

Unit 3 Erikson Essays

Question #2

Trust vs. Mistrust this is the first year of life. As an infant, they learn to trust people, the environment, and the continuity of the external world. The positive resolution is a sense of hope and a trusting attitude. A feeling that all will stay relatively consistent. When The opposite is a crisis, the negative resolution. This is where the infant feels insecure. They think the world is not safe and untrusting—they have an attitude of suspicion, a lack of self-esteem, and a sense of shame.

Question #3

Initiative vs. Guilt this in the child's 3 - 5 years of life. The children begin asserting control and power over the environment in these years. They begin to have feelings of a sense of purpose. This is a positive resolution. This includes their ability to plan and initiate their activities. They take pride in their accomplishments.

The negative resolution is feeling a sense of guilt over trying to carry things out on their own. Overcontrolling parents makes kids feel like they are doing something wrong by being independent. This leads the child to feel overly judgmental of themselves. They end up feeling guilty and inadequate.

Question #5

Erikson took an egalitarian position in his therapy sessions. During his therapy sessions, he took a personal stance with his patients. He felt it was better to sit across from them while he asked questions. Erikson advocated “disciplined subjectivity,” where the therapist analyzes and seeks to understand the patient through empathy while examining their history and the events that affected their lives. In therapeutic settings, Erikson also used free association, dream analysis, and transference. As a child analyst Erikson often used play-therapy techniques to understand his young patients. Erikson was also a great pioneer in the use of psycho-historical analysis. He used this to increase our understanding of the lives of important historical figures. His interest was to build a bridge between psychoanalysis and history.