

# 02

Chapter

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## **Chapter 2**

### FREUD'S PSYCHOANALYTIC THEORY

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## Chapter

## Introduction

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- Key ideas:
  - **Catharsis**
  - **Free association**
  - **Determinism**
  - **Resistance**
  - **Seduction theory** (revised form)
- **Neoanalytic perspective**
  - Minimized Freud's emphasis on the sexual factor

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## Chapter

# The Role of Conscious, Preconscious, and Unconscious Forces in Personality

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- **Conscious:** state of the mind characterized by awareness of one's experiences
- **Preconscious:** state of the mind in which the person is currently unaware of some idea, memory, or event, which can, however, be made conscious with some effort
- **Unconscious:** depository of hidden wishes, needs, and conflicts of which the person is unaware

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## Chapter

# Instincts: The Driving Forces in Personality

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- Instincts have four basic characteristics:
  - A *source* in some bodily deficit
  - An *aim* that focuses on the gratification of the need
  - An *impetus* that propels the person to act
  - An *object* through which the instinct achieves its aim

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## Chapter

# Instincts: The Driving Forces in Personality (cont'd.)

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- Life instincts:
  - **Eros**: all of the instincts inherent in us that seek to maintain life
  - We are motivated to satisfy our hunger, thirst, and sexual needs
  - **Libido**: basic energy source contained in the id that propels behavior
- Death instincts:
  - **Thanatos**: instinct aimed at returning to an inorganic state (death)
- The individual versus society:
  - Individuals must seek realistic ways of gratifying their impulses through behavior that is in line with the prescriptions of society

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## Chapter

# Structural Theory of Personality and Its Dynamics

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- Three constructs were postulated (id, ego, and superego) that described the ways in which these parts of personality originated and interacted with one another dynamically to influence behavior

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## Chapter

# Structural Theory of Personality and Its Dynamics (cont'd.)

- **Id**: original aspect of personality rooted in the biology of the individual; consists of unconscious sexual and aggressive instincts
  - Amoral and unconcerned with niceties and conventions of society
  - **Pleasure principle**: people always strive to maximize pleasure and minimize pain
- **Ego**: organized aspect of id, formed to provide realistic direction for a person's impulses
- **Superego**: construct which describes the individual's internalization of societal values
  - **Conscience**: punitive aspect of the superego; violation of the conscience makes the person feel guilty or ashamed
  - **Ego-ideal**: positive aspect of the superego, comprising the standards of perfection taught to the child by the parents

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## Chapter

## Defense Mechanisms

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- Ego serves to protect a person against anxiety caused by the conflicting demands of the id and superego
- Primary defenses:
  - **Repression:** unpleasant memories are situated in the unconscious to keep them from reaching consciousness and causing pain
    - **Cathexes vs. anticathexes**
  - **Suppression:** individual's active and conscious attempt to stop anxiety-provoking thoughts by simply not thinking about them
  - **Denial:** a person's refusal to perceive an unpleasant event in external reality
  - **Displacement:** unconscious attempt to obtain gratification for id impulses by shifting them to substitute objects

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### Defense Mechanisms (cont'd.)

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- **Sublimation**: form of displacement in which a socially acceptable goal replaces one that is unacceptable
- **Regression**: person reverts to infantile behavior to alleviate stress
- **Projection**: attribution of undesirable characteristics to others
- **Reaction formation**: conversion of an undesirable impulse into its opposite

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## Chapter

### Defense Mechanisms (cont'd.)

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- **Rationalization:** use of plausible but inaccurate justifications to explain behavior
- **Intellectualization:** isolating thoughts about painful events from one's feelings
- **Undoing:** way of making amends for a socially unacceptable act by performing a socially acceptable act that nullifies the misdeed
- **Compromise formation:** use of contradictory behaviors to gain some satisfaction for an undesirable impulse

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# Theory of Psychosexual Development

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- **Fixation:** defensive attachment to an earlier stage of development; stymies development toward maturity
- **Oral stage:** first pregenital stage of psychosexual development in which primary gratifications center around the mouth
- **Anal stage:** second pregenital stage of psychosexual development in which primary gratification centers around the anal cavity
- **Phallic stage:** third pregenital stage of psychosexual development in which main gratifications are derived from manipulation of the genitals
  - **Oedipal complex:** male child desires sexual contact with the mother, feels threatened by the father, and eventually resolves the conflict by identifying with the father
  - **Identification:** taking on the characteristics of another person as a means of relieving anxieties

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## Chapter

## Theory of Psychosexual Development (cont'd.)

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- **Latency stage:** period during which libidinal energy lies dormant and the primary focus is on the development of interests and skills through contact with childhood peers and teachers
- **Genital stage:** final stage of psychosexual development in which an attempt is made to conduct a mature love relationship with a member of the opposite sex

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## Character Types

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- Oral character
  - **Oral receptive character:** an individual who becomes fixated because of overindulgence during feeding
    - As an adult, this person is characterized by gullibility, admiration for others, and excessive dependence
  - **Oral aggressive character:** an individual who becomes fixated because of underindulgence during feeding
    - As an adult, this person is characterized by envy, manipulation of others, and suspiciousness

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## Chapter

### Character Types (cont'd.)

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- Anal character
  - **Anal eroticism:** feelings of sexual pleasure that have their source in the person's control over expulsion and retention of feces
    - Stems from difficulties during toilet training, when children are locked in a battle over power and control with their parents
  - **Anal character:** an individual fixated at the anal stage, who derives pleasure from his/her control over retention of feces
    - As an adult, this person is characterized by stinginess, orderliness, stubbornness, and the hoarding of possessions

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### Character Types (cont'd.)

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- **Phallic character:** an individual fixated at the phallic stage who, later in life, needs to prove continually his or her sexual adequacy
- **Genital character:** a mature, healthy individual who is sexually developed and capable of relating to members of the other sex

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## Chapter

# Research Evidence for the Theory of Psychosexual Development

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- Evidence for character types
  - Oral receptive character: considerable correlational trait evidence
  - Oral aggressive character: practically no correlational trait evidence
  - Anal character: some correlational trait evidence
  - Phallic or genital characters: no correlational trait evidence

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# Research Evidence for the Theory of Psychosexual Development

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- Post-classical psychoanalytic approach:
  - **Psychodynamic approach:** social analysis of parent-child interactions rather than a biological analysis of conflicts between parents and children during early childhood (e.g., conflicts during feeding, toilet-training)
- Dependent personality type
  - Psychodynamic approach to personality development in which individuals are predisposed to seek the guidance, support, and help of others, even when they are capable of functioning independently
  - **Unhealthy dependence:** manifestation of dependence that occurs indiscriminately and reflexively across a broad range of situations
  - **Healthy dependence:** manifestation of dependence that occurs in some contexts but not others and in ways that are situationally appropriate

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## Chapter

## Assessment Techniques

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- **Free association:** technique in which the therapist encourages patients to report, without restriction, any thoughts that occur to them
  - Parapraxis: malfunction in language, such as a slip of the tongue, a bungled word, misreading, mishearing, or forgetting words or things, which indicates the presence of underlying conflicts
- **Dream analysis:** procedure used to probe the unconscious through interpretation of the patient's dreams

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## Chapter

### Assessment Techniques (cont'd.)

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- **Transference:** feelings presumed to have originally directed toward the parent(s) are now directed toward the therapist
  - **Positive transference:** patient redirects toward the therapist  
unconscious feelings of love and affection retained from experiences with authority figures
  - **Countertransference:** tendency of the therapist to react with personal feelings toward the patient on the basis of the therapist's own needs and conflicts
  - **Negative transference:** patient redirects toward the therapist  
unconscious feelings of anger and hostility retained from experiences with authority figures

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## Chapter

### Theory's Implication for Therapy

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- **Psychopathology** refers to disordered behaviors, ranging from ineffective coping with everyday problems (**neurosis**) to a serious inability to relate to other people (**psychosis**)
- Psychoanalytical therapy places heavy emphasis on the roles of biological and unconscious factors in the determination of behavior
  - Successful psychoanalytical therapy results in increased self-understanding and a more accurate assessment of reality

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### Evaluative Comments

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- **Comprehensiveness:** highly comprehensive theory; extremely broad scope
- **Precision and testability:** not very precise and very difficult to test adequately
- **Parsimony:** too simplistic and reductionistic
- **Empirical validity:** support for the theory is mixed; empirical support for the theory of psychosexual development is satisfactory; for the theory of therapy, the support is not very good
- **Heuristic value:** very high; has generated and, in some quarters, continues to generate new theorizing and research
- **Applied value:** has very high applied value; used by investigators in many disciplines to understand personal development in the family