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UNIT\_II**

# **PSYCHOANALYSIS**

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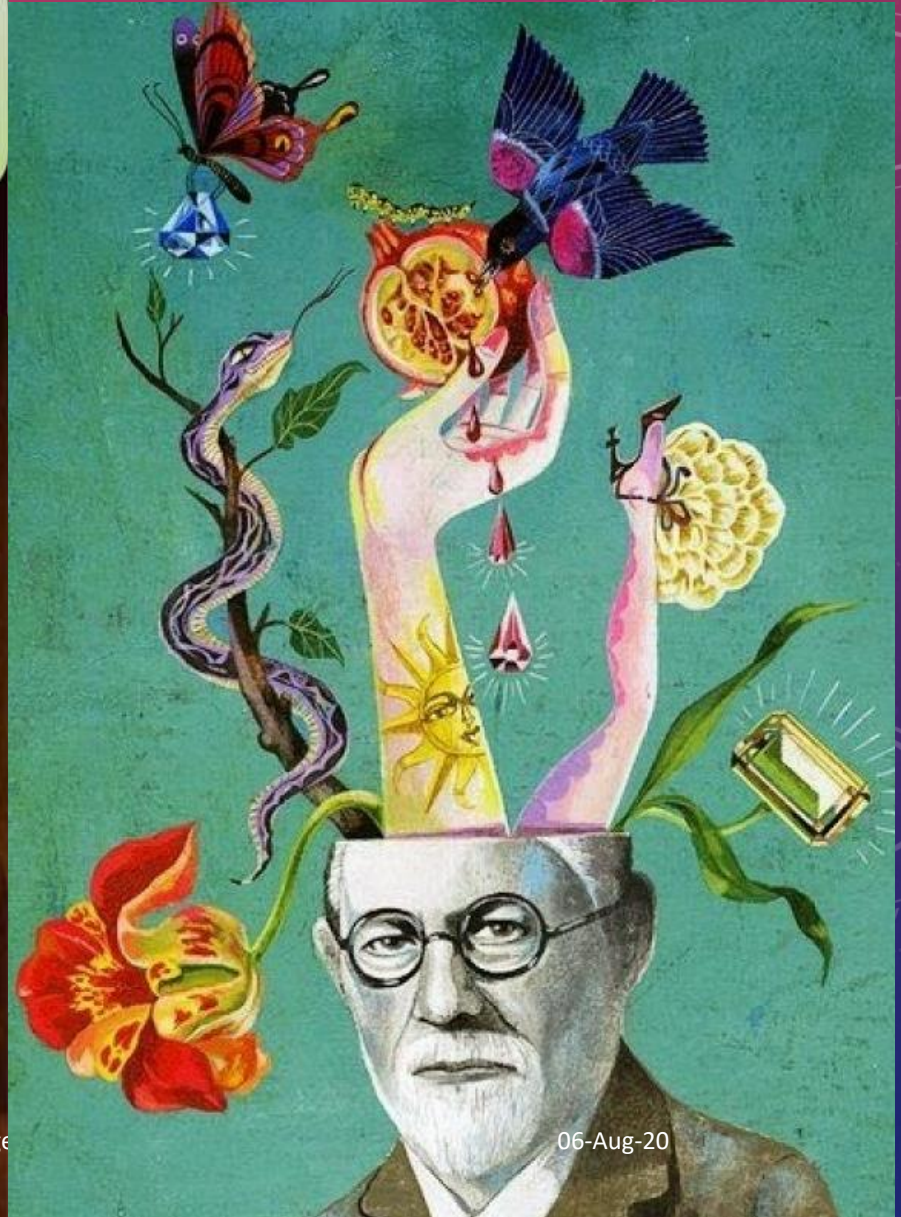
# What is psychoanalysis?

Method of mind investigation especially unconscious..

A system of structure of theories concerning the relation of conscious and unconscious psychological process

A technical procedure for investigating unconscious mental processes and for treating psychoneuroses

**Psychoanalysis**





# WHAT IS PSYCHOANALYSIS

- ❑ The term psychoanalysis has three distinct meanings.
- ❖ **Firstly** it is a school of psychology, which emphasises psychic determinism and dynamics. It also emphasises the importance of childhood experiences in moulding one's adult personality and behaviour.
- ❖ **Secondly** psychoanalysis, with its emphasis on the role of unconscious in determining human behaviour, is a specialised method for investigating the unconscious mental activities.
- ❖ **Finally** psychoanalysis is a therapeutic method for the investigation and treatment of mental disorders, especially the neurotic disorders.

# PSYCHOANALYSIS AND LITERATURE

## Psychoanalytic literary theory

It emerged in the 19<sup>th</sup> century.

In method, concept and form influenced by the tradition of psychoanalysis begun by Sigmund Freud.

In romantic period it was belief that the details and the form of literature are related with it's author's distinctive mind.

Three practices

1. reference to author's personality in order to interpret or explain a literary work.

2. Reference to literary works in order to establish, biographically personality of the author.

3. Reading of literary work in order to experience distinctive subjectivity

# PROPOUNDER OF PSYCHOANALYSIS

- ❖ Psychoanalysis is a body of ideas developed by Austrian physician Sigmund Freud and continued by others like Carl Jung, William A. Alfred and Adler James Ames. They formed the Vienna Psychoanalytic Society.
- ❖ The Society is primarily devoted to the study of human psychological functioning and behaviour, although it also can be applied to societies. The objective behind this was to understand the unconscious factors that leads to problematic feelings, thinking and behaviour, and learn to work through them to improve daily function.
- ❖ Freud altered what we think about the human mind and behaviour, and left a lasting impact on the cultural of psychology.
  - Psychoanalysis inherited
  - Theory of personality
  - Theory of psychopathology
  - Practice of psychotherapy



# BEGINNINGS OF PSYCHOANALYSIS

- ❖ Sigmund Freud and colleagues studied the connection between the mind and body. Freud proposed that unconscious conflicts and emotional influences could bring about mental and physical illness.
- ❖ Freud believed his work with his patients was evidence that the basis of neurosis was sexual conflict-or more specifically, the conflict between the id's instinctive desires and society's retribution for the direct expression of those desires.

# FREUD'S MODEL OF MIND

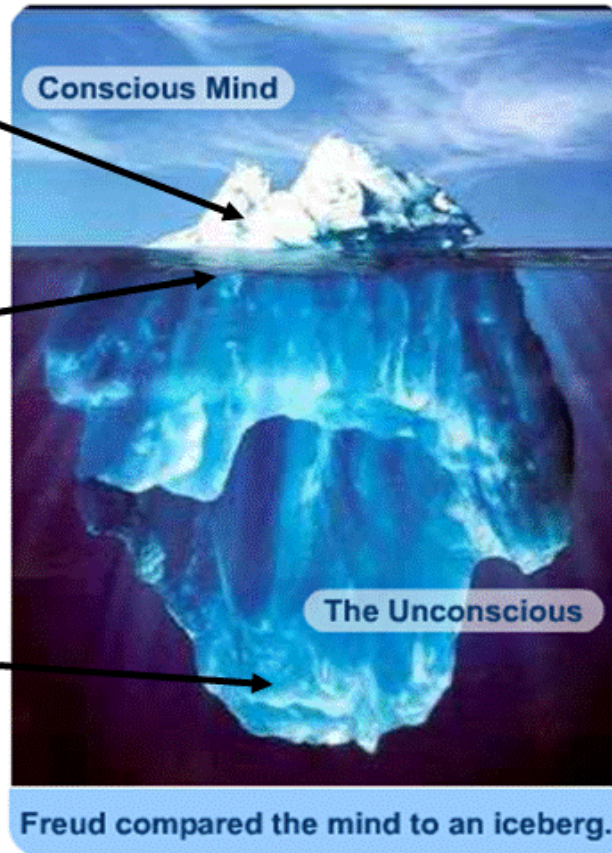
## The Unconscious Mind

**The conscious.** The small amount of mental activity we know about.

**The subconscious.** Things we could be aware of if we wanted or tried.

**The unconscious.** Things we are unaware of and can not become aware of.

The **id** is part of the unconscious mind and comprises the two instincts: Eros and Thanatos.



Thoughts  
Perceptions

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Memories  
Stored knowledge

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Instincts – Sexual and  
Aggressive

Fears  
Unacceptable sexual desires  
Violent motives  
Irrational wishes  
Immoral urges  
Selfish needs  
Shameful experiences  
Traumatic experiences



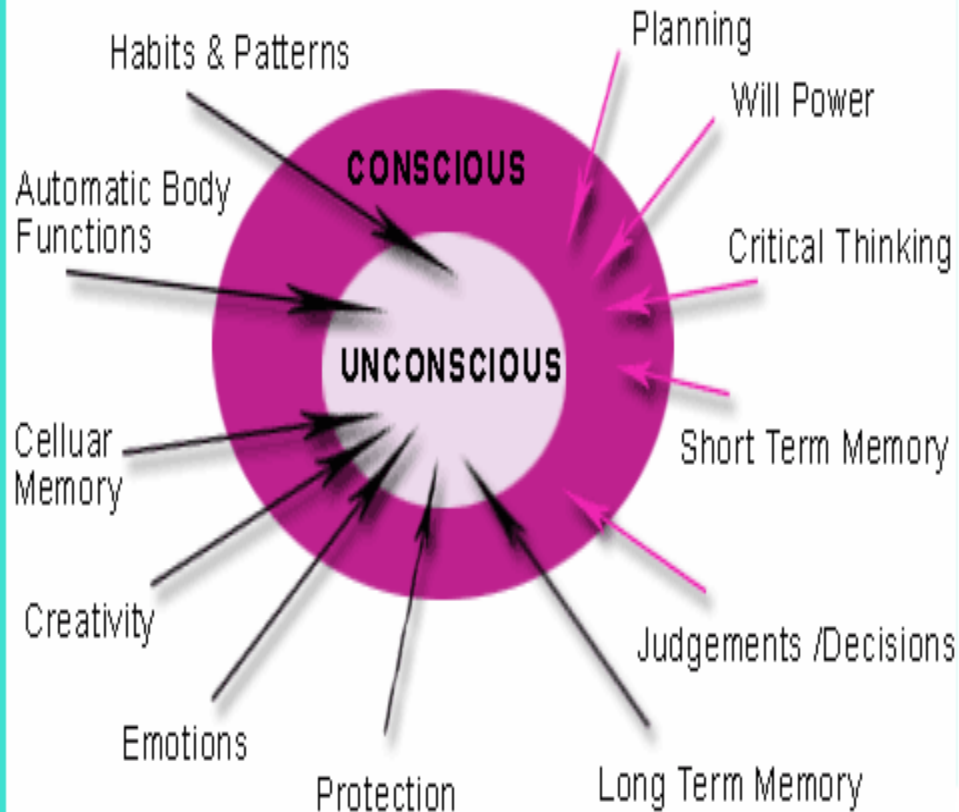
# CONCEPT OF 3-LEVELS OF MIND





# UNDERSTANDING THE MIND

## CONSCIOUS / SUBCONSCIOUS (Unconscious) MIND



## Levels of Human Existence



# CONCEPT OF ID, EGO AND SUPEREGO

## ***ID***

- Instinctive and primitive
  - Entirely unconscious
    - Pleasure principle
    - Center of wants and primal desires
  - Demands immediate satisfaction
    - Born with it
- Located in subconscious
  - Unconsciously tries to satisfy basic sexual and aggressive drives
  - Pleasure Principle

## ***EGO***

- Rationality
- Ensure that Ids wants are acceptable in the “real world”
  - Mostly located in the conscious part
- Moderator between ID and SuperEGO
  - Logical aspect of personality
- Conscious part of the personality with “executive powers”
  - Reality Principle

## ***SUPEREGO***

- Sense of right and wrong
  - Both in conscious and unconscious
    - Learned rights and wrongs that control you
    - Moral aspects of personality
- Represents internalized ideals and provides standards for judgment
  - What we should do
    - Right and wrong
  - The conscious (prevents us from doing morally bad things)
- Ego ideal (motivates us to do what is morally right)

# NEURO-PSYCHOANALYSIS

- ❖ Neuro-psychoanalysis is the united field of neuroscience and psychoanalysis. Neuroscientists have found that their biological descriptions of the brain fit together best with Freud's psychological theories. The future of psychotherapy and psychoanalysis lies in time-limited and adjusted psychoanalytic therapy.
- ❖ Many psychotherapists are convinced that psychoanalysis will disappear as a form of treatment for mental health, and as a body of knowledge all together.
- ❖ Modern psychotherapists continue to use psychoanalysis, but incorporate other systems of psychotherapy, such as humanistic and cognitive therapies.



# PSYCHODYNAMIC TECHNIQUES

- ❖ Free Association
- ❖ Transference
- ❖ Insight
- ❖ Working through Dream analysis
- ❖ Counter transference

# FREE ASSOCIATION

- The patients communicate their uncensored and undirected thoughts and association of ideas. In a nonjudgmental arena which may reveal repressed memories, wishes and dreams.
- Patients learn about themselves and what they feel is important. Their unconscious and conscious fears and defences are pushed aside with this technique
- The therapist does not strive to answer a specific question or find out about a particular memory but instead follow the flow of thoughts from the patient
- While laying on the couch the unconscious self is opened to the therapist who can use free association to get to the core of the patient
- Eg. John says whatever comes to mind. He does filter what could be embarrassing, irrelevant, or ridiculous

# TRANSFERENCE

- The projection of childhood relationship onto the therapist who represents significant figures from the clients life. A redirection of clients feelings for childhood figures onto the therapist.
- The transference reaction represents the unconscious conflicts between impulses and defences.
- Necessary to establish transference so the therapist and client can reveal what problems need to be addressed
- Job of a Therapist is like a blank slate. Creates proper atmosphere to allow the client to relieve past conflicts through transference
- Therapist must be receptive and warm to establish trust with the client. Unconditional neutral regard therapist remains mostly silent to allow for the manifestation of earlier conflicts that can be addressed later.



# INSIGHT/INTERPRETATION

- ❖ Better understanding unconscious influences and impulses making the unconscious conscious.

Eg. SITUATION:

Mary learns that she really hates her mother, and her panic is partially a guilt reaction to her wish that her mother died when she experienced episodes of panic.

- What would the Therapists/Psycho analyst job in this situation:
  - Use your own unconscious, empathy and intuition as well as your theoretical knowledge for arriving at interpretation, and helping the client gain insight
  - By interpreting we go beyond what is readily observable and we assign meaning and causality to a psychological phenomenon

# DREAM ANALYSIS

- ❑ Important procedure for uncovering and understanding the unconscious influences of dreams in everyday life

Unconscious wishes, needs, and fears are expressed, either symbolically or in a direct sense.

- ❑ **Two levels of Dream Content**

- **Latent content** - hidden, symbolic and unconscious motives, wishes and fears
- **Manifest content** - the more acceptable interpretation of the dream the one that appears to the dreamer.

- ❑ Therapists task in treatment is to uncover the disguised meanings by studying the symbols in the manifest content of the dream

cont.

# DREAM ANALYSIS

- During the session Therapist may ask clients to free associate some aspect of the manifest content to uncover the latent meanings:-
  - Explore the clients association with them
  - Interpreting the meanings of the dreams elements
  - Helps clients unlock the repressed material
  - Relate the new insight to their present struggles and provide understanding of the clients current functioning
- **Case.1. Eg.** Shalini has a dream where her therapist doesn't show up. Upon discussion, she reports fears of abandonment by her therapist as well as other important people in her life.



# COUNTER-TRANSFERENCE

- ❑ It is defined as redirection of the therapists feelings towards the patient.

It involves projection by the therapist onto the patient in response to the patients transference behaviour or the patients influence on the therapist's unconscious feelings.

- ❑ **CASE:** It includes cases where the therapist literally takes on the suffering of his/her patient.
  - For Eg. Jaya's therapist experiences Jaya as being similar to his mother and behaves towards her as he would behave towards his mother
  - If these feelings are taken personally, the psychotherapist could become angry, abusive, spiteful, indifferent, or even seductive. If the counter-transference gets too intense the psychotherapist might have to end the treatment and refer the client to someone else, for the clients own protection.

# PSYCHOANALYSIS OF PSYCHOPATHOLOGY

- ❑ **Deficits in Ego Functions** is a reason Freud believed could have caused psychopaths.
  - When the unconscious conflicts become too intense and the defence mechanisms too restrictive, neurotic symptoms begin to emerge.
  - A person is highly motivated to spend the necessary energy in keeping the impulse from coming into conscious. This translates to an exacerbation of previous defences to the point where they become pathological.
  - **Psychotic Individuals** have problems experiencing warmth, empathy, trust, identity, and closeness in relationships because they have problems organizing thoughts. This may be due to blocking and thought withdrawals.

# DIFFERENT STAGES OF PSYCHO SEXUAL ANALYSIS

## ► Freud's Psychosexual Stages of Development



**ORAL** 0-2  
Infant achieves gratification through oral activities such as feeding, thumb sucking and babbling.



**ANAL** 2-3  
The child learns to respond to some of the demands of society (such as bowel and bladder control).



**PHALLIC** 3-7  
The child learns to realize the differences between males and females and becomes aware of sexuality.



**LATENCY** 7-11  
The child continues his or her development but sexual urges are relatively quiet.



**GENITAL** 11-Adult  
The growing adolescent shakes off old dependencies and learns to deal maturely with the opposite sex.



# PSYCHO-SEXUAL STAGES

## ORAL

- **Oral** (birth-18 months) infants primary source of interaction occurs through the mouth. Dependency on caretakers promotes sense of trust through oral stimulation.
- **Conflict weaning process** if fixation occurs, individual would have issues with dependency and aggression.
- **Oral fixation** can result in problems with drinking, nail biting, or smoking.

# PSYCHO-SEXUAL STAGES

## ANAL

### Anal (18 months- 3 yrs)

*Primary purpose of libido is controlling the bladder and bowel movements.*

- Developing control leads to a sense of independence.
- Conflict toilet training child must learn how to control bodily needs.

*If child is not trained properly will lead to negative outcomes*

- **Leniency leads to Anal-explosive personality-** messy, wasteful, or destructive.
- **Strictness leads to Anal-retentive personality-** stringent, orderly, rigid, and obsessive.

# PSYCHO-SEXUAL STAGES

## PHALLIC

- *Phallic (3yrs-6yrs) focus of the libido is on the genitals.*

### ❑ Oedipus complex

Boys begin to view their fathers as rivals for mothers affection. Feelings of wanting to possess mother and incestuous desire to replace father by any means necessary.

Castration anxiety-fear of being punished by father.

### ❑ Electra Complex girls begin to view mother as rival for fathers affection.

Penis envy- girls feel envy toward the males because they possess a penis.

Eventually, child begins to identify with the same-sex parent.

Freud believed the Electra complex was never resolved and women were fixated on this stage.



# PSYCHO-SEXUAL STAGES LATENCY

## Latency (6yrs-puberty)

- Libido interests are suppressed and the development of the ego and superego contribute to period of calm.
- Period of exploration in areas of intellectual pursuit and social interactions.
- **Sexual** urges repressed
- Genital (puberty on) Sexual urges are once again awakened by the onset of puberty.
- Sexual interest in the opposite sex.
- Primary focus- pleasure of the genitals.
- If stages completed without fixations-individual will develop into a well-balanced, warm, and caring person.

# CONCLUSION

- All personalities are at least partially immature due to inevitable conflicts and fixations at pre-genital stages.
- All of us are vulnerable to regressing into psychopathology
- We are more vulnerable if our conflicts and fixations occurred earlier in life because we would be dependent on more immature defences for dealing with anxiety.
- The more intense the pre-genital conflict the more vulnerable we are.
- Well-defended oral, anal, phallic, or mixed personalities may never break down unless placed in stressful situations that lead to an exacerbation of defensive mechanisms and symptom formation.

# REFERENCES

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