

# The psychoanalytic approach

**Neo Freudian theory ,application and assessment**

# Limits and liabilities of Freudian theory

- Three limits and liabilities often played key roles in the development of the neo Freudians approaches
  1. Many of these theorists rejected the idea that the adult personality is formed almost in its entirety by experiences in the first 5 or 6 years of life . Most neo Freudians acknowledge that early childhood experiences have a significant effect on personality development . But many argued that later experiences particularly in adolescence and early adulthood are also important in shaping personality
  2. Many Neo-Freudian challenged Freud emphasis on instinctual source of personality. In particular Freud failed to recognize how many social and cultural forces also shape who we are . For example Freud attributed many of the difference he saw between the personalities of men and women to inherent biological difference between the sexes.

# Limits and liabilities of Freudian theory

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Many theorist disliked the generally negative tone of Freudian theory. Freud painted a pessimistic and in some way degrading picture of human nature people largely controlled by instincts and unconscious forces .

# Temperament / personality...

Temperament is an unlearned tendency to experience things in a certain way. Your persona (personality) is the mask you put on before you show yourself to the outside world...the impression you give to others, which may or may not be a reflection of your true temperament. Carl Jung 1865 - 1961



Carl Gustav Jung was born July 26, 1875, in Switzerland. His father was a country parson. He was surrounded by a fairly well educated extended family, including quite a few clergymen and some eccentrics as well. The elder Jung started Carl on Latin when he was six years old, beginning a long interest in language and literature -- especially ancient literature. Besides most modern western European languages, Jung could read several ancient ones.

Carl was a rather solitary adolescent, who didn't care much for school, and especially couldn't take competition. He went to boarding school where he found himself the object of a lot of jealous harassment. He began to use sickness as an excuse, developing an embarrassing tendency to faint under pressure.

Although his first career choice was archeology, he went on to study medicine. While working under a neurologist, he settled on psychiatry as his career. He invented the psychiatric tool known as "word association", and developed a theory on personality. His theory is the basis for most accepted personality identifiers used today such as the Kiersey or Myers-Briggs Personality Inventories.

# Carl Jung



## 3 Levels of Consciousness:

- Ego: conscious level; carries out daily activities; like Freud's Conscious
- Personal Unconscious: individual's thoughts, memories, wishes, impulses; like Freud's Preconscious + Unconscious
- Collective Unconscious: storehouse of memories inherited from the common ancestors of the whole human race; no counterpart in Freud's theory

# The Collective Unconscious

It contains **archetypes**, emotionally charged images and thought forms that have universal meaning.

Archetypes cause us to respond in certain ways to common human experiences.

Key archetype: **Mandala** (“magic circle”), an image symbolizing the unity of life.



# Additional Archetypes

- **Persona:** your public personality, aspects of yourself that you reveal to others.
- **Shadow:** prehistoric fear of wild animals, represents animal side of human nature.
- **Anima:** feminine archetype in men.
- **Animus:** masculine archetype in women.
- **Others:** God, Hero, Nurturing Mother, Wise Old Man, Wicked Witch, Devil, Powerful Father.

# Basic Personality Orientations

- **Introversion:** focused inward; the person is cautious, shy, timid, reflective.
- **Extroversion:** focused outward; the person is outgoing, sociable, assertive, energetic.