Sigmund Freud – Psychoanalysis (sex/aggression)

- Followed by a string of associates called Neo-Freudian
  - Adler (striving for superiority)
  - Jung (ancestral urges/archetypes)
  - Klein (mother-child relationship)
  - Horney (basic anxiety from not meeting your needs)
  - Fromm (separation from our human needs – rooted in existentialism)
  - Sullivan (anxiety from interpersonal relationships)
  - Erikson (psychosocial, developmental tasks, especially the role of ego)

- Medical training
- Anti-Semitic Europe
- Training with many of the great psychologists in Europe
  - Charcot (hypnosis)
  - Breuer (Hysteria/Catharsis)
  - Wilhelm Fliess (Interpretation of Dreams)
- Narcissistic Drive
  - Ideal power/intelligence
- Failed relationships with many intellects
  - The Wednesday Psychological Society
    - Carl Jung
    - Alfred Adler
    - Wilhelm Stekel
    - Max Kahane
    - Rudolf Reitler
- World War I (aggressive nature of man) and World War II (exile to London) affected Freud’s intellectual writing
- Very complex individual
  - Obsessive nature, self-analysis, isolation, jealousy, need for success, oral nature, held many grudges, narcissistic, and unusual feelings toward Americans.

Mental Life

- Conscious vs. Unconscious (pre-conscious and unconscious)
  - Unconscious
    - Beyond our awareness
    - Inferred indirectly
- Repression is the major defense mechanism
- Unconscious urges can be come conscious only after they are disguised

Conscious

Final censor

Preconscious

Primary censor

Unconscious

- If impulses more to quickly to the conscious then we experience anxiety
- The nature of phylogenetic endowment
- These impulse motivate us and strive to become conscious

Preconscious – Are images from…

- Conscious precepts

- Unconscious itself
  - Dreams
  - Slips of the tongue
  - Elaborate defense mechanisms

Conscious – Those mental elements in awareness at any given point in time.

Three-part Structural Model of the Mind (1920’s)
- Superego (operates at the conscious/preconscious level – operates on the moral principle)
- Ego (operates at all three levels) – Operates on the reality principle
- Id – (totally unconscious – operates on the pleasure principle)
Dynamics refers to the motivational principle to explain the forces behind people’s actions. These drives include:

- Sex drive (Eros)..libido
  - occurs in any *erogenous zone*
  - primary narcissism (childlike)
  - secondary narcissism (adolescent)
  - Sadism & Masochism are a combination of both sexual and aggressive drives
- Aggressive drive (Thanatos)...no name

Anxiety results when these impulses are not kept in check

- an uncomfortable state that has physical sensations and warns the individual of impending danger
- neurotic anxiety (ego dependency on the id) (apprehension of unknown danger)
- moral anxiety (ego dependency on superego) (temptation to do something wrong)
- realistic anxiety (ego dependency on the outer world) (like a real fear)

Defense Mechanisms protect the ego!

- Repression
- Reaction Formation
- Displacement
- Fixation
- Regression
- Projection
- Introjection
- Sublimation
- Denial
- Rationalization
- Undoing
- Intellectualization
Stages of Development

- Infantile Period (first 4-5 years of life)
  - Oral Stage (birth to 1.5 years)
    - The mouth becomes the important erogenous zone
    - Oral gratification
      - Oral receptive vs. oral sadistic
  - Anal Stage (1.5 to 3 years)
    - Anus becomes the important erogenous zone
    - Early anal
      - Destructive period
      - Toilet training
    - Late anal
      - Erotic pleasure
    - Anal characters
      - Expulsive vs. retentive

- Phallic Stage (3 to 4 years)
  - Genitals become the important erogenous zone
    - Male Oedipal Complex
    - Female Oedipal Complex (Electra)
      - Penis envy

- Latency Stage (ages 4 or 5 to puberty)
  - Dormant psychosexual development

- Genital Stage (puberty onward)
  - Sexual reawakening

- Maturity

Freud’s later techniques included:

- free association
  - transference (counter transference)
  - negative transference
    - overcoming resistance
- dream analysis
- manifest vs. latent content of dreams
  - wish fulfillment vs. repetition compulsion
- Slips of the tongue
  - Also called parapraxes
  - Reveal unconscious intentions
So what does the literature say about psychoanalysis?