

Origins of Psychoanalysis

Chapter 2

Psychoanalysis Today

- Although popular for decades, Psychoanalysis is rarely practiced in its classical form today
- Much of Freud's initial theoretical framework has been modified, some has been discarded
- Psychoanalysis represents the foundation of what we today know as the science of Psychology
- Rise of "brief" therapies

Origins of Psychoanalysis



- Sigmund Freud (1856-1939)
 - Originator of Psychoanalysis
 - Favored son
 - Ambivalent towards parents
 - Initially trained as a Physician
 - Began research career studying animal biology, cocaine

Origins of Psychoanalysis (cont.)

- Trained in Hypnosis (Joseph Breuer)
- Became interested in Breuer's "talking cure"
- Breuer and Freud collaborated, later separated owing to conceptual differences
 - Freud's emphasis on the role of sexuality

Emphasis on Unconscious Forces

- Hysteria
 - Greek for "wandering uterus"
 - Believed to occur in women
 - Manifested by paralysis in a limb, loss of feeling, amnesia, etc.
 - "La belle indifference"
 - Terminology reflects the long history of sexism in medicine
 - *Now uncommon*, called Hypochondrias or Conversion Disorder

The Case of Anna O.

- Originally a patient of Joseph Breuer
- Twenty-one years old at the time
- Experienced "glove anesthesia" of her right arm and, partial paralysis of right leg, impaired vision, nausea, difficulty understanding her native language, "absence" – dissociation?
- Breuer noticed she often muttered same words during her "absences"
- Breuer repeated the words to Anna O. under hypnosis

The Case of Anna O. (cont.)

- Under hypnosis, Anna O. recounted stories of her father's death, etc.
- Emotional retelling of storied → paralysis lifted
- Breuer concluded that the hypnosis had a cathartic effect
 - Catharsis defined as an emotional release
- Breuer terminates therapy, Anna responded with a "phantom pregnancy"
- Breuer avoids cathartic method in future

Psychoanalytic Terminology

- Freud used hypnosis to assist patients in remembering repressed traumatic memories
 - During "trauma" a *wish* is evoked that goes against the ego ideal
 - Rendered unconscious to render them less threatening or painful
- Freud supposed that unconscious forces were at play since patients consciously wanted to change
 - Forces of which the individual is unaware
- Coined the term "resistance" to describe phenomenon

Psychoanalytic Terminology (cont.)

- Most memories not available in consciousness
- Freud asserts they are "repressed" by unconscious forces
- Repression not necessarily harmful
- Can be protective and functional
- However, too much of a good thing can cause problems
- Repressing painful memories difficult and energy intensive
 - Takes away from available energy pool
 - Still, tension escapes in an altered form

Free Association

However, because Freud found that not all patients could be hypnotized, he developed an additional technique

Free Association

- Patient verbalizes whatever comes to mind
- No matter how trivial, unpleasant, etc.
- Eventually will lead to thoughts, feelings, etc. associated with unconscious conflict (follow chain of associations)
- Analyst will help patient interpret content of free association → reflect the associations back to client
- Pauses or flood of material may imply presence of important content
- "Freudian" slips offer important meaning

Dream Analysis

- Freud believed dreams represented "unsatisfied wishes"
- Wishes that may be unacceptable to the conscious mind, society, etc.
- Patient describes the "manifest dream"
 - The part that can be remembered in consciousness
- Analyst assists patient to access the "latent dream"
 - True meaning
- Manifest dream masks meaning of latent dream because of the threatening nature of the latent content

Dream Symbols

House	=	Human body
Smooth fronted house	=	Male body
House w/ledges	=	Female body
King and Queen	=	Parents
Little animals	=	Children
Children	=	Genitals
Playing with children	=	Guess?
Going on a journey	=	Dying
Clothes	=	Nakedness
Going Up Stairs	=	Having sex
Bath	=	Birth

Drive

- Drive refers to an instinct or impulse
 - Implied an innateness
 - Attempted to avoid pure reductionism to physiological forces (mind has drives as well as the body)
 - Unity of mind and body (vs. Cartesian duality)
 - Source (stimulus or need)
 - Impetus (amount of energy/intensity of need)
 - Aim (goal or purpose)
 - Object (person/object in environment needed to satisfy need)

Two Main Drives

- Eros
 - Refers to life impulses, reproduction
 - Survival instincts
 - Tied to sexual drive *libido*
 - Freud's term for psychic energy derived from sexuality, a biological drive
 - Emphasized the role that sexual gratification plays throughout the lifespan
- Thanatos
 - The death impulse
 - The source of aggressiveness
 - Our ultimate resolution with our tension with death

Sexual Repression and Hysteria

What do you know about Victorian Austria?

- Non-reproductive sexuality (masturbation/homosexuality) are perverse
- Repression of fundamental drives
- Sexual act "bestial"
 - Tolerated because of shortcomings of men, need for reproduction
- Natural excretory functions viewed with shame

Prohibition of sexual behaviors leads to anxiety, fear, worry, repression, and hysteria

And Yet...

- Cultural renaissance in philosophy, music, literature
- More and more, people were questioning prohibitions against sex and sexuality
 - Freud proposes *pleasure* as an important underlying function of sex

Psychosexual Stages of Development

- Freud said that we possessed multiple erogenous zones
 - Body areas that provide pleasure
- The importance of various erogenous zones changes as we grow and develop
- Move from autoeroticism to reproductive sexuality

Oral Stage

- From birth to Age 1
- Breast-feeding with mother
- Crying to meet needs
- Babies put everything in their mouths
- The mouth is source of pleasure or conflict
 - Source of understanding/discovery of the world
 - Prohibited behaviors (biting, thumb sucking)

Anal Stage

- Age 1 to Age 2
- Pleasure derived from the anus
- Greater focus on defecating
- Children begin potty-training
 - Conversion of involuntary to voluntary behavior
 - First attempt controlling instinctual impulse
- Derive praise from parents for completing potty training
- Punishment often targets buttocks

Phallic Stage

- Between Age 3 and Age 6
- Focus on genital
 - Pleasurable physiological sensations
 - Conflictual feelings arise
- Children notice differences between girls and boys
- May fantasize about sexual acts and masturbate

Phallic Stage (cont.)

- Oedipus Complex
 - Greek tragedy written by Sophocles
 - Oedipus kills his father and weds his mother
 - Oedipus unaware of the taboos he has transgressed
 - Oedipus blinds himself upon learning of his deeds
 - Children have unconscious desire to possess the opposite-sexed parent and do away with the same-sexed parent
 - Not literally sexual
 - Boys are fond of mothers
 - Girls are "Daddy's little girl"

Phallic Stage

- Oedipus Complex
 - Boys experience castration anxiety or fear that affection for Mom will be met by emasculation by Dad
 - A mixture of love and affection for father, but also fears father's reprisals
 - Girl version called Electra Complex
 - Not Freud's term, considered Oedipus complex as universal
 - Girls experience penis envy where they feel inferior to males for lack of a penis
 - Not having a penis is their castration anxiety

Phallic Stage (cont.)

- Oedipus Complex
 - Boys identify with their Fathers to overcome wishes for Mother
 - Eventually girls identify with Mothers to overcome anger at not having a penis
 - Both boys and girls are then prepared to later seek out members of the opposite sex for marriage and procreation

Latency Period

- Sexual forces driven dormant by psychic forces
 - Culturally unacceptable sexual thoughts/behaviors are channeled into other activities (sports, intellectual interests, peer relationships)
- Preference for same-sex peers
- Modern critics say that children simply learn to "hide" their sexuality at this point

Genital Period

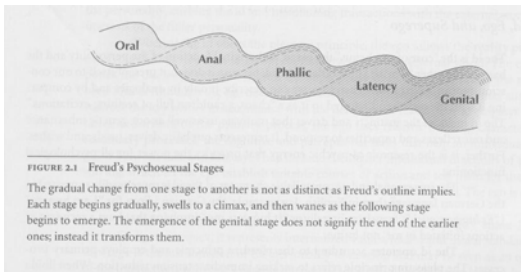
- Around the age of puberty
- Return of overt sexual and aggressive desires
- Emergence of interest in the opposite sex
- Sexual needs satisfied through socially acceptable means
- *Lieben & arbeiten*
 - To love in an appropriate way and to contribute as a productive member of society

Psychosexual Stages of Development

- According to Freud, this developmental trajectory was not negotiable
- It is inevitable that we all must negotiate these stages of development despite the obstacles presented in each stage
- Individuals who experience problems along the way will have adult personality characteristics represented by that stage

Fixations

- Lingering effects of a psychosexual stage is called a fixation in that stage



Fixations (cont.)

- Oral Fixation
 - Dependent on others
 - Optimism, trusting, possibly gullible
- Anal Fixation
 - Possibly orderly, miserly, and obstinate

Freud believed that all "abnormal" sexual behaviors were at one time acceptable for children but represent fixations on early stages of development

Psychoanalytic Structure of Personality

- Freud's terminology of id, ego, and superego came relatively late in his career
- The personality is a single entity comprised of these three facets
 - Not divided, separate, or fragmented
- Rather, they are different processes that regulate and manage our thoughts feelings and actions

Id

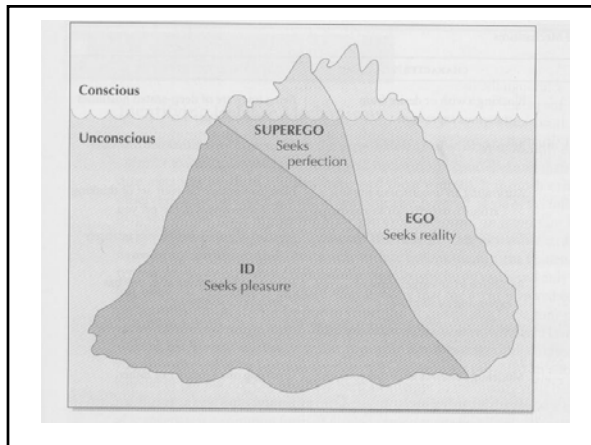
- First personality structure that develops
- Characterizes our instinctual, "hard wired" responses, reactions, drives, etc.
 - "I am hungry" etc.
- Primary process thinking
 - Hallucinating or forming a mental representation of an object to satisfy its needs
- Never known to us directly in consciousness
- Operates on the "pleasure principle" or a desire for immediate tension reduction

Ego

- The “referee”
- Structure that balances the needs of the id against the demands and expectations of society
- Secondary process thinking
 - Cognitive and perceptual skills that distinguish fact from fantasy, allowing the ego to satisfy id needs in an appropriate manner
- Functions on reality principle
 - Satisfy tensions id needs at times it is safe and adaptive to do so in an appropriate manner

Superego

- Representation of our societal rules, morays, taboos, etc.
- Consists of two components
 - Conscience or capacity for self-evaluation, criticism, and reproach → scolds ego, creates guilt when social codes are violated
 - Ego-ideal or an idealized self-image in the eyes of societal rules



Psychoanalytic Structure of Personality

- Life is a constant juggling act between needs of the id and the dictates of society
- Human Development creates the opportunity for the emergence of superego and ego
- Life experiences lead to the degree that ego can keep the balls in the air between the instinctual needs of the id and the internalized societal demands represented by the superego

Defense Mechanisms

- When the ego can't effectively manage the demands of the id and superego
 - The ego has many defense mechanisms in its toolkit
- Short-term solutions
- Over-utilization leads to problems in the long run

Defense Mechanisms (cont).

Mechanism	Characteristic	Example
Repression	Blocking wish or desire from consciousness	Being unaware of deep-seated anger
Denial	Refusing to believe reality	Unwilling to admit to having illness
Reaction Formation	Expressing an impulse by its opposite	Killing an enemy with kindness
Regression	Returning to an earlier state (mostly in children)	Re-emergence of bedwetting

Defense Mechanisms (cont).

Mechanism	Characteristic	Example
Rationalization	Dealing with an emotion intellectually to avoid the upset	Making the excuse that "everybody does it, so why feel guilty"
Identification	Modeling behavior from someone else	Modeling one's father or mother
Displacement	Satisfying an impulse with a substitute object	Kicking the dog after getting in trouble with boss
Projection	Attributing an unconscious impulse, attitude, or behavior to another	Assuming someone else is frightened when it is actually you who are frightened (scapegoating)

Defense Mechanisms (cont).

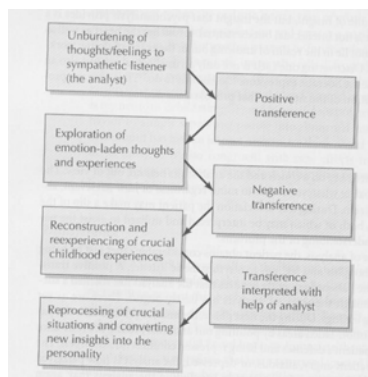
Mechanism	Characteristic	Example
Sublimation	Re-channeling an impulse into a socially desirable outlet	Becoming a gynecologist to satisfy sexual urges

Psychoanalysis

- Therapeutic technique developed by Freud
- Intended to help individuals who developed neuroses while confronting conflicts between id and superego
 - Emotional disturbance, not necessarily debilitating
 - Anna O. on the extreme end of the spectrum
- Being neurotic is not an absolute level
 - Gradations—a spectrum of neuroses

Psychoanalysis

- Transference was an important point in the psychoanalysis
 - Positive (friendly, affectionate towards analyst)
 - Negative (hostile, angry towards analyst)
- The point where a patient had transferred emotions for one's parents or important relationships onto the psychoanalyst
- "Working through" the transference was important step
- Counter-transference was when the analyst developed feelings for the patient



Criticisms of Classical Psychoanalysis

- Seduction Theory
 - Initially, Freud held that neuroses were the result of childhood sexual abuse
 - Later rejected this theory owing to criticism from contemporary society
 - Today, this controversy is mirrored in the repressed memory debate

Criticisms of Classical Psychoanalysis

- Gender
 - Freud's writing focused on male development, implying that female development either mirrored male development or was inferior
 - "Anatomy is destiny"
 - Woman as the deficient man, lacking a penis
 - Neuroses and hysteria = inadequate superego
 - "psychoanalysis is not a recommendation *for* a patriarchal society, but the analysis *of* one"
 - Cultural *construction* of gender and gender roles

Criticisms of Classical Psychoanalysis

- Empirical validation
 - Biology does not support female as castrated male
 - Unconscious processes are not falsifiable
 - Difficult to operationalize constructs
 - Oral and anal personality types supported in both normal and psychiatric populations

Analysis and Evaluation

- Philosophy
 - Assumptions
 - Evaluation (coherence, relevance, comprehensiveness, compellingness)
- Science
 - Assumptions
 - Evaluation (verifiability, prediction, compatibility, simplicity, usefulness)
- Applications
 - Assessment, Research, Psychotherapy
 - Psychotherapy (Scholarly, Ethical, Curative)