

MFT 603: Individual and Family Development

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Chapter Presentation

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Readings for Jan 31st: JA Chapter 5/ GG:chp 1 (pg 198-203)/ GL:chp 1

1. JA Chp 5 gives an overview of Sigmund Freud's psychoanalytical theory, Erik Erikson's psychosocial theory, Jean Piaget's cognitive theory, Abraham Maslow's human needs theory, and Lawrence Kohlberg's theory of moral development

Freud's Psychoanalytical theory helps understand personality development and is broken down into three parts

- a) Levels of awareness- conscious, subconscious, and unconscious
- b) Components of personality or mind- id, ego, superego, and defense mechanisms
- c) Psychosexual stages of development- Oral, Anal, Phallic, Latency, Genital

2. GL ch 1: **J. William Worden** (2009) has become known for a **task-based grief theory and intervention** framework that encompasses the following steps (Worden & Winokuer, 2011):

- a) Acknowledge the reality of the loss.
- b) Process the pain of the grief.
- c) Adjust to a world without the deceased.
- d) Find an enduring connection with the deceased while embarking on a new life.

3. GG ch 1: The primary distinction between grief and depression is in grief, loss of self-esteem is not common. However sleep disturbances, appetite disturbances, and intense sadness is seen in both depression and grief.