

Psychology In Health and Social Care

Module Code: LCHS4010

Assignment Title: Assignment 2: Written Task

Lecturer: Dr Peace Ukachukwu

Student ID: 2430982

Student Name : Cila Cristiana Guadalupe Capela Goncalves Carvalho

Submission Deadline: 19th December 2025

Introduction:

As we grow and get older there are a problems that comes with it, one of them being the fact that many as the grow old live with a case of dementia. When it comes to these set of people there are ways to deal with it, with one of them being the Erikson stage of psychological development and Freud's developmental theory. Throughout this paper we will explore parts of this theory and understand how it can be used in a care home setting as a tool that help patients that suffer from dementia.

Erikson's stages of psychosocial development is a theory introduced in 1950s by psychologist and psychoanalyst Erik-Erison .It built upon Freud's theory of psychosexual development by drawing parallels in childhood stages while expanding it to include the influence of social dynamics as well as the extension pf psychosocial development into adulthood. Freud's theory is one that explores more of the early infancy while and it was one of the first attempts to align psychology to the scientific structure of medicine. This theory was achieved thought Freud's attempt in the unification and definition of a human sexual development in which gave him 5 stages with each one representing the libido, or instincts on the different erogenous zones in the human body. While these theory are per se connected to each other as one was needed to create another they themselves have different meaning and different ways that it is used in the health and social care systems. With Erikson theory being one that it is seems to be used the most due to it being an expiration of an existing theory so it already had a base to go one from unlike Freud's theory that was the first one to come out and having less things that people could fine.

The application of Erikson and Freud's Theories in the Health and social Care sector

When it comes to the application of this theory you are able to see the importance of each stage and how it is built to help the patients to understand and accept their treatment. With the first of those stages being the stage of trust vs mistrust also described as the infancy period by Erikson and as the Oral stage by Freud's this is a stage when the caregiver gains the trust of their patient by providing a secure environment and with regular access to food and affection, if we move on to the other stages like stage 2, and the 3rd stage in which are known as the early childhood period, and the pearly age period by Erikson and as the anal and genital stage by Freud's, with this being the time where the caregiver focuses more on promoting self-sufficiency with the previous given environment and also at this third stage they start to encourage support, and give guides to the patient in their own initiative and interest. Studies made by "(Mazaheri, Kihlgren and Norberg, 2021)" in applying this theory it is stated that caregivers were able to have a better communication with their patient while applying this method "the intervention group compared to the control group. After being trained in EJET, caregivers communicated in a more positive way with the PADDs as competent partners and showed humanity and respect. They supported PADDs' attempts to act and created more opportunities for them to participate in decision-making. (P179)" This research highlights how the first stages of their theory on how a social caregiver can make/create an environment where the patient can feel safe, and are comfortable and trust their caretakers, to be able to communicate with them and not feeling afraid or uncomfortable while doing so.

Example in how Erikson and Freud's theory can be used to assist professionals in addressing the psychological and behaviour of someone with dementia.

Professionals can apply the theories of Erikson and Freud's to dementia by using Erikson's framework for reminiscence therapy and identity support, and Freud's psychological techniques for the understanding of emotions by tapping long-term memory.

When it comes to applying Erikson's theory it is important to understand how it is mostly used as a theoretical framework for reminiscence, and life review therapies. By using the final stage of his theory "Integrity versus despair", health care professionals can use its relevant information in older adults, including those with dementia. As "according to (Erikson and Erikson (1997)), individuals encounter eight stages of psychological crises: basic trust versus basic mistrust; autonomy versus shame and doubt; initiative versus guilt; industry versus inferiority; identity versus identity confusion; generativity versus stagnation; and integrity versus despair and disgust. And that successfully overcoming each stage results in

respective psychological strength: hope, will, purpose, competence, fidelity, love, care, and wisdom.' (Perry et al., 2018)".

Ways it assists :

- When caregivers promote autonomy to the patients it by encouraging them to self-manage some of their daily tasks such as choosing their own clothes or location some of their personal items, it can provide them with a renewed sense of competence, in which defeat their sense of despair as it helps them to "identify unresolved conflicts" regarding their memory lost.
- Another way it through social interaction where there have some awareness of the dementia "despair" stage then the caregivers can have an understanding of the needed amount of social interaction one needs and effectively counter their attempts to isolated themselves.

When it come to the application of Freud's its important to understand that his theory heavily emphasizes the importance of one past experiences and that the role of one ego is in control of their internal and external demands, as the "egos job is to find the middle ground. It helps to satisfy one desires in a rational way that will not lead the mind into feeling guilty." And according to "Freud's, a person who has a strong ego, which can balance the demands of the id and the superego,, has a healthy personality" (digitaleditions.library.dal.ca, n.d.). with that said, being able to understand that person behaviour so that a dementia patient who often retain long-term memory better than short-term memory, then using Freud's methods would be best to use as their behaviour may be linked to some past experience of some unresolved emotion that is affecting their egos regulatory functions.

Way it assists:

- By providing them with a person- centred care it creates a safe environment for them where accepting a therapeutic ambient where they can express their feelings without fear, in which helps to maintain their self-worth.
- Things like a sensory triggers with things like music, smell, sounds, or images from their past/younger life hood can help to bring up some powerful emotions within them, providing a way to communicate and express their emotions.

Challenges that health care professionals face when applying Erikson and Freuds theories/ Recommendations for improvement.

Some of the challenges that health care professionals face is that when these theory was created it was for a different time of culture compared to what we have currently so its really culturally bias as their cultural context where made for people of the Victorian Europe and

the middle class united states, making it not applicable to every person in today times and common cultures that we currently live in. there are many other challenges that we currently face now that weren't really as present at that time with a wide range of them being, time and cost needed for the treatment with the rise on inflation it now makes it harder for some of the required environments to be created for specific patients, Freud's theory has many methodology limitation as it heavily relies on a subjective case studies of a small number of patients, in which limits his ideas for the broader population.

Recommendations for improvement

As for ways that some of these challenges can be addressed is with things that could counter it challenges with some examples being; for the culture bias problem it would be to try to adapt it to a cultural diversity case, in which is done by recognising the cultural differences and adapting it to a wider insight across the cultures. Also while using those theories its important to prioritize the empirical and evidence-based methods to complement the insights with the modern therapeutic approaches like the cognitive behavioural therapy, as they have a much stronger evidence base in the mental health care system.

Conclusion

To conclude, when it comes to the sue of those theories in the Morden days is not a complete waste of time due to them being outdated however, it is good to used them as base method that is used to complement on the more modern one, as they still hold some value in today's society though not as dominant as it used to be. The Erikson and Freud's theory while having some potential problems depending on the patient I still believe that it can still offers valuable information in how to being the patients treatment and their first stages offers Incredible insight in how to proceed with their treatment as time goes on and trust is built between the patient and the professional health caregivers.

Reference List:

- digitaleditions.library.dal.ca. (n.d.). Freud and the Psychoanalytic Perspective – Introduction to Psychology & Neuroscience. [online] Available at: <https://digitaleditions.library.dal.ca/intropsychneuro/chapter/freud-and-the-psychodynamic-perspective/> [Accessed 18 Dec. 2025].*
- for, R., Ernstmeyer, K. and Christman, E. (2025). NURSING CARE FOR INFANCY THROUGH ADOLESCENCE. [online] Nih.gov. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK615351/>.*

Javed, S. and Kakul, F. (2023). *Psychological Theories of Dementia*. *Journal of Gerontology and Geriatrics*, pp.1–6. doi:<https://doi.org/10.36150/2499-6564-n610>.

Maeve (2014). *Making Sense of Dementia: Psychoanalytic Perspectives*. [online] Freud Museum London. Available at: <https://www.freud.org.uk/2014/02/08/making-sense-of-dementia-psychoanalytic-perspectives/> [Accessed 18 Dec. 2025].

Mazaheri, M., Kihlgren, M. and Norberg, A. (2021). *Applying the Theory of Human Development by Erik and Joan Erikson When Communicating with Persons with Advanced Dementia Diseases*. *Nordic Journal of Nursing Research*, 42(4), pp.178–184. doi:<https://doi.org/10.1177/20571585211048280>.

McLeod, S. (2024). *Sigmund Freud's Theories*. [online] Simply Psychology. Available at: <https://www.simplypsychology.org/Sigmund-Freud.html>.

Orenstein, G. and Lewis, L. (2022). *Erikson's Stages of Psychosocial Development*. [online] National Library of Medicine. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK556096/> [Accessed 18 Dec. 2025].

Perry, T.E., Ruggiano, N., Shtompel, N. and Hassevoort, L. (2018). *Applying Erikson's Wisdom to Self-Management Practices of Older Adults*. *Research on Aging*, [online] 37(3), pp.253–274. doi:<https://doi.org/10.1177/0164027514527974>.

Therapy Trainings® Mental Health CE. (2024). *Erikson's Stages of Psychosocial Development: a Lifespan Perspective for Therapists*. [online] Available at: <https://www.therapytrainings.com/pages/blog/eriksons-stages-of-psychosocial-development-a-lifespan-perspective-for-therapists> [Accessed 18 Dec. 2025].