

Psychoanalysis

→ Introduction

Psychoanalysis is a type of therapy introduced in 19th century that aims to release pent-up or repressed emotions and memories in or to lead client to healing.

The main goal of psychoanalysis is to bring what exists at the unconscious or subconcioual level up to conciowness.

→ Contributions

Sigmad Freud (1856-1939)

Franz Bretano

Joseph Breuer

James Braid

Leabault

Charcot

→ Methods and Techniques

There are four basic components that comprise modern psychoanalytic methods:

- (1) Interpretation
- (2) Transference analysis
- (3) Technical neutrality
- (4) Countertransference analysis

→ Founder : Sigmund Freud (1856-1939)

Sigmund Freud becomes a neurologist in 1881 and started his work for psychoanalytical school of thought during that time.

All other contributors of psychoanalysis worked with Freud. Dr. Breuer was Freud's colleague and he found that repression in a patient can show

Some experiences hidden from the consciousness, and he helped her to recover memories of traumatic experiences.

The thing sparked the Freud's interest in the unconscious mind, thus He gave the models of mind.

→ Models of mind

Freud's model of mind divides the mind into three parts or regions; these are following.

(i) Conscious

This is actually where our current thoughts, feelings and focus live.

(ii) Subconscious

This is the home of everything we can recall and retrieve from our

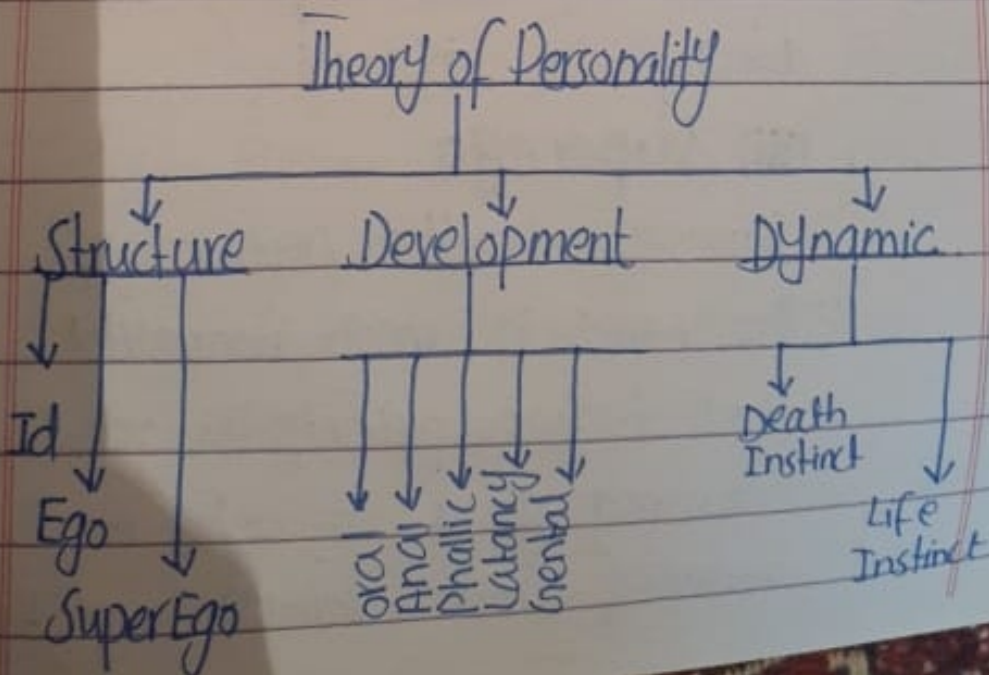
memory.

iii) Unconscious

At the deepest level of our minds resides a repository of the processes that drive our behaviour, including primitive and instinctual desires.

→ Freud's theory of a personality

Later on studies freuds give theory of personality in 19th century.



Structure of Personality

Structure of personality consist of following parts:

(i) Reflex Action
automatically triggered when certain reflex actions occur

(i) Id

The Id operates at the Unconscious level and focus

(ii) wish Fulfillment
The Id conjured up an image of an object that will satisfy an existing need.

solely on instinctual drives and desires.

(ii) Ego

The Ego both acts like a conduit for or a check on Id, working to met the id's needs in a socially appropriate way. It is the most tied to reality and begins to develop in infancy.

(iii) Superego

Superego is the portion of the mind in which morality and higher principles reside, encouraging us to act in socially and morally acceptable ways.

Development of Personality

Following stages are involved in the development of personality:

(i) Oral

Oral stage is from 0-1 year. The child seeks pleasure from mouth (i.e. sucking).

(ii) Anal

Anal stage is from 2-3 years. The child seeks pleasure from the anus. (e.g. with holding and expelling feces).

(iii) Phallic

Phallic stage is from 3-5 years. The child seeks pleasure from the penis of clitoris. (e.g. masturbation). Child attachment with parents involve

Oedipus Complex

boy's attachment towards the mother.

Electra Complex

baby girls attachment to their fathers.

(iv) Latency

superego
repress
↓
sexual
thoughts

The stage started after 5 year and remain till youth begin. The child has little or no sexual motivation.

(v) Genital

The stage started with the start of youth or after teenage. The child seeks pleasure from the vagina and penis (eg. sexual intercourse)

Dynamics of Personality

Following are the two basic

Energy require to perform different functions is called Libido.

(i) Life Instinct (Eros)

Eros is the life Instinct which include sexual

Instincts, the drive to live and basic instinctual impulses such as thirst and hunger etc.

(ii) Death Instinct

Thanatos is the death Instinct, it is our unconscious wish to die, putting an end to the everyday struggle for happiness and survival. Freud noted that the death Instinct escapes reality through fiction, media and drugs and indirectly represents itself through aggression.

→ **Defense Mechanism of Ego**

The defense mechanism of ego includes:

(i) Repression

The ego pushes disturbing or threatening thoughts

out of one's consciousness

(ii) Denial

The ego blocks upsetting or overwhelming experiences from awareness, causing the individual to refuse to acknowledge or believe what is happening.

(iii) Projection

The ego attempts to solve discomfort by attributing the individual's unacceptable thoughts, feelings and motives to another person.

(iv) Displacement

The individual satisfies an impulse by acting on a substitute object or a person in society in a socially unacceptable way.

(v) Regression

As a defense mechanism, the individual moves backward in the development in order to cope with stress.

(vi) Sublimation

Similar to displacement, this defense mechanism involves satisfying an impulse by acting on a substitute but in a socially acceptable way.

→ Interpretation of Dreams

Another well-known concept from Freud is the interpretation of dreams.

According to him by analyzing one's dreams can give valuable insight into the unconscious mind of the individual.

Criticism

- (1) They give more focus to unconsciousness than by ignoring consciousness.
- (2) Their main aim is to cure mental disorder and thus they apply the method on every person i.e. mentally healthy individuals too.
- (3) The individual psychic drama is primary, not the socio-culture or historical drama.
- (4) Consider literature and arts analogous to dreams.
- (5) Ignore Environment.
- (6) Focus on sexual desires.
- (7) He has neglected heredity.
- (8) Ignored individual differences.

Psychodynamic Techniques

- The goal of psychodynamic therapy is to achieve insight into unconscious conflicts
 - Free Association refers to a technique in which the patient is encouraged to say whatever comes to mind to reveal the unconscious processes of the patient
 - Interpretation: Therapist interprets the thoughts, and feelings of the patient in order to reveal the hidden conflicts and motivations
 - Analysis of transference: Patients bring into therapy their past troubled relationships; these are transferred to the therapist
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- Free association:
 - therapist instructs the patient to say whatever comes to mind and censor nothing.
 - patient and therapist collaborate to solve the mystery of the symptoms
- Interpretation:
 - central element in psychodynamic technique is interpretation of conflicts, defences, etc.
- Analysis of transference:
 - transference refers to the process whereby people experience similar thoughts, feelings, fears, wishes and conflicts in new relationships as they did in past relationships.

Freudian techniques (Psychodynamic/psychoanalysis)

- -- *Free Association: saying whatever comes to mind, regardless of how embarrassing it is.
 - Allows unconscious material to emerge
- -- *Dream Analysis:
 - *Latent content
 - *Manifest content
 - Symbols
- Directive
- Brief psychodynamic therapy: designed to produce insights more quickly; uses direct questioning to reveal unconscious conflicts

Psychoanalysis

Freud's therapy is an insight therapy

- It attempts to discover relationships between unconscious motivation and abnormal behavior
- Sigmund Freud's psychoanalytic theory of personality argues that human behavior is the result of the interactions among three component parts of the mind: the id, ego, and superego

Techniques of Psychoanalysis

Transference

During transference, the therapist becomes the object of a patient's emotional attitudes about an important person in the patient's life

The importance of transference is that the therapist will respond differently than the important person

This allows the patient to experience conflict differently

Techniques of Psychoanalysis

The therapist can also guide the person to explore repressed ideas

Examining previously unacceptable thoughts and feelings helps patients identify underlying conflicts

Techniques of Psychoanalysis

How it's work

Psychoanalysis involves slowly gaining insights into the unconscious

These insights allow the patient to learn new ways of coping with instinctual urges

The patient also develops mature ways of dealing with anxiety and guilt.

Techniques of Psychoanalysis

Interpretation

Interpretation involves providing a context, meaning, or cause, for an idea, feeling, or set of behaviors

- The therapist attempts to find a common thread in a patient's behaviors and thoughts
- Patients' use of defense mechanisms may point to areas that need to be explored

Techniques of Psychoanalysis

Two processes in psychoanalysis are **resistance** and **transference**

- **Resistance** is an unwillingness to cooperate
- In resistance, the patient may be unwilling to provide information, or help in interpretation

Techniques of Psychoanalysis

Dream analysis

- The dreams are interpreted to provide insight into unconscious motivation
- Freud believed dreams represent some element of the unconscious seeking expression

Both free association and dream analysis involve the therapist's interpretations

Psychoanalysis

Any insight therapy has two basic assumptions:

- First, becoming aware of one's motivations helps one change and become more adaptive
- Second, the causes of maladjustment are unresolved conflicts
- The person is unaware of these conflicts, and therefore cannot deal with them

Goal of Psychoanalysis

The goal is to help patients understand the unconscious motivations that direct their behaviors

- Only by becoming aware of these motivations can they choose behaviors that lead to more fulfilling lives
- During analysis, patients are encouraged to express healthy impulses, strengthen day-to-day functioning based on reality, and perceive the world as a positive place

Techniques of Psychoanalysis

Free association

- One purpose is to help patients recognize connections and patterns among their thoughts.
- It also allows free expression of the unconscious.

In dream analysis, patients are asked to describe their dreams in detail.

Techniques of Psychoanalysis

The cycle of **interpretation, resistance, and transference** occurs repeatedly during psychoanalysis

Risk factors

- Some therapists are not helping patients recover repressed memories. Instead, they are planting 'false memories' into their patients' minds.
- Ignored individual differences
- It depend on therapist subjectivity interpretation.