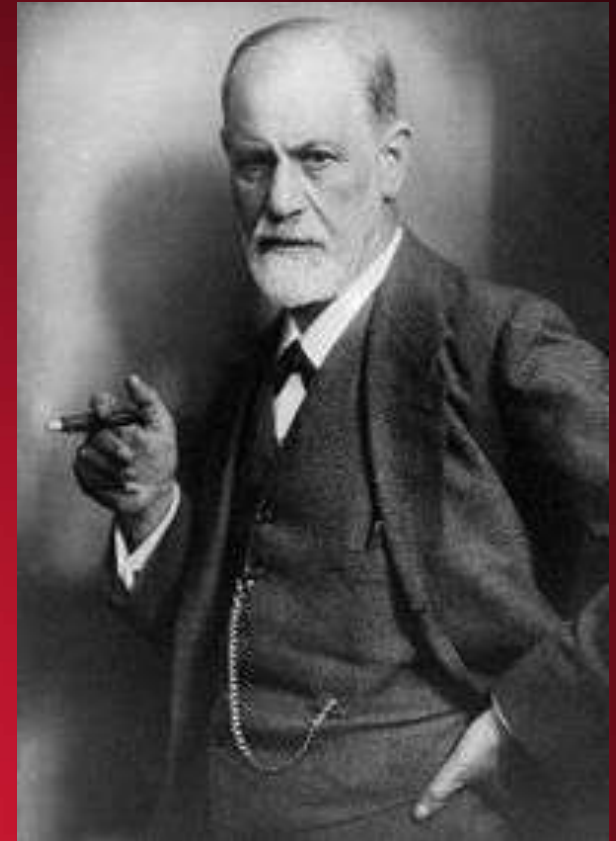


PSYCHOANALYTIC THEORY

BY:
SIGMUND
FREUD



FOUNDER

SIGMUND FREUD :

MAY 6, 1856 – SIGMUND FREUD WAS BORN IN
FREYBERG TOWN, CRECH REPUBLIC

1881 – HE GRADUATED FROM MEDICAL FACULTY,
UNIVERSITY OF VIENNA

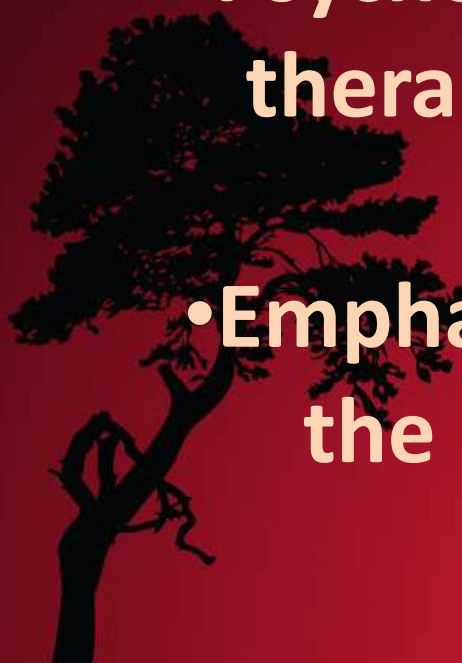
1896 – SIGMUND FREUD WAS OFFICIALLY RECOGNIZED

1900 – HE RELEASED ‘INTERPRETATION OF DREAMS’

SEPTEMBER 23, 1939 – FREUD PASSED AWAY IN
HAMPSTEAD HOUSE

OVERVIEW OF PSYCHOANALYSIS

- A set of philosophical of human nature
- Psychoanalysis is both an approach to therapy and a theory of personality
- Emphasizes unconscious motivation – the main cause of behavior lie in unconscious mind



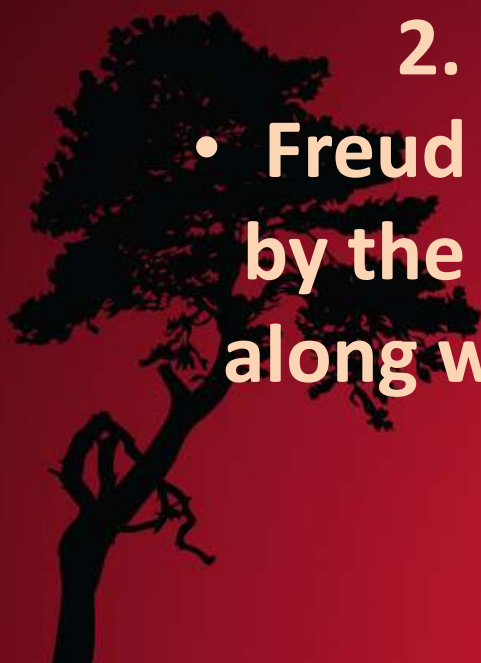
VIEW OF HUMAN NATURE

1. DETERMINISTIC

- Life is about gaining pleasure and avoiding pain

2. HUMAN AS ENERGY SYSTEM

- Freud believe that human are motivated by the unconscious, where the Id is found along with the aggression and sex instincts



LEVEL OF MENTAL LIFE

1. UNCONSCIOUS

- Contains all the feeling, urges or instinct that are beyond our awareness but it affect our expression, feeling, action (E.g. Slip of tongue, dreams, wishes)

2. PRECONSCIOUS

- Facts stored in a part of the brain, which are not conscious but are available for possible use in the future (E.g. A person will never think of her home address at that moment but when her friend ask for it, she can easily recall it)

3. CONSCIOUS

- Only level of mental life that are directly available to us
- The awareness of our own mental process (Thoughts/feeling)

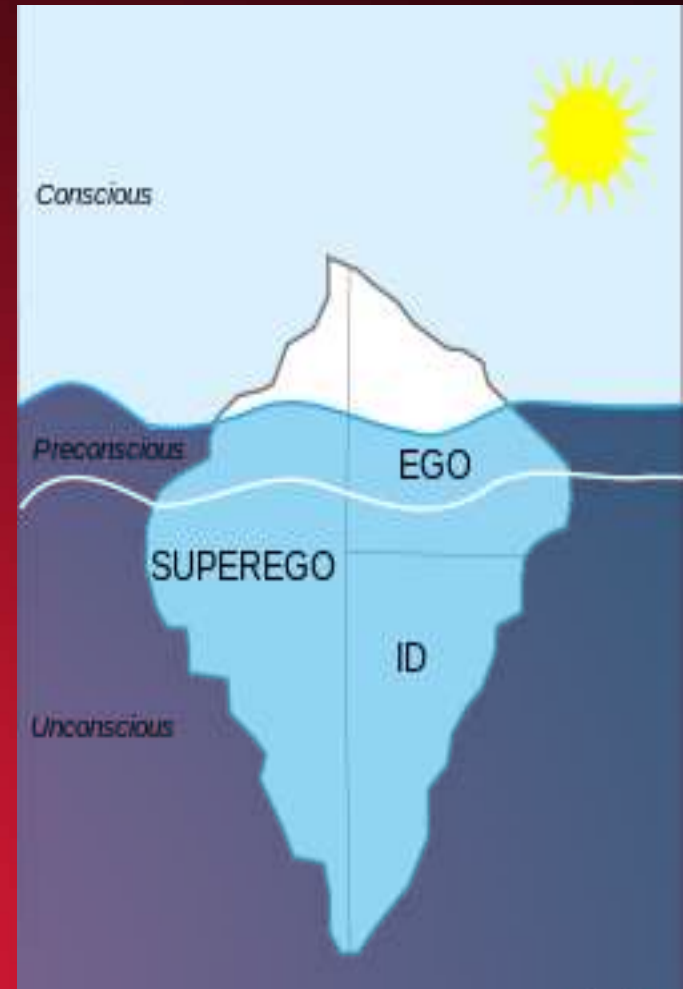
STRUCTURE OF PERSONALITY

Consist of three parts :

1.Id

2.Ego

3.Superego



1. Id

- Infants are born with Id intact
- Operates on PLEASURE PRINCIPLE –
to gain pleasure, avoid pain
- Driven by sexual and aggressive
urge



2. Ego

- The rational level of personality
- Operates on REALITY PRINCIPLES –
does realistic and logical thinking
- The balance between Id and
Superego

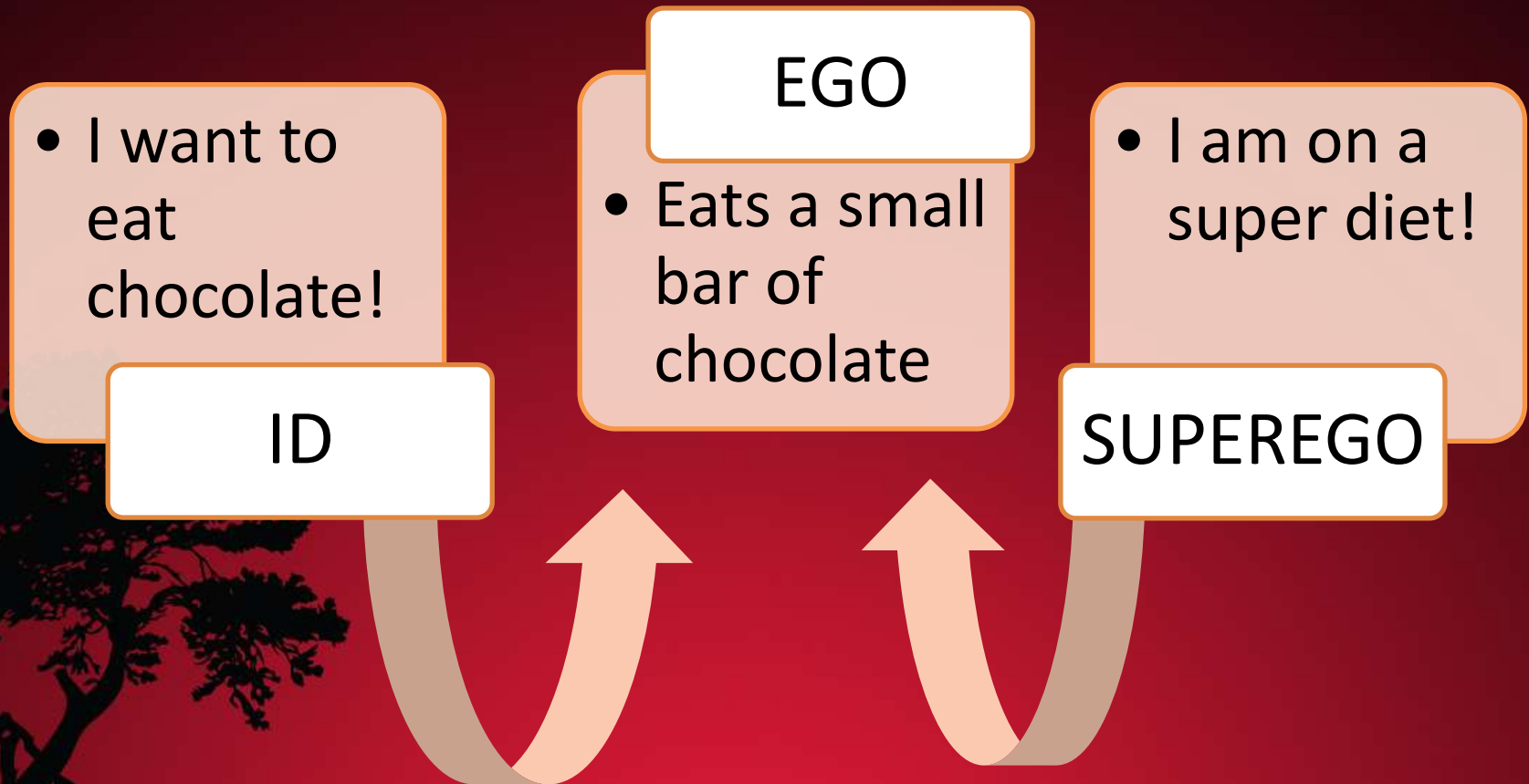


3. Superego

- Partially unconscious
- Operates on MORAL PRINCIPLES
- Able to differentiate between good and bad, right and wrong
- If people follow their superego, they will feel proud but if they don't follow, they will feel guilty and anxious



Example:



PSYCHOSEXUAL STAGES

- Children progress through SIX psychosexual stages during psychosexual development
- A person become 'FIXATED' or stuck in a stage when a basic need is not met, therefore that person will face difficulty in transiting to another stage



► 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.

1. Oral Stage

- Birth to 18 months

- Pleasure centers on the mouth – sucking, biting,

- Fixation :

1. If the child is over stimulated in this stage, as an adult she/he may become dependent on cigarette or alcohol, become chatterbox, or derive pleasure from acquiring possessions (collect things)
2. If the child is under stimulated in this stage, as an adult she/he will make biting sarcasm or be argumentative

2. Anal Stage

- 18 months until 3 years
- Pleasure focuses on bowel movement (withholding/eliminating faeces)
- Fixation :

- I. If parents were over-emphasizing potty training, the child will develop a retentive character. He will become obstinate and stingy
- II. If parents were negligent about potty training, the child will develop expulsive trait such as bad temper, cruelty and messy disorderliness

3. Phallic Stage

- 3 years to 6 years

- Pleasure zone is the sex organ/genitals

- Fixations :

- Oedipus complex in males / Electra complex in female:

The boy will have the desire to possess his mother and displace his father and the girl will want to possess the father and remove her mother

Cont.

Child whom had been fixated in this stage will develop a phallic character, such as reckless, proud and vain

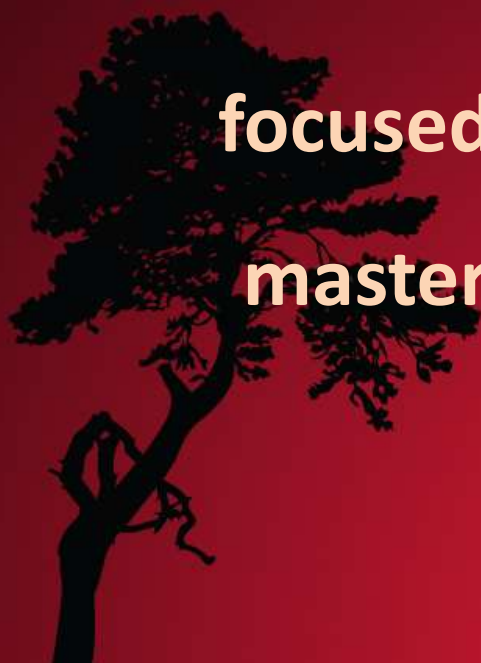
This conflict can also cause the child to be afraid of close relationship and weak sexual identity

Freud stated that fixation may be a root of homosexuality



4. Latency Stage

- 6 years to 11 years, until puberty
- No fixations occur as the child's energy are focused on peer activities and personal mastery of learning and physical skills



5. Genital Stage

- 12 years onwards

- Sexual interest in opposite sex increase

- The child improve their personal identities, develop caring feeling towards others, establish loving and sexual relationship and progress in successful careers.

- Fixation :

- I. Frigidity, impotence and unsatisfactory relationship

DEFENSE MECHANISM

- Defense mechanism are invented by the Ego in an attempt to resolve the conflict between Id and Superego – so that personality can operate in a healthy manner
- It deny/distort reality while operating in unconscious level
- If it is used once a while, the purpose of using it is to reduce stress
- But if it is used frequently, it means the individual are trying to avoid facing reality



1. Repression

DESCRIPTION	EXAMPLE
<ul style="list-style-type: none">• Unpleasant experiences are stored deep in the subconscious mind and can't be accessed by the conscious mind• Basic defense mechanism	<ul style="list-style-type: none">• An accident victim nearly dies but remembers none of the details of the accident

2. Displacement

DESCRIPTIONS	EXAMPLE
<ul style="list-style-type: none">• Redirecting the feelings of hostility and violent action from self to another that is less threatening from original source	<ul style="list-style-type: none">• Angered by a neighbor's hateful comment, a mother punish her child for accidentally spilling her drinks



3. Rationalization

DESCRIPTIONS	EXAMPLE
<ul style="list-style-type: none">• Providing a reasonable explanation to make undesirable behavior appear logical	<ul style="list-style-type: none">• A student who fails a test because she did not study hard enough blames her failure on the teacher for using 'tricky' question

4. Denial

DESCRIPTIONS	EXAMPLE
<ul style="list-style-type: none">• Reality is distorted to make it suit to the individual's wishes	<ul style="list-style-type: none">• An alcoholic fails to acknowledge that he is addicted to alcohol

5. Regression

DESCRIPTIONS	EXAMPLE
<ul style="list-style-type: none">•Returning to a behavior pattern characteristic of an earlier stage of development	<ul style="list-style-type: none">•After Lucy's parents bitter divorce, she refuse to sleep alone in her room and crawling into bed with her mother



6. Reaction Formation

DESCRIPTIONS	EXAMPLE
<ul style="list-style-type: none">•Thinking or behaving in a way that is the extreme opposite to those that are of real intention	<ul style="list-style-type: none">•A woman who loves an unobtainable man and behaves as though she hates him



7. Projection

DESCRIPTIONS	EXAMPLE
The attribution of one's unacceptable urges or qualities to others	A person in an extremely bad mood accuses family members of being hard to get along with



THERAPEUTIC PROCESS



THERAPEUTIC TECHNIQUES

The six basic techniques of
psychoanalytic therapy are :

- I. Maintaining the Analytic Framework
- II. Free Association
- III. Interpretation
- IV. Dream Analysis
- V. Analysis of Resistance
- VI. Analysis of Transference



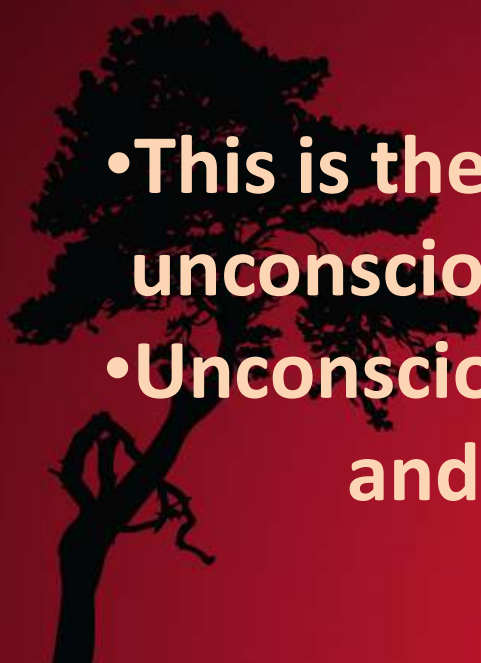
1. Maintaining the Analytic Framework

- Maintaining therapist's neutrality and objectivity
- The regularity and consistency of meetings
 - Starting and ending the sessions on time
 - Clarity on the fees
- Explain the basic boundary issues



2. Free Association

- Clients must say whatever that comes to mind, regardless of how painful, silly or irrelevant it may seem
- Client must try to flow any feelings and thought freely
- This is the basic tool used to open the door to unconscious wishes, conflicts and motivation
- Unconscious material will enter the conscious and the therapist will interpret it



3. Interpretation

- Analyst will explain the meaning of behaviors in dreams, free association and etc.
- Identify, clarify and translate clients material
- To help client make sense of their lives and to expand their consciousness
- Analyst must pay attention not only to the content but also the process of conveying it to the patient

The patients readiness to accept the material is an important consideration. If the interpretation are too deep, the patient might not be able to accept it and bring it into the conscious mind. Therefore, before telling the interpretation to the patient, the analyst must evaluate the unconscious material. The closer the material to the preconscious, the more likely the patient will accept it



4. Dream Analysis

- The avenue to study the unconscious material and giving the client insight into some areas of unresolved problems
- Some memories are unacceptable by the ego that they are expressed in symbolic form (dream)
- Dreams have two levels of content which is Latent Content (hidden but true meaning) and Manifest Content (obvious meaning)
- Analyst studies content of dreams

5. Analysis of Resistance

- Progress of the therapy is slow - not paying fees, being late, blocking thoughts during free association, refusing to recall past memories
- Paying attention to resistance are important, the decision of when to interpret the resistance and tell the client depends on situation
- Therapist must avoid being judgmental, instead allow him to address what makes him anxious
- Therapist must make client understand of their own thought, feelings and action

6. Analysis of Transference

- Clients react to therapist as though they were a significant other
- Counselor interprets the positive and negative feelings of the client
- Release of feeling is an emotional catharsis
- Clients become aware of the emotions and able to move onto another developmental stage
- Transference between client and therapist occur on unconscious level

Therapeutic Goals

- Help the client become more aware of the unconscious material
- Enriching the variety of defense mechanism so that they are more effective & adaptable
- To be able to cope with difficulties and demands
- Strengthening of the Ego



Therapist Function's And Role

- Analyst/therapist will use 'black-screen' approach where he/she will has little exposure and maintain sense of neutrality
- This is to promote TRANSFERENCE RELATIONSHIP with client



-Transference Relationship-

DEFINITION :

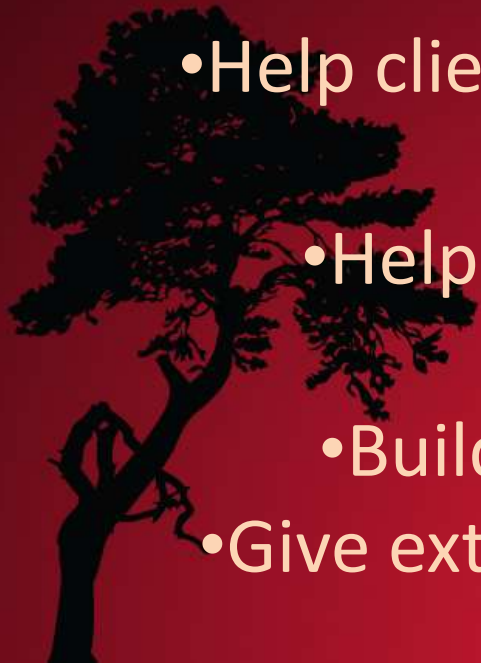
- Process transferring feeling experience in early relationship to someone important in present environment

FUNCTION :

- Help client develop the freedom to love, work and play
- Help client in achieving self awareness

STEPS :

- Build working relationship with client
- Give extra attention to the client's resistance



**While the client are engaging in 'free association',
the analyst will interpret the hidden meaning
behind their words.**

**The function of interpretation is to speed up the
process of uncovering unconscious material
Later, the analyst will teach their client their
meaning of the process of interpretation so that
the client will :**

- 1. Gain insight of their problem**
- 2. Increase awareness of ways to change**
- 3. Gain control over their life**

Client's Experience In Therapy

TYPE OF THERAPY :

- 1.PSYCHOANALYSIS
2. PSYCHODYNAMIC
- 3.PSYCHOANALYTIC



1. PSYCHOANALYSIS

- Client must be a voluntary client, not involuntary
- This is because the client will have to give commitment in the process
 - After a few face-to-face session, therapist will move on to the next stage where the client are needed to lie on a couch and engage in 'free association'
- It's an intensive process where client will meet up 4-5 sessions per week



- In this stage, client will say whatever that comes into their mind and the therapist will remain non-judgmental on its content throughout the whole process
- Psychoanalysis attempts to help clients develop insight into deep-rooted problems that are often thought to stem from childhood
- Success of psychoanalysis often depends on both analyst and client and how they work together.



2. PSYCHOANALYTIC THERAPY

- This therapy engage in a more supportive intervention
 - Psychoanalytic therapy is based upon psychoanalysis but is less intensive (1-3 sessions per week)
- It is for individuals who want to understand more about themselves and those who have difficulties that affected them
 - Client will talk about their life and the therapist will listen, this is known as talk therapy. The therapist will look for patterns that may have cause the client's difficulties
 - Usually face-to-face session



- Client are advised not to make radical changes in their lifestyle as it may disturb the therapeutic process

- Example of radical change :

- filing a divorce/ quitting their job

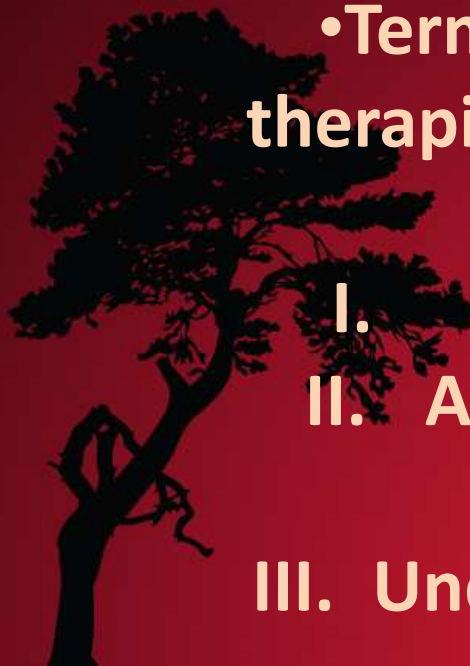
- This therapy also use other techniques (free association, dream analysis)

- Termination can take place when both therapist and client mutually agree that the client had :

- I. Resolve the problem/core conflict

- II. Accepted their remaining emotional problem

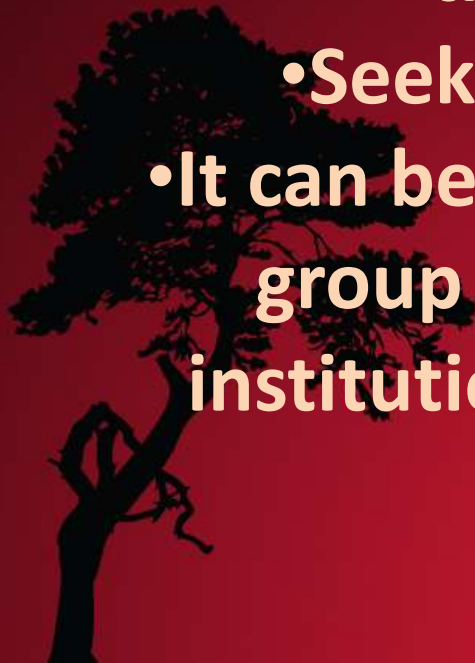
- III. Understand the root of their difficulties



3. PSYCHODYNAMIC THERAPY

- This approach evolved from the psychoanalytic theory but it is more simplified in terms of the length of the process and focus on more immediate problem (phobia, anxiety problem)
- In psychodynamic therapy, the therapist will pay more attention to transference manifestation (when the patient transfers feelings for others onto the therapist), the meaning of client's dream
- Transference are encouraged in psychodynamic

- This therapy include using technique from other sources such as Carl Jung, Otto Rank etc.
- To increase a client's awareness and understanding of how the past has influenced present thoughts and behaviors, by exploring their unconscious patterns.
- Seeks to provide a quicker solution
- It can be used in individual psychotherapy, group psychotherapy, family therapy, institutional and organizational contexts.



ADVANTAGES

- Client gains insight
- Learn from personal past
- Stresses on developmental growth stages
- Can be used for a variety of disorders (hysteria, phobias, anxiety, sexual difficulties)



DISADVANTAGES

- Long term process and expensive
- Requires client full commitment
 - Used mostly in psychiatry
 - Not useful for older clients
- Not design to help people with urgent concern

