

Karen Horney's Neurotic Trends

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Karen Horney's theories on neurosis demonstrate that interpersonal relationships cause basic anxiety. Horney categorizes these neurotic trends: as moving away, moving towards, and moving against people. This literature review will address Horney's therapy and the aim of helping patients give up their idealized self-image, let go of their neurosis, and change self-hatred to an acceptance of the authentic self through different approaches in all areas of counseling.

In the first half of the twentieth century, Karen Horney pioneered the psychological and psychoanalytic communities (Smith, W. B. 2007). Her theories on motivation and relationships are still relevant today and have been applied to attachment theory, self-psychology, and intersubjectivity practices (Fredrick, T.V. 2009). In addition, her insights into "expansive solutions," "self-effacing solutions," and "resignation" can be used by Christian counselors to understand better how people relate to themselves and God (Parker et al., 2009). Horney's theories are also supplemented by Germaine Grisez's concept of personal vocation, which shows how morality serves as a foundation for self-fulfillment (Gudan, E. 2008).

Karen Horney's theories on neurosis focus on the role of interpersonal relationships in causing basic anxiety. She divides neurotic trends into moving away, moving towards, and moving against people. Through her therapy, she aimed to help patients overcome their neurosis.

Moreover, accept their authentic selves by letting go of their idealized self-image and changing self-hatred to self-acceptance in all areas of counseling. Her psychology is still prevalent today.