

Psychoanalytic Therapy



Sigmund Freud

The Psychoanalytic Perspective

■ Unconscious

- according to Freud, a reservoir of mostly unacceptable thoughts, wishes, feelings and memories
- contemporary viewpoint- information processing of which we are unaware

Personality Structure

▪ Id

- contains a reservoir of unconscious psychic energy
- strives to satisfy basic sexual and aggressive drives
- operates on the pleasure principle, demanding immediate gratification

Personality Structure

▪ **Superego**

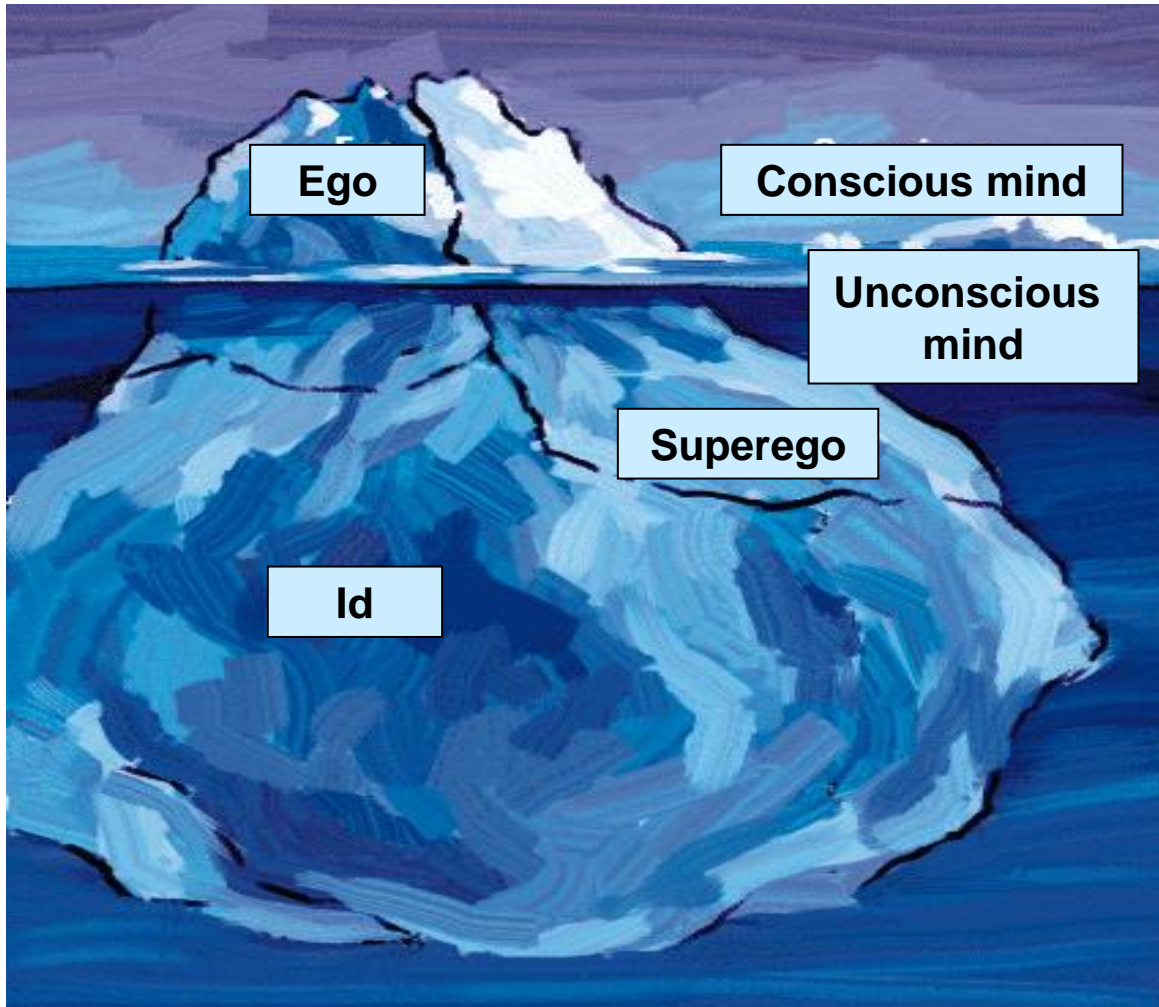
- the part of personality that presents internalized ideals
- provides standards for judgement (the conscience) and for future aspirations

Personality Structure

▪ Ego

- the largely conscious, “executive” part of personality
- mediates among the demands of the id, superego, and reality
- operates on the reality principle, satisfying the id’s desires in ways that will realistically bring pleasure rather than pain

Personality Structure



▪ **Freud's idea of the mind's structure**

Personality Development

▪ **Psychosexual Stages**

- the childhood stages of development during which the id's pleasure-seeking energies focus on distinct erogenous zones

▪ **Oedipus Complex**

- a boy's sexual desires toward his mother and feelings of jealousy and hatred for the rival father

Personality Development

Freud's Psychosexual Stages

| Stage | Focus |
|---------------------------|--|
| Oral (0-18 months) | Pleasure centers on the mouth-- sucking, biting, chewing |
| Anal (18-36 months) | Pleasure focuses on bowel and bladder elimination; coping with demands for control |
| Phallic (3-6 years) | Pleasure zone is the genitals; coping with incestuous sexual feelings |
| Latency (6 to puberty) | Dormant sexual feelings |
| Genital (puberty on) | Maturation of sexual interests |

Personality Development

▪ Identification

- the process by which children incorporate their parents' values into their developing superegos

▪ Fixation

- a lingering focus of pleasure-seeking energies at an earlier psychosexual stage, where conflicts were unresolved

Defense Mechanisms

▪ Defense Mechanisms

- the ego's protective methods of reducing anxiety by unconsciously distorting reality

▪ Repression

- the basic defense mechanism that banishes anxiety-arousing thoughts, feelings, and memories from consciousness

Defense Mechanisms

▪ Regression

- defense mechanism in which an individual faced with anxiety retreats to a more infantile psychosexual stage, where some psychic energy remains fixated

Defense Mechanisms

▪ Reaction Formation

- defense mechanism by which the ego unconsciously switches unacceptable impulses into their opposites
- people may express feelings that are the opposite of their anxiety-arousing unconscious feelings

Defense Mechanisms

■ Projection

- defense mechanism by which people disguise their own threatening impulses by attributing them to others

■ Rationalization

- defense mechanism that offers self-justifying explanations in place of the real, more threatening, unconscious reasons for one's actions

Defense Mechanisms

▪ Displacement

- defense mechanism that shifts sexual or aggressive impulses toward a more acceptable or less threatening object or person
- as when redirecting anger toward a safer outlet

The Psychoanalytic Perspective

- **Free Association**

- **in psychoanalysis, a method of exploring the unconscious**

- person relaxes and says whatever comes to mind, no matter how trivial or embarrassing

Assessing the Unconscious

▪ **Projective Test**

- a personality test, such as the Rorschach or TAT, that provides ambiguous stimuli designed to trigger projection of one's inner dynamics

▪ **Thematic Apperception Test (TAT)**

- a projective test in which people express their inner feelings and interests through the stories they make up about ambiguous scenes

Assessing the Unconscious--TAT



Assessing the Unconscious

▪ Rorschach Inkblot Test

- the most widely used projective test
- a set of 10 inkblots designed by Hermann Rorschach
- seeks to identify people's inner feelings by analyzing their interpretations of the blots

Assessing the Unconscious-- Rorschach



Psychoanalytic Techniques

Moving issues from the unconscious to the conscious can be achieved through

Free association: patient says whatever comes to mind

Dream analysis: Dreams express unconscious issues

Manifest content: the actual content of a dream

Latent content: symbols that are disguised unconscious issues or motives



Psychoanalytic Techniques

Resistance: Therapist looks for evidence that the patient is avoiding an issue

Transference: Does the patient treat the therapist in ways that are similar to their parents?

Interpretation: Therapist provides analysis of the meaning of the thoughts, behaviors, and dreams of the patient

Interpretation leads to understanding and resolution of unconscious issues

Freud vs. Jung...

Major theoretical similarities
Major theoretical differences
Who do you support?

Website for comparison of Freud vs Jung

<http://www.youtube.com/watch?v=qpKXINxSbu8>



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Adlerian Psychotherapy

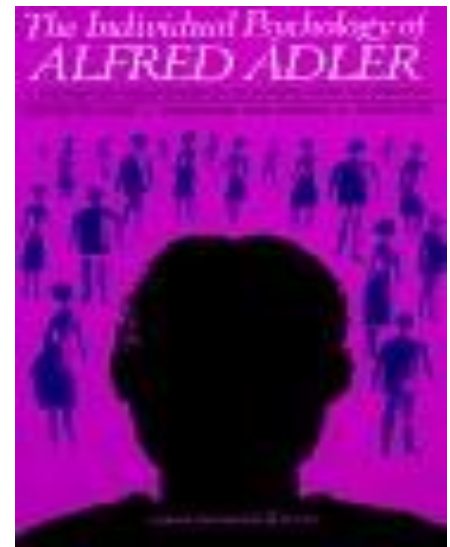
Alfred Adler – Life History

- Vienna - 1870
- An Ophthalmologist
- Later turned to Psychiatry –
Joined Freud's discussion
group
- Started criticising Freud's
viewpoints
- Developed a concept of
“social interest” and several
other new concepts
- Died -1937



Adlerian Psychotherapy

- Adler with Freud and Jung – major contributors
- View of Human Personality – stresses –Where we are striving to go is more important than where we came from



Major Concepts

- **View of Human Nature**
 - Focus on inferiority feeling – which motivate us to strive for mastery, success, superiority and perfection
 - We – not only determined by heredity and environment
 - We have the capacity to interpret, influence and create events



Major Concepts

- Subjective Perception of reality
 - How an individual believes life to be is more important than how life is in reality
- Unity and Patterns of Human Personality
 - Personality can only be understood holistically and systematically
 - Our personality is unified through the life goal
- Behaviour as Purposeful and Goal-Oriented
 - We set goals for ourselves and our behaviour becomes unified in the context of these goals
 - Interested in future



Major Concepts



- Striving for Significance and Superiority
 - People seek mastery by striving for perfection and coping with inferiority
 - Once we experience Inferiority → strive for superiority (striving from a perceived lower position to a higher position) → Formation of Individuality → Lifestyle (Basic orientation to life)
 - It is through our lifestyle that we move toward our life goal

Major Concepts



- **Social Interest**
 - Our awareness of being a part of the human community and striving for a better future for humanity
 - Our happiness and success are largely related to our social connectedness

Major Concepts

- Birth Order and Sibling Relationships
 - Even though children share the same environment in the family constellation, psychological situation of each child is different because of the birth order
 - Adler identifies 5 psychological positions --- the oldest, second of only two, the middle, the youngest and the only child



Major Concepts

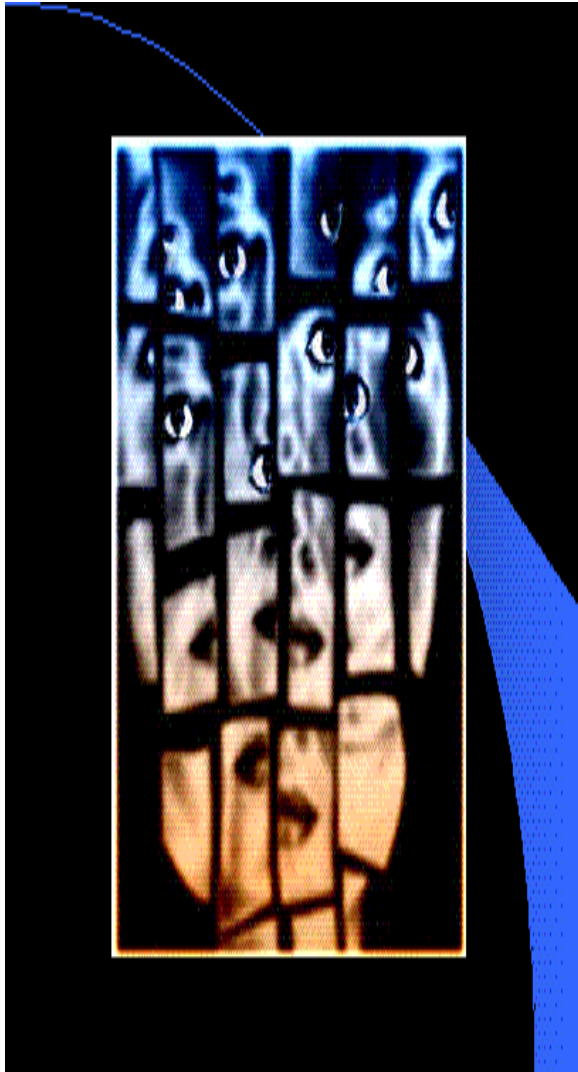
- **The Oldest Child** – Receives most of the attention and perhaps spoiled, Dependable, Hardworking, jealous of a new child
- **The Second Child of Only Two** – Opposite of first born, try to surpass older one, find out weak point of the older and try to excel in that area
- **The Middle Child** – Feel cheated, Self pity, may become problem child, Act as a peacemaker
- **The youngest Child** – Most pampered, Develops its own ways
- **The Only Child** – Somewhat oldest, Not learn to share or cooperate with other children, Want centre stage



The birth order and the interpretation of our position in the family influence our interaction in the world as adults



Adler's View of Psychopathology



- An exaggerated inferiority feeling and an insufficiently developed feeling of community.
- A woman who was abused by her father as a child may choose to reject and depreciate all men as vile creatures and never engage in a satisfactory love relationship. She may feel lonely, but she can always feel morally superior to all abusive males who are punished by her rejection. She would rather punish all men for the sins of her father, than conquer her fears and develop the ability to love one man.

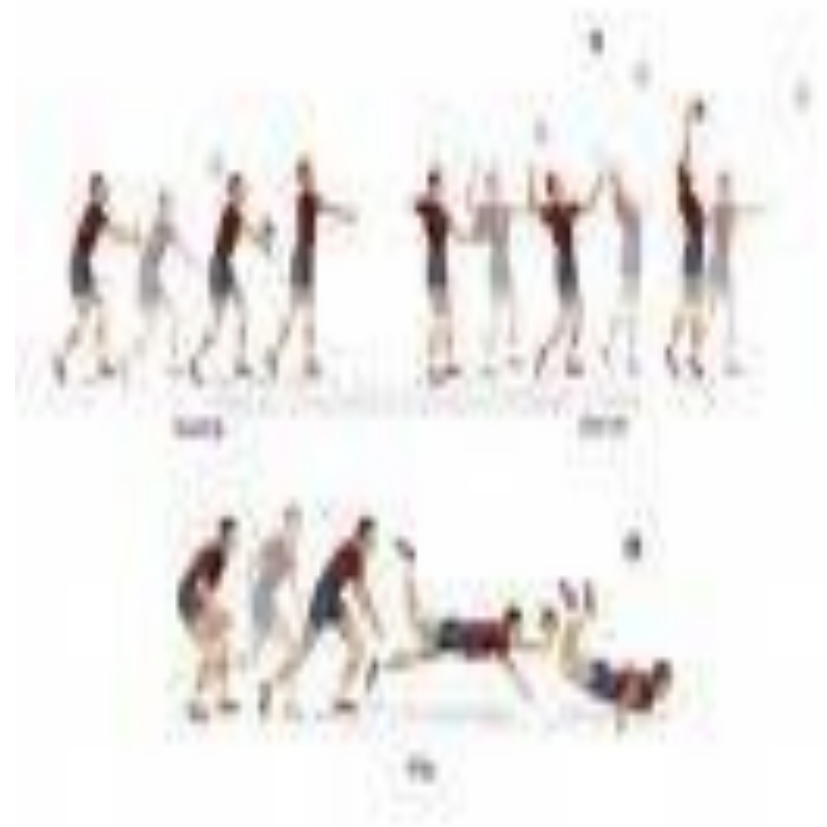


Therapeutic Goals

- Identifying and exploring mistaken goals and faulty assumptions
- To develop the client's social interest by increasing one's self awareness
- Engage parents in a learning experience and a collaborative assessment
- Challenging and modifying one's fundamental life goals and basic concepts
- Therapist provides information, teaching, guiding and offers encouragement
- Assisted to change his or her perceptions

Therapeutic Techniques and Procedures

- **Establish Relationship**
- **Exploration of the client's dynamics** – exploring how the client functions in various aspects of his/her life, assessment of lifestyle (family, relationships, circumstances, priorities, dreams etc.)
- **Encouraging insight** – Supportive, confronting faulty beliefs, mistaken goals, self defeating behaviours and interpreting here and now behaviours and its consequences etc.
- **Reorientation**



The Humanistic Approach



What is Humanistic Psychology?

- Developed in the 1950s from the work of Abraham Maslow and Carl Rogers.



Abraham Maslow (1908-1970)



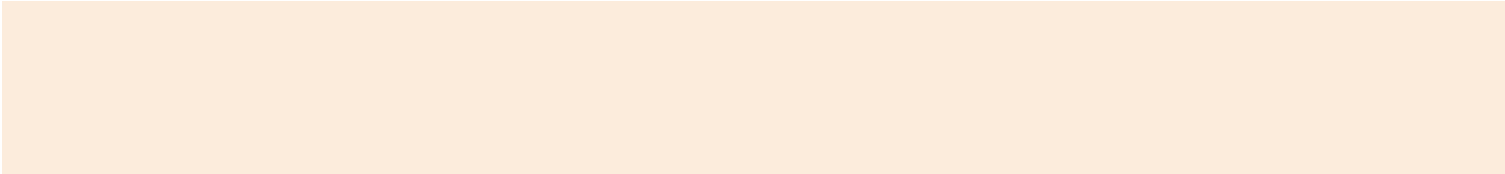
Carl Rogers (1902-1987)

Cohen (1958), a British Psychologist originally coined the term '**The Third Force**', but it really took off in America during the 1950s. **Behaviourism** and the **Psychodynamic Approach** were the other two 'forces'.

- Humanistic psychology was popularised during the 50s and 60s following WW2 and the Cold War.
- It presents an optimistic view of people.
- Influence came from early Greek philosophers who believed human beings were 'unique'.
- Maslow and Rogers regarded Freud's views as the 'sick half' of Psychology, whilst Humanism was the 'healthy half'.

Assumption

- People have the **S** ability to shape their own destiny.
- We are not driven by biological, instinctive drives.
- It centres on a person's value, capacities, and worth.
- Every person is unique and psychology should focus on the **subjective feelings, subjective experience and interpretations** of the person.
- Learning is 'person-centered' and individual.
- We all have the capacity to grow.
- We have free will and can make choices.

- This approach believes that people need a safe environment to 'grow'.
 - This environment is one of:
 - 'genuineness' (openness and self-disclosure)
 - acceptance
 - empathy (being heard and understood)
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Specification

1. Free Will
2. Self-Actualisation
3. Maslow's Hierarchy of Needs
4. Focus on the self
5. Congruence
6. The role of Conditions of worth
7. The influence of counselling psychology

1. Free Will

- This Approach is very different to others in its view of free will.
- It claims that all humans are basically self-determining.
- We are '**active agents**' in determining our own development.
- We choose who we become.



2. Self-Actualisation

- Every person has an innate tendency to fulfil their own potential.
- Given the right environment we will become the best we possibly can be.



SELF ACTUALIZATION

"Self Actualization is the intrinsic growth of what is already in the organism, or more accurately, of what the organism is."
Abraham Maslow

Maslow studied healthy people, most psychologists study sick people.

The characteristics listed here are the results of 20 years of study of people who had the "full use and exploitation of talents, capacities, potentialities, etc.."

Self-actualization implies the attainment of the basic needs of physiological, safety/security, love/belongingness, and self-esteem.

Maslow's Basic Principles:

1. The normal personality is characterized by unity, integration, consistency, and coherence. Organization is the natural state, and disorganization is pathological.
2. The organism can be analyzed by differentiating its parts, but no part can be studied in isolation. The whole functions according to laws that cannot be found in the parts.
3. The organism has one sovereign drive, that of self-actualization. People strive continuously to realize their inherent potential by whatever avenues are open to them.
4. The influence of the external environment on normal development is minimal. The organism's potential, if allowed to unfold by an appropriate environment, will produce a healthy, integrated personality.
5. The comprehensive study of one person is more useful than the extensive investigation, in many people, of an isolated psychological function.
6. The salvation of the human being is not to be found in either behaviorism or in psychoanalysis, (which deals with only the darker, meaner half of the individual). We must deal with the questions of value, individuality, consciousness, purpose, ethics and the higher reaches of human nature.
7. Man is basically good not evil.
8. Psychopathology generally results from the denial, frustration or twisting of our essential nature.
9. Therapy of any sort, is a means of restoring a person to the path of self-actualization and development along the lines dictated by their inner nature.
10. When the four basic needs have been satisfied, the growth need or self-actualization need arises: A new discontent and restlessness will develop unless the individual is doing what he individually is fitted for. A musician must make music, an artist must paint, a poet must write--in short, what people can be they must be.

Characteristics of Self Actualizing People

Realistic

Realistically oriented, SA persons have a more efficient perception of reality, they have comfortable relations with it. This is extended to all areas of life. SA persons are unthreatened, unfrightened by the unknown, they have a superior ability to reason, to see the truth. They are logical and efficient.

Acceptance

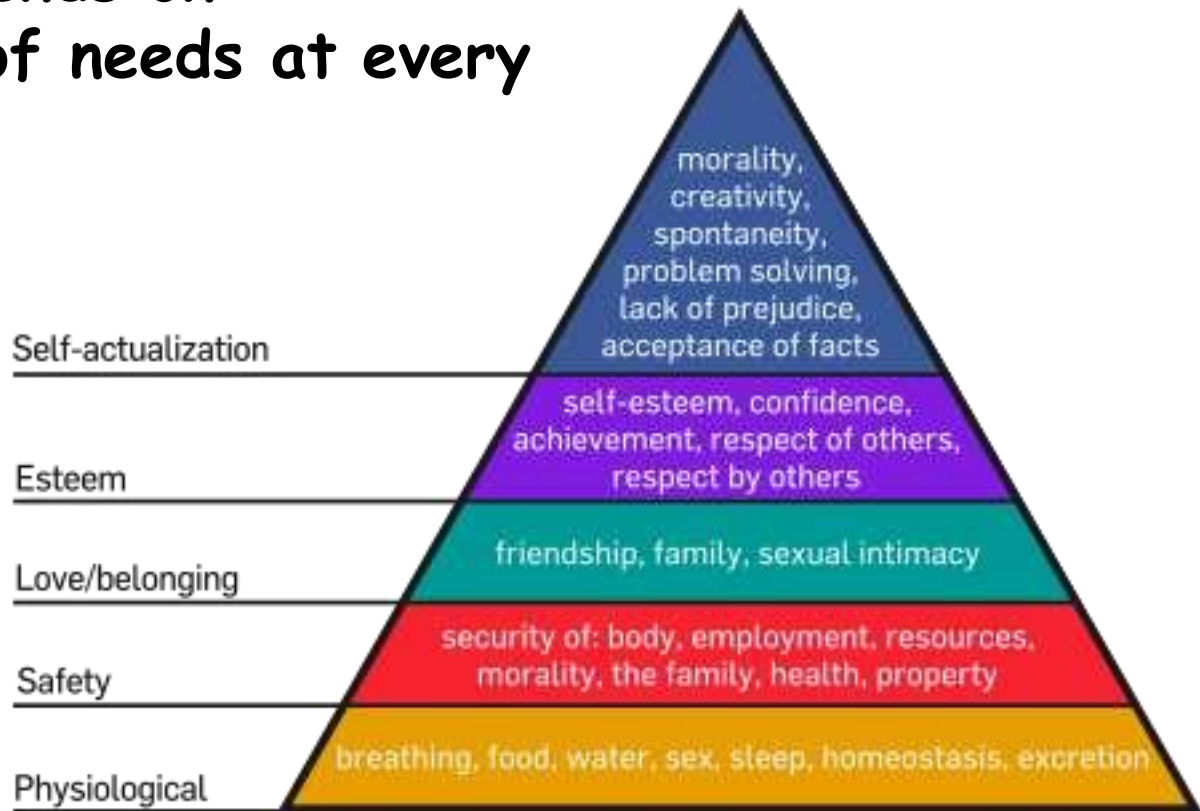
Accept themselves, others and the natural world the way they are, See human nature as is, have a lack of crippling guilt or shame, enjoy themselves without regret or apology, they have no unnecessary inhibitions.

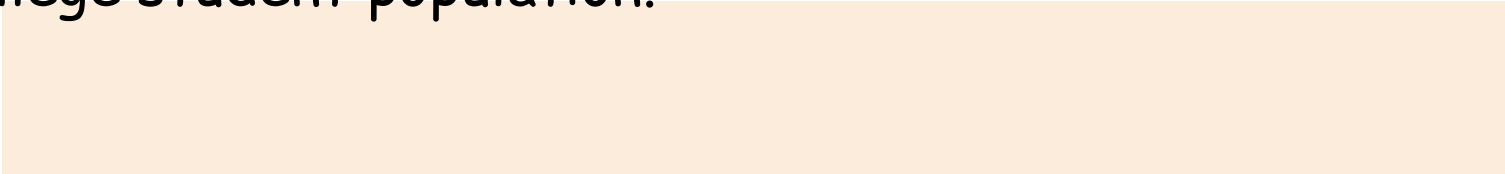
Spontaneity, Simplicity, Naturalness

Spontaneous in their inner life, thoughts and impulses, they are unhampered by convention. Their ethics is autonomous, they are individuals, and are motivated to continual growth.

3. Maslow's Hierarchy of Needs

Growth depends on fulfillment of needs at every level.



- Maslow developed his Hierarchy of needs to describe the pattern that human motivations generally move through.
 - He thought that a number of 'deficiency needs' have to be met at each level before one could be motivated by the next level.
 - Maslow studied what he called exemplary people such as Albert Einstein, to build his theory, rather than mentally ill or neurotic people. In his view "the study of crippled, stunted, immature, and unhealthy specimens can yield only a cripple psychology and a cripple philosophy."
 - Maslow chose to study only the healthiest 1% of the college student population.
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4. Focus on the self

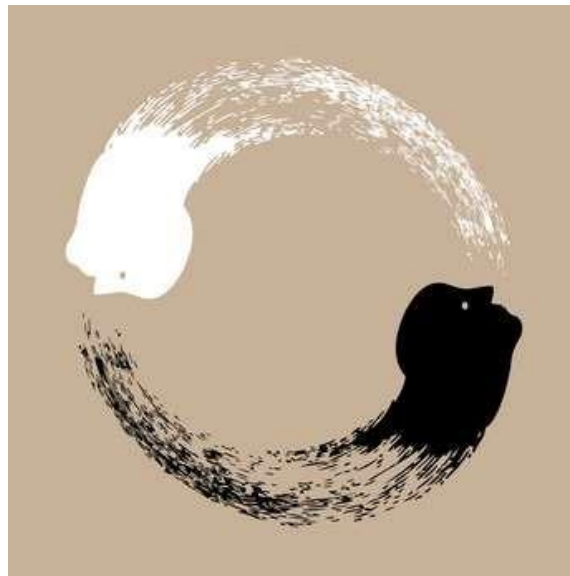
- Carl Rogers argued that for *personal growth* to be achieved an individual's concept of SELF (the way they see themselves) must be *congruent* (match) with their IDEAL SELF.



5.

Congruence

- If there is too big a gap between the two selves, an individual will experience 'incongruence' (discord/mismatch).
- This will give negative feelings of self-worth that will block self-actualisation.



The role of Conditions of Worth

- This is the notion that you are only acceptable if you meet certain conditions/ behave in a certain way.
- E.g. 'You have to be hard working to be loved'.
- This means there is no 'unconditional positive regard' where you are safe to be yourself.



The influence of Counselling Psychology

- Rogers developed 'PERSON CENTRED THERAPY' to help people recover from childhood and later damage to our self worth and self esteem.
- Therapy is non-directive.
- The individual is the expert on their own condition
- The therapist's responsibility is to provide a safe encouraging environment for people to explore and grow.
They provide: -
 - Empathy
 - Genuineness
 - Unconditional positive regard
- People are accompanied in their journey of self-discovery.



COUNSELING PSYCHOLOGY

- Clients grow in the following ways: -
- The self-worth increases
- Incongruence is reduced between their self-concept and ideal self.
- They become a more fully-functioning person.

Thank you

