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Sigmund Freud

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

Freudian Theory of the Psyche

In Freudian theory, the human mind is structured into two main parts:
the conscious and unconscious mind.

- The conscious mind includes all the things we are aware of or can easily bring into awareness.

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- The unconscious mind, on the other hand, includes all of the things outside of our awareness—all of the wishes, desires, hopes, urges, and memories that we aren't aware of yet continue to influence behavior.
- Freudian psychology compares the mind to an iceberg

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- In addition to these two main components of the mind, Freudian theory also divides human personality into three major components: the id, ego, and superego.
- The id is the most primitive part of the personality that is the source of all our most basic urges. The id is entirely unconscious and serves as the source of all libidinal energy.

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- According to Sigmund Freud, the ego is part of our personality that mediates the demands of the id, the superego, and reality. Freud described the id as the most basic part of personality that urges people to fulfill their most primal needs.
- The ego prevents us from acting on our basic urges (created by the id) but also works to achieve a balance with our moral and idealistic standards

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- The superego is the part of the personality that holds all of the internalized morals and standards that we acquire from our parents, family, and society at large.

Psychosexual stages

- Freudian theory suggests that as children develop, they progress through a series of psychosexual stages. At each stage, the libido's pleasure-seeking energy is focused on a different part of the body.
- The five stages of psychosexual development are

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- **The oral stage:** The libidinal energies are focused on the mouth.
- **The anal stage:** The libidinal energies are focused on the anus.
- **The phallic stage:** The libidinal energies are focused on the penis or clitoris

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- **The latent stage:** A period of calm in which little libidinal interest is present.
- **The genital stage:** The libidinal energies are focused on the genitals.
- The successful completion of each stage leads to a healthy personality as an adult.

Freud's Theory of Dream

- The unconscious mind played a critical role in all of Freud's theories, and he considered dreams to be one of the key ways to take a peek into what lies outside our conscious awareness.

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- He dubbed dreams "the royal road to the unconscious and believed that by examining dreams, he could see not only how the unconscious mind works but also what it is trying to hide from conscious awareness