


A painting of a landscape with a large tree and a path. The scene is set in a dry, brownish landscape under a blue sky with soft, white clouds. A large, gnarled tree with a thick trunk and a dense, rounded canopy of brown leaves stands in the center. A path of reddish-brown earth leads from the foreground towards the tree. In the foreground, there are several green, leafy plants or bushes. The overall style is that of a traditional oil painting.

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Psychoanalytic Therapy
B.A.-3 Psychology Hons.
Paper-7 Gr.- B
Clinical Psychology

PSYCHOANALYTIC THERAPY



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- Psychoanalysis, also known as **“talk therapy,”** is a type of treatment based on the theories of **Sigmund Freud**, who is frequently called the **“father of psychoanalysis.”** Freud developed this treatment modality for patients who did not respond to the psychological or medical treatments available during his time.

CONT ..

- Freud believed that certain types of problems come from thoughts, feelings, and behaviors buried deeply in the unconscious mind. Therefore, the present is shaped by the past — an individual's current actions are rooted in early childhood experiences.

HISTORY OF PSYCHO....

- Psychoanalytic theory grew out of the work of the famous psychoanalyst Sigmund Freud who began developing his therapeutic techniques in the late 1800s. Charcot used [hypnosis](#) to treat women suffering from what was then known as [hysteria](#). Symptoms of the illness included partial paralysis, hallucinations, and nervousness.

HISTORY CONT ..

- Freud continued to research hypnotism in treatment, with colleague Josef Breuer led to the development of his most famous therapeutic technique. Breuer described his treatment of a young woman, known [Anna O.](#), whose symptoms of hysteria were relieved by talking about her traumatic experiences. Freud and Breuer collaborated on a book called *Studies on Hysteria* and Freud continued to develop his use of this "[talk therapy](#)." This approach proposed that simply talking about problems could help relieve psychological distress.

AIMS & OBJECTIVES

- One of the primary aims of psychoanalysis is to help patients identify the hidden thoughts, behaviors, and desires that are creating problems in their day-to-day existence.

OBJECTIVE CONT..

- The objective is to help patients understand the issues that have caused deeply rooted problems and a maladaptive perspective on life. Psychoanalysis assists the patient in adopting a fresh viewpoint. This new attitude can generate significant change and growth in the patient's life .

TECHNIQUES..

- A variety of therapeutic techniques are used during psychoanalysis. Some of the more popular methods include –
- **FREE ASSOCIATION** — During free association, the patient is encouraged to talk about anything that freely comes to mind. The psychoanalyst may read a list of random words, and the patient simply responds with the first associations that occur. Repressed memories often emerge during the process of free association.

TECHNIQUE CONT..

- **DREAM ANALYSIS** - is the investigation of repressed feelings that can be expressed in our dreams. Psychoanalytic theory believes repressed feelings often manifest themselves in our dreams. This happens because our defenses are lowered when we sleep. Dream analysis helps uncover this unconscious material.

TECHNIQUE CONT ..

- **INTERPRETATION** — The psychoanalyst helps the patient explore memories and personal narratives in detail, and while doing so, analyzes them. The therapist looks for some common themes in the patient's stories. One, the so-called "Freudian slip," occurs when patients accidentally reveal something important when making random conversation.

TECHNIQUE CONT ..

- **TRANSFERENCE** — Patients engage in transference when they transfer feelings they had for someone in their past to the present. Transference sometimes takes place between the patient and the therapist. Patients may apply certain feelings toward the therapist that actually relate to someone from their past.

ADVANTAGE..

- Psychoanalysis gets to the basic cause of the problem rather than simply addressing its symptoms.
- People who don't respond to conventional therapy or medications sometimes respond to psychoanalysis.
- Provides an in-depth insight into the origins of certain thoughts, feelings, and behaviors.
- Biological research supports at least a portion of Freud's claims.

DISADVANTAGE..

- Patients may find it both painful and unpleasant to discover memories that they have repressed, sometimes for many years.
- It is not an appropriate treatment for some mental health problems, such as schizophrenia and bipolar disorder.
- It can be both expensive and lengthy, so it requires a deep level of commitment from both patient and therapist.



Sigmund Freud