

# Unconscious Material



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# Getting at unconscious material



At first glance, it would appear that segment fried created a problem for himself . If the most important psychological material is buried in the unconscious , How can psychologists study it ? Moreover how can a psychotherapist help his or her clients when the key to understanding the client's problems is unavailable for inspection ? Sigmund Freud maintained that strong Id impulses do not simply disappear when they are pushed out of consciousness . If psychologists know what to look for they can catch a glimpse of unconscious thoughts by observing seemingly innocent behaviours. The following are seven techniques of Freudian psychologist might use to get at unconscious material.

# Dreams



- ∞ Freud called dreams the “Royal Road to the unconscious” .In 1900 published the “interpretation of Dreams” , presenting For the first time psychological theory to explain the meaning of these night time dreams . According to Freud , dreams provide Id impulses with a stage for expression . They are in fact a type of wish fulfillment; Our dreams represent the things we Desire .This is not to say that we want the unpleasant and frightening things we sometimes dream about to literally come true .Freud drew a distinction between the manifest content of a dream (What the dreamer sees and remembers / obvious meaning )And the latent content (What is really being said / hidden but true meaning)

# Projective tests



- ☞ We have all played the game of finding images in cloud formation. One person might describe a sailboat, another sees the lion, and third can just make out a couple dancing the Tango. Of course there are no real pictures in the Clouds. Where are these images coming from? In Freudian perspective these responses are projections of material in the perceiver's unconscious mind. Projective tests present test takers with M biggest stimuli and ask them to respond by identifying objects, telling a story, or perhaps drawing a picture. The responses provide insight of the unconscious.

# Free Association



- ❧ Clients must say whatever that comes to mind ,Regardless of how painful ,Silly aur irrelevant it may seem.
- ❧ Client must try to flow any feelings and thoughts freely .
- ❧ This is the basic tool used to open the door unconscious wishes, conflicts and motivation .
- ❧ Unconscious material will enter the conscious and the therapist will interpret it

# Freudian Slips



☞ We all occasionally make slips of tongue .Husband my trip to his wife by her maiden name. These slips can be embarrassing and funny, but to Freud they represented unconscious association . The husband who uses his wife's maiden name unconsciously wish he had never married this woman .We call these misstatements Freudian slips.

# Hypnosis



☞ Freud came to believe that the ego was somehow put into a suspended state during a deep trance, Which allowed the hypnotist to bypass ego and get directly to unconscious material.

# Accidents



∞ In Freudian view, many apparent accidents are in fact intentional action stemming unconscious impulses. Freud might argue that you were expressing an unconscious desire to hurt your friend when you broke his or her prized possession . Clients who claim to accidentally forget their regular therapy appointment might be displaying but what Freud called resistance. Consciously, the clients believe they simply did not remember the appointment.



# Symbolic behaviours



Just like the events we dream, many of our daily Behavior can be interpreted by Freudian psychologists as symbolic representations of our unconscious desires. Symbolic actions pose no threat to the ego because they are not perceived from what they are. But they may allow for the expression of unconscious impulses.