



## Psychology 460 Counseling & Interviewing

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Sheila. K. Grant, Ph.D.

## Overview

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

## I. Introduction

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- 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

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- 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

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- 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

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- THE ID — The Demanding Child
  - primary source of psychic energy
  - illogical,
  - amoral, &
  - driven to satisfy instinctual needs

## Structure of Personality

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

## Structure of 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

## Ego-Defense Mechanisms

- 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)

## Ego-Defense Mechanisms

- 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

- Identification:
  - it can enhance self-worth and protect one from a sense of being a failure
- Compensation:
  - masking perceived weaknesses or developing certain positive traits to make up for limitations

## 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:
    - a. First stage = normal infantile autism
    - b. Second stage = symbiosis
    - c. 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
- C. J. Newton (1996)

## 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