PSY 444

Question 4

According to Freud, our personality is formed by organizing our behavioral patterns. The Id, ego, and superego are the three elements that are responsible for this formation. According to Freud, the unconscious Id is the innate part, that motivates us to fulfill our basic needs that are fundamental to our existence. It is part of the mind that contains the most primitive drives and is referred to as "the pleasure principle". the id directs impulses for hunger, sex, and thirst. The superego develops as a child socializes with others, in so doing the child learns social rules of right and wrong including morals, ideals, and values that were taught to us by our parents and our given cultures. There id and superego often engage in constant conflict, and the ego takes on the role of the mediator between the Id and the superego, it is the realistic part that must manage the desires that reside in the Id as well as the unrealistic standards of the superego and at the same time be considered the reality of every situation.

Question 19

The process of therapeutic treatment requires the patient, and the therapists to meet for these sessions, during which at times create an unintended emotional connection. At times the patient projects their feelings unto the therapist. The origin of these unconscious feelings where initially directed to an important figure in the life of the patient, such as their parents, this is known as transference. These feelings transferred may be positive, negative, or sexual, for example, love, anger, distrust, and dependency. Vice Versa during these therapeutic treatment sessions, the therapist unconsciously transfers their own feelings toward their patient/client. It is important that therapists be aware of the possibility of countertransference because their inner conflict has the potential to interfere with the existing therapeutic relationship with the patient. It is important to address both transference and countertransference immediately, so as to avoid embarrassment, relapse, and therapy sessions becoming overshadowed by feelings.

Question 8

Freud's stages of personality development consist of Oral, anal, phallic, latency, and genital stages and he believed in order to attain our personality we as humans must effectively experience each stage before proceeding to the next. Fixation is a condition caused when the existing need of the given stage is not met, this implies that the three elements that make up the personality fail to properly mature, subsequently, the id, ego, and superego are frozen at an early stage of development. In the case of the oral stage of development, a child grapples with trust and mistrust, and experiences fear of the possibility of the mother leaving, therefore a child whose motherly attention and care are not always available whenever the need arises, may eventually become fixated at the oral stage. Throughout their lifespan signs of extreme distrust and lack of independence. Fixation during the anal stage is caused when a parent exercises too much leniency during the process of toilet training, this results in undeveloped self-control. The child's personality showcase carelessness, disorganized behaviors and untidy.

Question 1

God created man, mind, heart, and soul, and blessed mankind with enough wisdom to live and serve on planet earth. I do believe that God gave man the wisdom needed to heal the sick, however, the fact remains that there are limitations to what man can accomplish with the resources given. The case of the psychodynamic perspective which focuses on conflicts that reside in the mind suggested that these unconscious forces are responsible for motivating our thoughts which we are unable to contain. This theory coincides with biblical references one of which is Moses. He grew up in Pharoah's house, yet when he saw the Egyptian abusing a Hebrew, because of his inability to control the conflict in his mind, Moses killed the Egyptian man. Throughout his life, Moses' inner conflicts were obvious and consequently resulted in him not being able to enjoy the fruits of his labor. However, while there is evidence of similarities between the psychodynamic perspective and biblical teachings, I must point out that in order to determine man's personality, it is fitting that we ought to analyze the 3 components that depict man's wholeness, that is the heart, mind, and soul.

Question 35

The premise of Adler's psychological approach is the focus on feelings of inferiority, in addressing this problem he presented a holistic theory to combat this condition. An individual who struggles with inferiority, experiences feelings of worthlessness resulting in viewing the self as insignificant, and experiences challenges when attempting to pursue their goals. In his effort to rectify this feeling, Adler suggested social interactions and community involvement as elements needed to enhance individual growth and development. This is his opinion will facilitate a sense of belonging as well as regaining their self-confidence. Adler's approach views man as an individual unit, this holistic theory is used as a treatment for a large number of psychological disorders including depression and personality disorders. Adler's theory focuses on how childhood memories influence our current problems, and the therapy includes exploring and confronting these memories. Oftentimes this process has a tendency to be painful and uncomfortable for some, the effects of which can be quite problematic.

Adler suggested that the individual psychology qualifying factor implies that it must be viewed and studied as a single unit. The act of dissecting an individual such as focusing merely on the mind does not represent the individual as a whole person. He felt that in order to grasp the complete view of man's life journey in accomplishing his goals, we ought to incorporate all the contributing factors needed. This implies that man's personality is shaped by the inclusion of social interactions, culture, and beliefs among others. Adler felt that this method of inclusion provides a wider scope for addressing human needs and in so doing presents a more accurate approach in doing so. Focusing on treating one part of an individual life and expecting the entire person to fully benefit from treatment. This means that in an effort to provide holistic care, we have to ensure that the entire person/individual benefit equally.

Question 24

 Viewing the Adlerian perspective from a biblical and Christian point of view though not fully but to a reasonable degree indicate quite a few similar beliefs in the moral context. This perspective focuses on where there is a need, provision must be put in place to meet that need, the process. However, while it is essential and beneficial that we as humans interact with each out and indulge in community activities, his methods of approach focus on promoting morally oriented solutions to man's inferiority problems and do not include the need for God in the equation. According to biblical principles, for man to be defined as a whole, he must first establish a relationship with God, therefore it is fitting to conclude that based on this principle, Adler's theory of indivisible psychology lacks merit. The Christian life requires us to pattern our lives after God and according to bible scriptures, God the Father, God the Son, and God the Holy Ghost are referred to as one.

Adler's concept of style of life entails that the shaping of a person's life begins during early childhood. He suggests that as the child grows, they become aware of the world around them, and based on their perception which includes interacting with a family member, he said is how a child determines a style of life.

While not totally, I do support Adler's view that our attitude toward early life events is of greater importance. There is a quote that states, "the problem is not the problem, but the problem is what you do about the problem" Cultivating the right approach toward events that occurred in the early stages of our lives, puts you at an advantage in exploring and facing the problem. It is very important to ensure that are able to view these events from every angle before coming to a conclusion.