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1. Erik Erikson was born from Danish parents in 1902 near Frankfurt Germany, as his mother moved there from Denmark. Despite claiming that his parents were married, a biographer believes that he was an illegitimate child, as his birth father left Erik and his mother before he was born.

Erikson's mother, a few years after Erik was born, fell in love with and married his Jewish pediatrician. Because he was so young, they decided to keep his true parentage a secret at the time and changed his last name. After a few years, there was a nagging feeling within Erik that something was wrong. An example of this is because his stepfamily often referred to him as goy, and he noticed that his physical features differed greatly from his parents. Despite holding onto his stepfather's surname into his adulthood, he changed it back to Erikson.

He was, admittedly, not the best student growing up. He didn't want to be a physician like his stepfather, and did numerous things akin to a young adult trying to find themselves. After wandering a bit and being a bit aimless in life, he had a chance encounter with Sigmund Freud and his daughter. Sharing an interest in the psychoanalysis of childhood experiences, she trained him to be a child analyst. Despite their meeting, he thought he wanted to be an art teacher, but then noticed that kids drew and their images and dreams can be translated into words when they are adults.

He later married a Canadian-American woman and had emigrated with her and their two sons. He worked in numerous schools, like Harvard, Yale, the University of California, etc. When he worked with Yurok Native American children, he believed that their rituals and behavior weren't a form of neuroses, but their own developmental crises. He then started to

realize that Freud's weird developmental stages were limited, and wanted to replace it with his ego theory, which he believed more generally represented the lifespan.

2. Identity vs role confusion is the fifth stage of ego development. Those who have successfully passed the prior stages of development, hopefully they have a sense of autonomy, trust, initiative, and industry, they probably have a sense of self-identity. This is a positive thing, as identity gives us a sense of who we are. Identity usually contains being a part of certain groups or certain self images. When someone has a sense of identity, they have a sense of what they are and how they interact with the world. Adolescents may undergo an identity crisis, this is normal as they are not expected to have a solid identity during this time of their lives. This identity crisis may stem from role confusion, in which the adolescent may be very confused with who they are and who they want to be, maybe having negative feelings about it as well. Adolescence is a tumultuous time in a person's life, they may have many doubts and worries going on in their mind. These people may have their behavior characterized by totalism, where they set strong boundaries on their values, beliefs, and relationships. This may lead to them following simple ideologies because it sounds easier than figuring it out for yourself. If they are unsuccessful in solving this conflict they may find negative identity, where they act negatively towards roles that are considered good and themselves act negatively towards society.

In late adulthood, the final stage occurs, that stage is ego integrity vs despair. People with ego integrity have lived fulfilled lives, they were capable of overcoming their troubles and conflicts, they were able to deal with their sadness and negative emotions. At the end of their lives, they are more than capable of saying that they lived a happy, productive life. On the complete opposite side of the spectrum, we have despair. Despair is that feeling that these elderly

adults get when they realize that they have wasted their lives, they don't have enough time to make anything productive out of them or do anything that will give them any integrity.

5. Discuss Erikson's therapeutic techniques.

Erikson developed some of his own therapeutic techniques that were different from Freud's. An important part of Freud's therapeutic model was that the patient is not facing the therapist and wants the patient and therapist to not have a relationship, but the client sees the therapist as a sort of facilitator. He wanted the relationship to be somewhat neutral, or not having anything that can really impact. In contrast, Erikson wanted the client to sit in front of him where they felt relaxed, knowing that they are secure when there is an actual person in front of them. Erikson was also more personable in his approach, even though he also wanted to analyze whatever the client was telling him, he wanted to empathetically understand it, even going through the events in their lives that lead up to it.

Erikson pioneered the use of psychohistorical analysis. This method is about understanding the patient and their history, how they got there and the context of the decisions that they made. He tested this by going over the personal histories of certain historical figures in an attempt to understand why they did what they did. They also took culture factors and zeitgeist into account for why they did the things they did. This was all done to make an interpretation for the things that these people did.

He didn't think that neurotics and psychotics the same way Freud did, he believed that they were stunted in their ego development, they thus developed behavioral problems when they were growing. He believed people who had schizophrenia didn't develop a sense of trust early in their lives, thus they had breaks in their reality. Erikson thought they needed to develop a sense of trust and the therapist must be able to teach them.