CHAPTER TWO

Freud: Classical Psychoanalysis

Class Activity

- Answer Freudian Principle Statements based on WHAT Freud would consider true.
- Review Answers with Class
- Continue Lecture / Discussion

Chapter Overview

- The Unconscious
  - Psychic Determinism
  - Levels of Consciousness
  - Effects of Unconscious Motivation
  - Origin and Nature of the Unconscious
- Structures of the Personality
  - The ID
  - The Ego
  - The Superego
- Intrapsychic Conflict
  - Energy Hypothesis
  - Anxiety
  - Defense Mechanisms
  - Sublimation
  - Empirical Studies of Defenses

Chapter Overview Cont.

- Personality Development
  - The Five Psychosexual Stages
- Psychoanalytic Treatment
  - Psychoanalytic Therapy Techniques
  - The Recovered Memory Controversy
- Psychoanalysis as a Scientific Theory
  - Silverman’s Experiments
  - Unconscious Cognition
  - Unconscious Influences and the Body

Quotations

“In Confession the sinner tells what he knows; in analysis the neurotic has to tell more.”
(Sigmund Freud, The question of Lay Analysis)

“An ego thus educated has become reasonable; it no longer lets itself be governed by the pleasure principle, but obeys the reality principle, which also at bottom seeks to obtain pleasure, but pleasure which is assured through taking account of reality, even though it is pleasure postponed and diminished.”
(Sigmund Freud, Introductory Lectures 16.357).
Sigmund Freud

- Born (1856) in Freiberg, Moravia into a Jewish family
- Moved at the age of 4 to Vienna
- Medical school, University of Vienna
- Published in 1900, *Interpretation of Dreams*
- Visits the US for two weeks in 1909
- Leaves Vienna in 1938 due to Nazi aggression
- Dies in London in 1939

Psychic Determinism

- proposes that underlying psychological factors cause symptoms and other behavior
- includes (for example) the impact of traumatic events as causes of psychopathology

The Unconscious

- The Unconscious
  - Psychic Determinism
  - Levels of Consciousness
  - Effects of Unconscious Motivation
  - Origin and Nature of the Unconscious

Psychoanalysis: Freud’s theory and its application in therapy

Examples:
- the theory described in this chapter, which investigates (analyzes) the unconscious
- form of therapy that involves exploration of the unconscious
Levels of Consciousness

Our mind is like an iceberg

conscious

preconscious

The majority of our psyche is beneath the surface

unconscious

Effects of Unconscious Motivation

- Physical Symptoms
  - Conversion hysteria: form of neurosis in which psychological conflicts are expressed in physical symptoms
- Hypnosis
  - Highly suggestible state. Suggestions of the hypnotist influence the experience and the recall
- Psychosis
  - Irrationality of the unconscious
  - Hallucinations

Effects of Unconscious Motivation

- Dreams
  - "The royal road to the unconscious"
  - Manifest content (recalled story)
  - Latent content (interpretation)
- Psychopathology of everyday life
  - Freudian slips, determined by the unconscious
- Humor
  - We find jokes funny if they provide a safe release for unconscious conflicts
- Projective tests
  - The TAT
  - The Rorschach

Origin and Nature of the Unconscious

- Repression
  - Personal experience
  - Hedonic hypothesis

Structures of the Personality

Id
The pleasure principle, primitive, libido

Superego
Ideals, guilt, internal voice of restrictions

Ego
The reality principle, mature, mediator

Figure 2.5: The parts of the mind, according to Freud.
Freud’s Stages of Psychosexual Development

**ID**

- Uses two basic techniques to reduce tension:
  - Reflex Action and Primary Process
  - At most primitive level, Id works by Reflex Action
    - Reacts automatically to internal irritants (e.g., sneezing, blinking, coughing, etc)
  - If needed object not immediately available, Id forms mental image of it
    - Primary process
      - Imagery production aimed at gratification
      - Wish Fulfillment
        - When infant’s image of desired object (e.g., food) can (temporarily) fulfill desire

**EGO**

- Das Ich "the I"
- Emerges during first 6 months
- Rational Self
- Governed by reality principle
  - Postpones discharge of energy until appropriate situation or object in real world appears
- Secondary process:
  - Reality based problem solving
  - I.e., creates a strategy for obtaining actual object or situation

**SUPEREGO**

- Das Uberich "the over-I"
- Emerges age 4
- Strives for the ideal rather than the real
- Governed by Moral / Idealistic Principle
- Functions divided into two spheres:
  - Conscience
    - Fosters morally right behavior by inhibiting impulses for pleasure
    - By persuading ego to attend to moral concerns
  - Ego ideal
    - Promotes idealistic/perfectionistic goals
- Develops through incorporation
  - Taking in of parents’ values; defensive identification
  - Child internalizes moral values of same-sex parent

**INTRAPSYCHIC CONFLICT**

- Energy Hypothesis
- Anxiety
- Defense Mechanisms
- Sublimation
- Empirical Studies of Defenses

**Energy Hypothesis**

- Repression requires energy, and the more energy tied up in the conflict, the less energy is available for dealing with current reality
ANXIETY

- Neurotic Anxiety
- Moral Anxiety
- Reality Anxiety

EGO DEFENSE MECHANISMS

- Defense mechanisms operate unconsciously to protect the ego against the pain of anxiety
- Unconscious ego processes that keep disturbing, unconscious thoughts from being expressed directly
- An absolute necessity since conscious awareness of all of our myriad conflicting motives & impulses would be overwhelming
- Defense mechanisms operate in combination to protect ego from neurotic & moral anxiety

DEFENSE MECHANISMS

- Denial
  - Not acknowledging painful aspects of reality
- Projection
  - People disguise their own threatening impulses by attributing them to others
- Defensive Identification
  - Taking on others’ characteristics to reduce one’s anxiety or negative emotions
- Projective Identification
  - Rejecting threatening features of self and projecting them onto another
- Displacement
  - Shifting sexual or aggressive impulses toward a more acceptable or less threatening object or person
- Regression
  - Engaging in behavior associated with pleasure of an earlier developmental period
- Reaction Formation
  - The ego unconsciously switches unacceptable impulses into their opposites
- Undoing
  - Making symbolic retribution for an unacceptable impulse/act
- Rationalization
  - Offering self-justifying explanations in place of the real, more threatening, unconscious reasons for one’s actions
- Repression
  - Most fundamental defense mechanism
  - Actively excluding threatening thoughts from consciousness

SUBLIMATION

Finding a socially acceptable aim and object for the expression of an unacceptable impulse

May be expressed in:
- Art
- Occupation

EMPIRICAL STUDIES OF DEFENSES

- Projective Tests
  - Rorschach Inkblot Test
  - Thematic Apperception Test (TAT)
- Self-Report Measures
  - Defense Mechanism Inventory
PERSONALITY DEVELOPMENT

➢ EROGENOUS ZONES
➢ PSYCHOSEXUAL STAGES

ORAL STAGE

➢ oral eroticism
➢ oral sadism
➢ weaning
➢ oral character traits
  ➢ optimism
  ➢ passivity
  ➢ dependency
➢ passive dependence
➢ counterdependence

ANAL STAGE

➢ toilet training
➢ anal retentive (organized, controlled)
➢ anal expulsive (messy, disorganized)
➢ anal character traits
  ➢ orderliness
  ➢ parsimony
  ➢ obstinacy

PHALLIC STAGE

➢ genital zone
➢ masturbation
➢ fantasy of parental partner
➢ males: Oedipus conflict
➢ females: Electra conflict

LATENCY

➢ Calming of sexual impulses
➢ More socially and academically driven

TABLE 2.2 Stages of Psychosexual Development

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age</th>
<th>Conflict</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Stage</td>
<td>Birth to 12 months</td>
<td>Weaning</td>
<td>Optimism or pessimism</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Addictions to tobacco, alcohol</td>
</tr>
<tr>
<td>Anal Stage</td>
<td>1 to 3 years</td>
<td>Toilet training</td>
<td>Stubborness</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Misery</td>
</tr>
<tr>
<td>Phallic Stage</td>
<td>3 to 5 years</td>
<td>Masturbation and Oedipus</td>
<td>Sex-role identification</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Morality (superego)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>vanity</td>
</tr>
<tr>
<td>Latency</td>
<td>5 years to puberty</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genital Stage</td>
<td>Puberty to adulthood</td>
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</tr>
</tbody>
</table>
GENITAL STAGE

- Puberty
- Focus on sexuality
- Genital character
  - vanity; appearance; attention

PSYCHOANALYTIC TREATMENT

- Love and work
- "Where id was, there shall ego be."
- Free association
- Catharsis
- Insight
- Transference
- Countertransference
- Recovered memory controversy

Psychoanalysis as a Scientific Theory

- Low reliability of projective tests
- Validation through the psychoanalytic method
- Effectiveness of therapy
- Process of therapy (insight not necessary)

Silverman's studies

- Subliminal psychodynamic activation
- "Mommy and I are one"
- "Beating Daddy is OK"

Unconscious Cognition

- Alternative explanations for the unconscious
- Cognitive approaches

Unconscious Influences and the Body

Neurological Basis for Freudian Theory
CONCLUSION

BASIC ASSUMPTIONS:
- The major causes of behavior have their origin in the unconscious.
- Psychic determinism: all behavior has a cause/reason.
- Behavior is motivated by instinctual drives.
- Different parts of the unconscious mind are in constant struggle.
- Personality is shaped as the drives are modified by different conflicts at different stages of one's life.

CHAPTER SUMMARY

The Unconscious
Structures of the Personality
Intrapsychic Conflict
Personality Development
Psychoanalytic Treatment
Psychoanalysis as a Scientific Theory