

Theories of Personality

Chapter: 2 Theory: **Freud's Psychoanalytic Theory**

<p>Biographical Sketch</p> <p>1. Impacts of Theorist's Early Life on Their Theory</p>	<p>Freud was born in 1856 to Jewish parents. He was an excellent scholar/student that wanted to learn everything he could about science. "Freud yearned to solve the great problems of the world and to learn all he could about human nature (Jones, 1963,pp. 3-4, 22); he perceived that science provided the means of satisfying such yearnings". (Ryckman, p.23). Freud attended med school and formed relationships with people of influence to him such as eminent physiologist Ernst Brucke and physician Breuer that helped him with his own theories and techniques.</p>
<p>Concepts and Principles</p> <ol style="list-style-type: none">1. Assumptions2. Methods3. Techniques4. Targeted Outcomes5. Role of Therapist	<ol style="list-style-type: none">1. Freud's main assumption was that our mental health was divided into three parts: the conscious, the preconscious, and the unconscious. The conscious includes ideas and thoughts that we as humans are aware of. The preconscious includes ideas and thoughts that are unconscious, but can easily become conscious. Finally the unconscious are the ideas and thoughts that we are not aware of and that are located in the deepest level of personality. Freud also believed that rooted in the unconscious are the instincts which govern human behavior.2. "To understand the dynamics of an individual's conflicts, Freud postulated constructs that allowed him to describe the ways in which these parts of personality originated and interacted with one another to dynamically influence behavior" (Ryckman, p.27).3. Freud spoke of three systems of mind: id, ego, and superego. Id: original aspect of personality, rooted in the biological aspect. Consists of sexual and aggressive instincts. Ego: Organized aspect of the id, main focus is to provide realistic direction for a person's id impulses. Superego: The

	<p>individual's internalization of societal values.</p> <ol style="list-style-type: none"> 4. Defense mechanisms serve as a way to protect the person against pain. Some of these mechanisms are repression, denial, displacement, projection, etc. 5. The therapist can help identify these mechanisms and systems of the mind to better navigate in this world.
<p>Personality Development</p>	<p>Freud's theory on personality development revolves around his scheme of psychosexual development. He believes that this development is biological in nature and based on the stages in which particular behaviors occur.</p> <p>Freud speaks of three stages. The first stage is the oral stage in which an infant is all id and can not yet distinguish between self and the environment. Therefore the infant relies and is controlled by biological impulses. Freud believed that "the focus of pleasurable sensation or "sexual" impulses during the first pregenital stage is the mouth..." (Ryckman, p.32).</p> <p>The second stage is called the anal stage which occurs during the second and third years of a child. The child is now able to distinguish the id and ego and begins to assert his or her independence by making decisions (ex: rejecting something from their parent). These decisions are not necessarily rational.</p> <p>The third stage is the phallic stage which takes place during the fourth and fifth year of age. Freud believed that during this stage, sexual tension is focused on the genital area. "Both boys and girls are considered to derive pleasure from self-manipulation". (Ryckman, p.33).</p>
<p>Research Evidence</p>	<ul style="list-style-type: none"> ● Oral receptive character: there is considerable correlational trait evidence consistent with Freud's conception. ● Oral aggressive character: Practically no research evidence. ● Anal character: Some research evidence. ● No support for the phallic or genital characters.

Assessment Techniques	<p>“Freud relied on three major techniques: free association, dream analysis, and transference”. (Ryckman, p.40).</p> <p>Free association involves the patients’ self-reports of whatever thoughts and memories occurred to them without any kind of self-censorship. The patients were told to report all thoughts, no matter how trivial, unimportant, embarrassing, and illogical they seemed to be. (Ryckman, p.40).</p> <p>Dream analysis is the interpretation of symbols present in the manifest content of dreams. This is done as an attempt to discover any hidden meanings.</p> <p>Finally transference is the act of a patient reliving their old conflicts and interactions with authority figures (most notably, their parents) in their relationship with their therapist.</p>
Theory/s Implications for Therapy	<p>Through the use of these three techniques: free association, dream analysis, and transference, psychoanalysis can be made to help patients understand the sources of their conflicts and hopefully help them find effective ways to cope, strengthen the ego, function more effectively in everyday life, accurately assess reality, and make important decisions.</p>
Evaluative Comments	<p>Freud is described as a creative thinker. Although many of his beliefs and theories were criticized because they were sexually orientated and leaned towards a pessimist mentality of human nature, other theories and beliefs were accepted/adapted by many people in the science/psychology field (Ex: Freud’s assessment techniques).</p>
Comprehensiveness	<p>Freud’s theory is considered highly comprehensive. “His theory remains, to the present day, the most comprehensive conceptual system ever created by a personality investigator” (Ryckman, p.44).</p>

Precision and Testability	Freud's theory lacked clear and testable hypotheses. His theory also included vagueness in its concepts and ambiguities in its propositions.
Parsimony	Freud's theory failed to meet the parsimony criterion because the motivational base of his theory is limited to sex and aggressive tendencies. In addition Freud presented a one sided view of human nature.
Empirical Validity	Thousands of investigations have been made of Freudian theorizing. As a result they have been divided into two categories: evidence from his theory of psychotherapy and evidence from his theory of psychosexual development. It has been concluded that psychoanalytic therapy does not significantly facilitate the recovery of neurotic patients, in other words it is not 100% effective. This therapy is also too time-consuming and expensive. In terms of psychosexual development, it has been concluded that there has been a failure to resolve the conflicts of early childhood. There is more work testing to be done for this theory.
Heuristic Value	"Freud's theory continues to have tremendous heuristic value" (Ryckman, p.46). His theories are being accepted by many psychologists and there is a lot of evidence that supports the validity of Freud's views on certain matters.
Applied Value	The psychoanalytic position continues to have considerable applied value. Many of Freud's ideas and theories have been adopted by sociologists, social psychologists, historians, theologians, novelists, and economists.
Multicultural Issues	Freud's ideas and theories have been adopted by sociologists, social psychologists, historians, theologians, novelists, economists, etc. However he was also heavily criticized for some of his claims on human development. The agreement/disagreement with specific parts of Freud's theory can be boiled down to cultural aspects as

	well. Some controls might not be as accepting as others.
Biblical Faith Conflicts	Some Biblical faith conflicts may arise towards Freud's sexual and aggressive orientations in his theory. Biblical faith supports self-control, spirituality, and peace which may differ to many of Freud's explanations.
Biblical Faith Consistencies	I was not able to identify biblical faith consistencies in Freud's theory.