

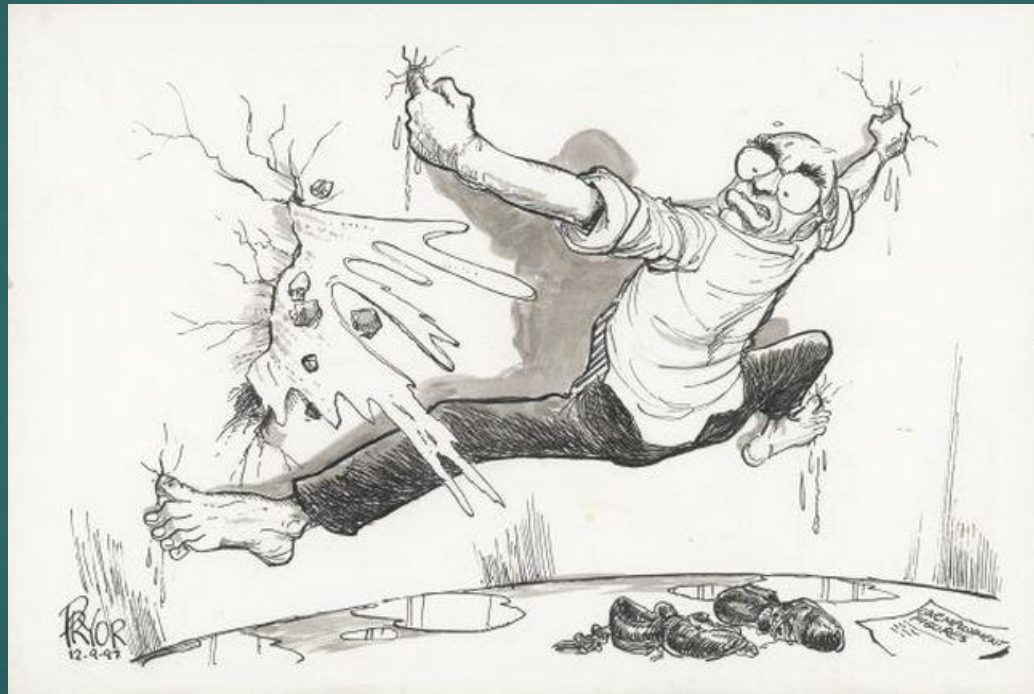


Repression and Defence Mechanisms

Repression of the Id's needs

- ▶ Freud believed that repression could cause disaster for the individual. He felt that the Ego and the Id are interconnected, the Id provides the passion and the flame for direction and the Ego harnesses this into useful and beneficial actions.

Repression of the Id's Desires



Neurosis

- ▶ Freud suggested that suppression of the Id's demands can be the "simple formula for the origins of a neurosis: the I has attempted in an inappropriate fashion to suppress certain parts of the It; this attempt has failed and the It has taken it's revenge". Freud (1926/2002) p.113.

Freud's Defense Mechanisms

- ▶ Freud suggested that we have defense mechanisms as a way to fend off dangers.

Repression

- ▶ Some of our strategies can be helpful and harmless, others can be neutral and finally there are some strategies that our Ego employs that can be dysfunctional.

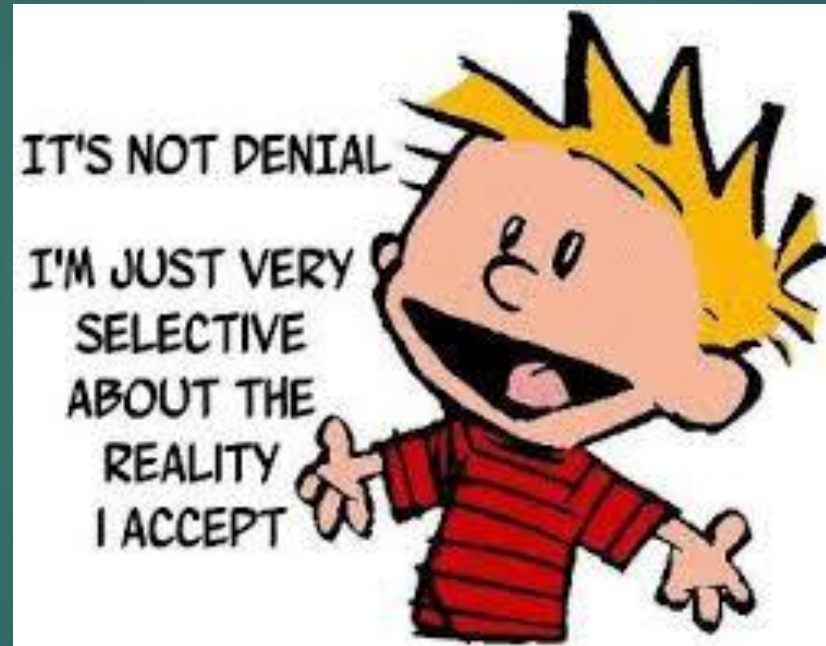
Repression

- ▶ There are two types of repression:
 - ▶ Material that is in the preconscious, therefore is accessible by the conscious, it will then get pushed back into the unconscious.
 - ▶ Then there is the second type which is deep within the unconscious, that is too painful to access, it has to stay within the unconscious.

Denial

- ▶ Defense mechanisms are there for a reason, removing them can be harmful for the individual.
- ▶ Denial is a very common strategy, many of us use denial to avoid thinking about uncomfortable realities.

Defence Mechanisms



Calvin and Hobbes by Bill Watterson

Projection

- ▶ Externalisation of an unacceptable instinctual impulse.

Other Defense Mechanisms

- ▶ Reaction Formation
 - ▶ Rationalization
 - ▶ Conversion and Psychosomatic Reactions
 - ▶ Displacement
 - ▶ Regression
 - ▶ Depersonalisation, Confusion and dissociation
 - ▶ Sublimation
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- ▶ I invite you to research these other mechanisms, develop your understanding of why the Mind needs these mechanisms and how they might be helpful or harmful.