

**Sigmund Freud - Founder**

- May 6, 1856 - Sigmund Freud was born in Freiberg Town, Czech Republic
- 1881 - He graduated from medical faculty, University of Vienna
- 1886 - Sigmund Freud was officially recognized
- 1900 - He released "Interpretation of Dreams"
- September 23, 1939 - Freud passed away in Hampstead House

**Some important Books and Essays by Sigmund Freud**

- The Interpretation of Dreams (1909)
- Psychology of everyday life (1911)
- The Interpretations of Dreams (1911)
- On Narcissism (1914)
- Beyond the Pleasure Principle (1920)
- The Future of an Illusion (1927)
- Civilization and its Discontents (1929)

**Libido**

- Libido is a term used by psychoanalytic theory to describe the energy created by the survival and sexual instincts.
- According to Sigmund Freud, the libido is part of the id and is the driving force of all behavior.

**Fixation**

- A fixation can involve an over-dependence or obsession with something related to that phase of development. For example, a person with an "oral fixation" is believed to be stuck at the oral stage of development. Signs of an oral fixation might include excessive reliance on oral behaviors such as smoking, biting fingernails, or eating.

**Oedipus complex & Electra complex**

- Oedipus Complex - boy desiring mother as love object. Between the ages of three and five, Freud suggested that as a normal part of the development process all kids are sexually attracted to the parent of the opposite sex and in competition with the parent of the same sex. The theory is named after the Greek legend of Oedipus, who killed his father to be with his mother.
- Electra Complex - girl desiring father and his love and approval.

**Criticism**

- According to G. Geer (1968), Freud's theory gives inadequate attention to the role of environment in the development of child.
- Freud's theories overemphasized the unconscious mind, sex, aggression and childhood experiences.
- Freud made his observations and individual assessments and derived his theory from a limited population, mostly upper-class.
- Sexism - Freud theorized that women are mutilated and must learn to accept their lack of a penis. He focused more on male development and implied that women retard male development and was inferior. He coined the term "penis envy".
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- Many of the concepts proposed by psychoanalytic theorists are difficult to measure and quantify.
- Most of Freud's ideas were based on case studies and clinical observations rather than empirical, scientific research.

**Contribution**

- Sigmund Freud remains as the most recognizable name in psychology.
- Contributed to a whole school of thought which is psychoanalysis.
- While most psychoanalytic theories do not rely on experimental research, the methods and theories of psychoanalytic thinking contributed to the development of experimental psychology.
- Many of the theories of personality developed by psychodynamic thinkers are still influential today, including Erikson's theory of psychosocial stages and Freud's psychosexual stage theory.
- Psychoanalysis opened up a new view on mental illness, suggesting that talking about problems with a professional could help relieve symptoms of psychological distress.
- Some current efforts to revitalize psychoanalysis focus on psychoanalytic concepts that are more evidence-based (such as attachment theory) or on connecting Freud's ideas of the unconscious to modern neuroscience.

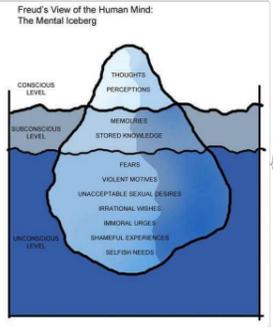
**Contribution to Education**

- Freud's system of psychoanalysis has provided a very good method for the study of human behavior. It has provided a good therapy for treatment of mental illness and abnormal behavior.
- It has highlighted the importance of good education and a healthy environment in the early years by emphasizing the role of childhood experiences.
- The discovery of the unconscious and its importance in determining behavior has helped in diagnosing the causes of behavioral deviations.
- His emphasis on the role of sex in one's life has brought out the necessity of providing proper sex education to children.
- It has given an impetus to the movement of early childhood education.
- Freud's system of psychoanalysis has called for the provision of proper extracurricular activities and suitable hobbies etc. in the school program.

**Psychoanalysis theory**

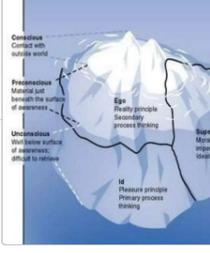
**Philosophical view of Human nature**

- Deterministic: Our behavior is determined by external forces, unconscious motivations, and biological and maturational drives as these evolve through key psychosocial stages in the first six yrs of life.
- Instincts & Drives: Instincts and drives are primarily sexual & aggressive. A drive is a state of physical excitation in response to stimuli.
- # Instincts: Life Instincts (Eros) & Death Instincts (Thanatos)
  - \*Life Instincts (Eros)
    - Maintain the survival of the individual and humankind
    - Identified with libido (According to Sigmund Freud, the libido is part of the ID and is the driving force of all behavior.)
    - All pleasurable acts: Shelter, Love, Food, Survival, Sex etc.
  - \*Death Instincts (Thanatos)
    - Mutilate themselves in one's unconscious wish to die or to hurt oneself or others
    - Unconscious wish of death, self-destructive behaviour, tempered by life instincts etc.
    - The mind's goal is to bring about the cessation of tension and to be gratified.



**Structure of the Psyche/Mind**

- Conscious**: This is the part of the mind that holds what you're aware of. You can verbalize about your conscious experience and you can think about it in a logical fashion.
- Subconscious**: This is ordinary memory. So although things stored here aren't in the conscious, they can be readily brought back into consciousness.
- Unconscious**: Freud felt that this part of the mind was not directly accessible to awareness. In part, he saw it as a dump box for urges, feelings and ideas that are tied to anxiety, conflict and pain. These feelings and thoughts have not disappeared and according to Freud, they are there, exerting influence on our actions and our conscious awareness.



**ID**

- Infants are born with id intact
- Operates on PLEASURE PRINCIPLE - to gain pleasure, avoid pain, wants to be satisfied immediately, and regardless of consequences.
- Driven by sexual and aggressive urge
- The unconscious part that is at the center of one's drives, such as aggression.
- It consists of all the inherited (biological) components of personality present at birth.
- The id is impulsive and responds directly to instincts.



**EGO**

- Theoretical level of personality
- Operates on REALITY PRINCIPLES - does realistic and logical thinking
- The balance between ID and Superego
- Ego is the part of the mind that gives coherence to experience;
- Ego has an overall unifying purpose that leads to consistent behavior and conduct.
- Ego has a positive function of maintaining good performance and not just the negative role of avoiding anxiety.
- Ego defenses are adaptive as well as maladaptive;
- Ego is defined as a strong, vital, and positive conscious force. It is the organizing capacity of the personality that is strong that counteracts ambivalence and discontinuities.

**SUPEREGO**

- A person's conscience, develops early in life and is learned from parents, teachers, and others (socialized).
- Superego has conscious and unconscious element, like ego.
- The superego functions to control the id's impulses which society forbids and turn the realistic goals of ego to moralistic goals.
- The ideal self is an imaginary picture of how you ought to be, and represents how you treat people and how to behave in society.
- 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

**Anxiety**

It is a state of tension that motivates an individual to do something. When the inner battle between the ID & SUPEREGO, referred by the EGO, gets out of hand, the result is Anxiety. The EGO protects itself by using Defense Mechanisms.

\*Three kinds of anxiety

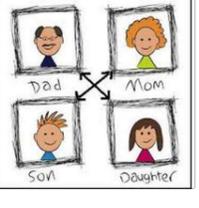
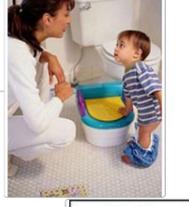
- Reality Anxiety**
  - Fear of danger from the external world - real, objective sources of danger in the environment
- Neurotic Anxiety**
  - Fear that the ID impulses will overwhelm the ego and cause the person to do something that will be punished
- Moral Anxiety**
  - Fear of one's own conscience. Fear that the person will do something contrary to the desires of the Superego.
- Reaction Formation**
  - It is the replacement in consciousness of an anxiety producing impulse or feeling by its opposite. Example: A person who hates another cannot accept that painful fact of hating and so shows extraordinary love towards that person.
- Regression**
  - Pushing thoughts back into the unconscious. Example: something unpleasant and avoid about someone too from your childhood or childhood are based from in the future entering and anxiety someone.
- Displacement**
  - Redirecting thoughts to a less threatening object. Example: sitting in a corner and crying after hearing bad news, throwing a temper tantrum when you don't get your way.
- Projection**
  - In this mechanism, an individual puts the blame of his own failure upon others and some unfavorable factors of his own existence. Example: blaming others for his mistake.
- Displacement**
  - An individual does something as substitute for something else. Example: If a wife gets angry with husband and cannot say anything to him, she beats her child.
- Sublimation**
  - It is a defense mechanism in which unacceptable drives are redirected into socially acceptable channels. Example: anger - kick boxing - some people, poem writing, engage in social services etc.
- Rationalization**
  - An individual tries to justify his failures by giving some excuses. Example: A student makes use of rationalization, when he tries to blame teachers for bad question paper.
- Denial**
  - Simpler form of self defense. Example: If a person is diagnosed as having cancer, they will first get shock, then start sleeping really saying perhaps that the diagnosis was not proper.
- Compensation**
  - It is an attempt to cover some deficiency in one field by exhibiting his strength in another field. Example: If a student is not good in his studies, may show his ability in sports.
- Identification**
  - It is a process whereby one's own traits and beyond conscious awareness. Example: How worshipping by an individual is a sort of identification where an individual identifies himself with a popular hero or an actor.
- Introjection**
  - Acting in and accepting uncritically the values and standards of others. Example: If a child is constantly called stupid, the child thinks that it is really stupid.
- Withdrawal**
  - Some people withdraw themselves from the circumstances that cause tension, frustration or pain. Example: If a person is being humiliated or laughed at, he may shut himself on a room and may not meet any one.
- Day-dreaming**
  - It is a defense mechanism which sometimes helps in making adjustment. Example: A young man who has been ideal in school becomes a bookworm and finds satisfaction in the imaginary world.

**Defense Mechanisms**

It is a tactic developed by the EGO to protect against anxiety.

**Psychosexual Stages**

- Oral (0-1 yrs)**
  - Sucking at the breast of the mother satisfies the need for food and pleasure. Erogenous zone is the mouth and sucking and biting lead to satisfaction.
  - Focus of libido: Mouth, Tongue, Lips
  - Major Development: Weaning off of breast feeding.
  - Adult fixation example: Pleasurable stimulation of the mouth - absence - excessive eating, chewing, talking, smoking, drinking (Oral fixation)
  - Aggressive behavior - Infant teething, biting need - if not adequately met - result in feelings of frustration and aggressiveness etc.
- Anal (1-3 yrs)**
  - Toilet training starts.
  - One learns independence, accepts personal power, knows to express negative feelings of rage and aggression.
  - Learns first lessons of discipline.
  - Focus of libido: Anus
  - Major Development: Toilet Training
  - Adult fixation example: Anal expulsive character: messy, disorganized, reckless, careless, and defiant.
  - Anal retentive character: neat, precise, orderly, careful, stingy, withholding, obstinate, meticulous, and passive-aggressive.
  - The resolution of the anal stage permanently affects the individual propensities to possession and attitudes towards authority.
  - Strict toilet training "Anal Aggressive Personality - Cruelty, inappropriate displays of anger, extreme disobedience etc.
  - Too much importance to the anal activity "Anal retentive personality - extreme orderliness, hoarding, stubbornness and stinginess etc.
- Phallic (3-6 yrs)**
  - Child experiences unconscious incestuous desires for the parent of the opposite sex which is repressed because of its threatening nature - Conflict at this period.
  - Attitudes of the parents at this stage towards the emerging sexuality of the child are going to affect the sexual attitudes and feelings of the child.
  - Focus of libido: Genitals
  - Major Development: Resolving Oedipus/Electra complex
  - Adult fixation example: Threatening or punishing - adverse effect in adult adult life
  - Fixation at the phallic stage develops a phallic character, who is reckless, reckless, self-assured, and narcissistic - excessively vain and proud.
  - Failure to resolve the conflict can also cause a person to be afraid or incapable of close love. - Freud also postulated that fixation could be a root cause of homosexuality.
- Latency (6-12 yrs)**
  - Sleeping period
  - Child recedes and turns its attention outward and forms relationship with others
  - Formal sexual interests are replaced by interests in playmates in a wide variety of activities in school like games and sports.
  - Focus of libido: Genitals
  - Major Development: Resolving full sexual maturity
  - Adult fixation example: If all stages were successfully completed then the person should be sexually matured and mentally healthy.
- Genital (12 yrs - Adult)**
  - Starts with puberty
  - Adolescent develops interest in the opposite sex, does sexual experimentation and assumes adult responsibilities.
  - "To love and to work" - Motto



**As a therapy**

- What Does a Psychoanalyst Do?**
  - Meets with patients individually.
  - 30-45 sessions approximately four times a week for 50 minutes or longer each session
  - Encourage patients to self-discuss their emotional states
  - Help patients understand the subconscious factors that drive their behavior
  - Maximize patient self-awareness
  - Keep detailed notes of each session.
- Psychosomatic Techniques**
  - Dream analysis**: In psychoanalysis, dream interpretation is used to reveal unconscious thoughts. Freud thought that repressed ideas and feelings rise to the surface of the mind through dreams. However, the content of dreams is often altered. Therefore, the psychoanalyst must help the patient interpret and understand the dream's substance to discover its hidden meanings.
  - Free association**: During free association, the patient is encouraged to talk about anything that freely comes to mind. The psychoanalyst may guide a list of random words, and the patient simply responds with the first associations that occur. Repeated associations often emerge during the process of free association.
  - Interpretation**: The psychoanalyst helps the patient explore unconscious and personal meanings to their words and actions during an analysis. The therapist looks for some common themes in the patient's words. One, the so-called "transference slip," notes when patients accidentally reveal something important about their underlying unconscious. The psychoanalytic therapist provides an interpretation of the patient's inadvertent choice of word or phrase.
  - 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 carry certain feelings toward the therapist that actually relate to someone from their past.
- Effectiveness**
  - 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 insight through into the origins of our thoughts, feelings, and behaviors.
  - Abolished research suggests at least a portion of Freud's claims.
  - As broad examination of the self, such as that offered by psychoanalysis, can lead to positive growth over time.
- Drawbacks**
  - Costly idea, such as "talk therapy" are avoided.
  - Patients may find it hard to find a therapist to discuss 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.

