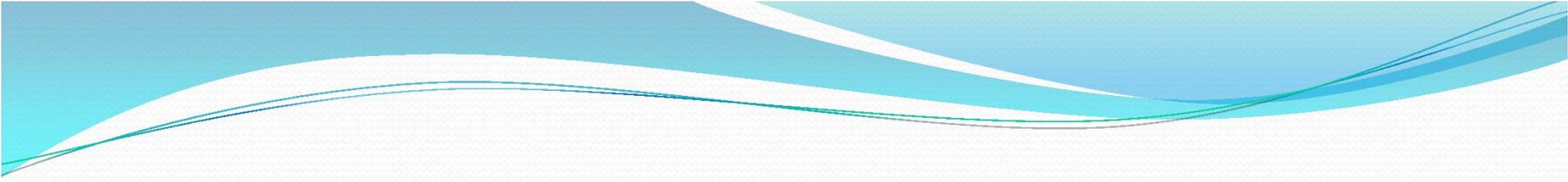


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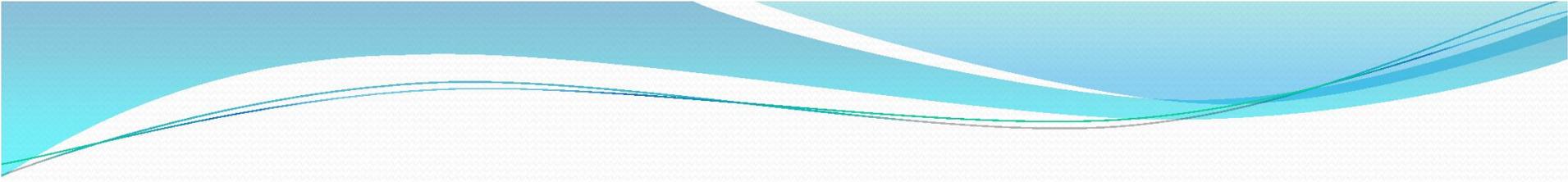
Sigmund Freud

- P.G.Sem-4
- Paper – EC -1
- Introduction to clinical psychology



Sigmund Freud

- Sigmund Freud's theories provide a framework for understanding how the human mind works, why people behave the way they do, and what influences our thoughts and behaviors.



Cont...

- Freud's key ideas, including his concept of the unconscious mind, his structural model of the psyche, and his psychosexual theory of development, served as the basis for psychoanalysis.



Cont...

- One of Freud's greatest contributions to psychology was talk therapy, the notion that simply talking about problems can help alleviate them. It was through his association with his close friend and colleague, Josef Breuer, that Freud became aware of a woman known in the case history as Anna O.

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- The young woman's real name was Bertha Pappenheim. She became a patient of Breuer's after suffering a bout of what was then known as hysteria. Symptoms included blurred vision, hallucinations, and partial paralysis.

Cont...

- Freud concluded that her hysteria was the result of childhood sexual abuse. Anna O. may not have actually been Freud's patient, but her case informed much of Freud's work and later theories on therapy and psychoanalysis.

Cathexis and Anticathexis

According to Freud's psychoanalytic theory, all psychic energy is generated by libido. Freud suggested that our mental states were influenced by two competing forces: cathexis and anticathexis.



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- **Cathexis** was described as an investment of mental energy in a person, idea, or object.
- **Anticathexis** involves the ego blocking the socially unacceptable needs of the id. Repressing urges and desires is one common form of anticathexis, but this involves a significant investment of energy.

Life Instincts and Death Instincts

Freud also believed that much of human behavior was motivated by two driving instincts:

- **Life instincts** (Eros) are those that relate to a basic need for survival, reproduction, and pleasure. They include such things as the need for food, shelter, love, and sex.



Cont...

- **Death instincts** (Thanatos) are the result of an unconscious wish for death, which Freud believed all humans have.⁵ Self-destructive behavior was one expression of the death drive, according to Freud. However, he believed that these death instincts were largely tempered by life instincts.