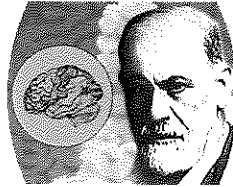


Sigmund Freud: Psychoanalysis

Is there truth to his crazy theory?



Brief History of Sigmund Freud:

Freud went to medical school in Vienna and specialized in nervous disorders in 1888. Before long, he was faced with patients whose disorders made no neurological sense. For example, a patient might have lost all feeling in a hand- yet there was no sensory nerve damage. Freud began to search for a cause for such strange disorders and he decided that maybe they had to do with psychology as well.

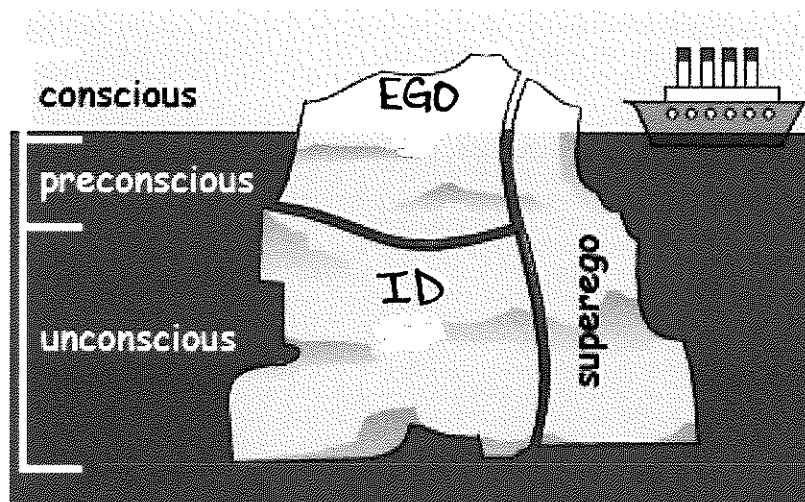
While working with his patients, Freud ‘discovered’ the unconscious.

He practiced “Free Association” which was a way to explore the unconscious when a patient relaxes and says whatever comes to mind no matter how trivial or embarrassing. Freud believed that he could use this Free Association to trace back a person’s problems through their unconscious and then release painful unconscious memories from childhood to cure the patients problem.

Freud’s theory and his associated techniques were called : PSYCHOANALYSIS

Structure of Freud’s Theory:

Freud believed that our personality was the belief that the mind was like an iceberg- mostly hidden. Our conscious awareness is the part of the iceberg that floats above the surface. Below the surface is the much larger unconscious region constraining our thoughts, wishes, feelings, and memories that we are largely unaware of.



Of greater interest to Freud was the mass of unacceptable passions and thoughts that he believed we repress or forcibly block from our consciousness because they would be too unsettling to acknowledge.

He believed that although we are not consciously aware of these thoughts, these troublesome feelings and ideas powerfully influence us.

Example: A financially stressed patient who, not wanting any large pills, said "please do not give me any bills, because I cannot swallow them."

Freud also believed:

- humans are driven/motivated by life instincts (ex: sex) and by death instincts (ex: aggression)
- If anxiety or social constraints prevents us from expressing these drives, they are expressed unconsciously- then Aggression becomes Competitive Nature.
- Jokes were expressions of repressed sexual and aggressive tendencies
- Dreams were viewed as 'the royal road to the unconscious'
 - by analyzing dreams Freud claimed he could reveal the nature of their inner conflicts and release their inner tensions. He also believed that dreams were ways of discovering unconscious wishes and impulses

Definitions:

ID~

EGO~

SUPEREGO~

Freud also believed that individuals pass through a series of PSYCHOSEXUAL STAGES where the ID's sexual impulses find a socially acceptable outlet. What do you think?Read on....

Freud's Personality Development

(Pages 492-501 Text)

Freud was convinced that personality forms during life's first few years. He found that his patient's symptoms seemed rooted in unresolved conflicts from early childhood. Freud concluded that children must pass through a series of Psychosexual Stages during which the id's pleasure-seeking energies focus on distinct pleasure-sensitive areas of the body called Erogenous Zones.

Freud's Psychosexual Stages

Fill in the focus of each stage using p.492 of your textbook.

STAGE	FOCUS
Oral (0-18 months)	
Anal (18-36 month)	
Phallic (3-6 years)	
Latency (6 to puberty)	
Genital (Puberty on)	

Freud then went on to conclude that:

- Unresolved conflicts between id impulses and social restrictions during childhood affect our personality in adulthood
- People who smoke, over-eat, or chew gum have probably had trouble with feeding/breast-feeding during the oral stage
- Problems with toilet training during the anal stage may lead to the development of anal-retentive personalities in adulthood
- Problems during the Genital Stage=
 - Oedipus Complex and Castration Anxiety in men
 - Electra Complex and Penis Envy in Women
 - Women suffering from penis envy 'symbolically castrate' men by embarrassing them, deception and criticism

