts interfere with the ability to accept changes which could lead to a more satisfying life

## Transference and Countertransference

### Transference
- The client reacts to the therapist as he did to an earlier significant other
  - This allows the client to experience feelings that would otherwise be inaccessible
  - ANALYSIS OF TRANSFERENCE — allows the client to achieve insight into the influence of the past

### Countertransference
- The reaction of the therapist toward the client that may interfere with objectivity