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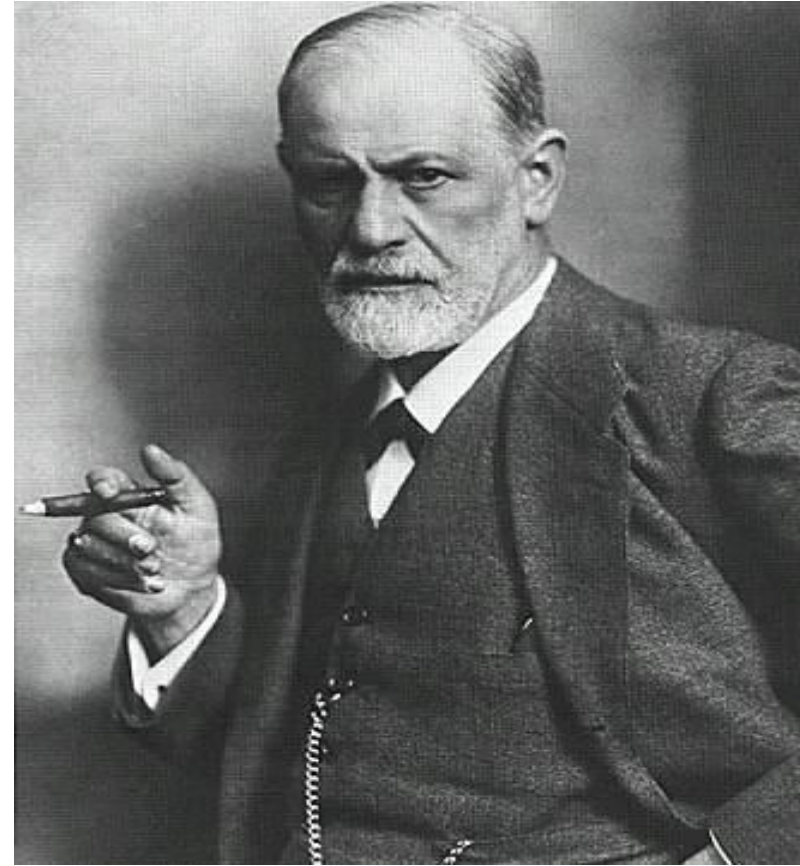
Sigmund Freud's Psychodynamic Theory

Trawsnewid Addysg; Trawsnewid Bywydau
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- Freud's psychodynamic theory developed in the early 1900s grew out of his work with patients.
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- Freud used the term dynamic to
- refer to mental energy force.



- It emphasizes the importance of early childhood experiences, unconscious or repressed thoughts that we can't voluntarily access, and the conflicts between **conscious** and **unconscious** forces that influence our feelings, thoughts, and behaviours.

- **Conscious thoughts**: are wishes, desires, or thoughts that we are aware of or can recall at any given moment.
- **Unconscious forces**: represent wishes desires, or thoughts that because of their disturbing/threatening content, we automatically repress and cannot voluntarily access.
- Freud believed that a large part of our behaviour was guided or motivated by ***unconscious forces***.

- **Unconscious motivation**: is a Freudian concept that refers to the influence of repressed thoughts, desires, or impulses on our conscious thoughts and behaviours.
- Freud developed three methods to uncover unconscious processes:
- ***free association***,
- ***dream interpretation***,
- and ***slips of the tongue*** (Freudian slips).

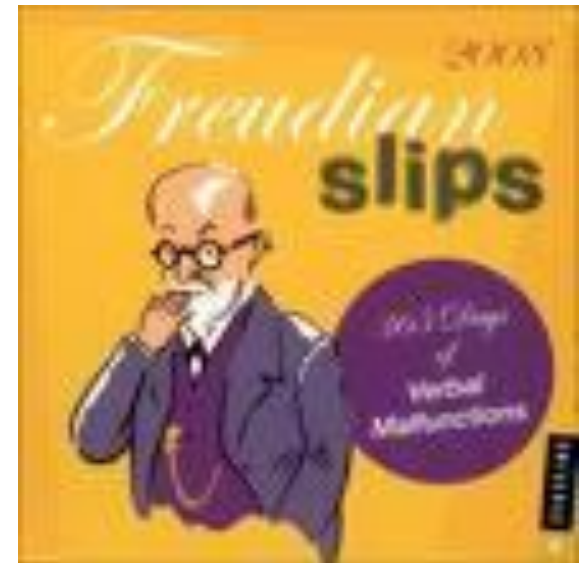
Free association: Freud encouraged clients to talk about any thoughts or images that enter their head; the assumption is that this kind of free-flowing uncensored talking will provide clues to unconscious material.



Dream Interpretation: a Freudian technique of analysing dreams, is based on the assumption that dreams contain underlying, hidden meanings and symbols that provide clues to unconscious thoughts and desires.

Freud distinguished between the dreams obvious story or plot, called **manifest content**, and the dream's hidden or disguised meanings or symbols, called **latent content**.

Freudian Slips: are mistakes or slips of the tongue that we make in everyday speech; such mistakes which are often embarrassing, are thought to reflect unconscious thoughts or wishes.



- Freud assumed that the 3 techniques are all mental processes that are the **least controlled by our conscious**, rational, and logical minds.
- As a result, he believed that these 3 techniques allowed uncensored clues to slip out and reveal our deeper **unconscious** wishes and desires.

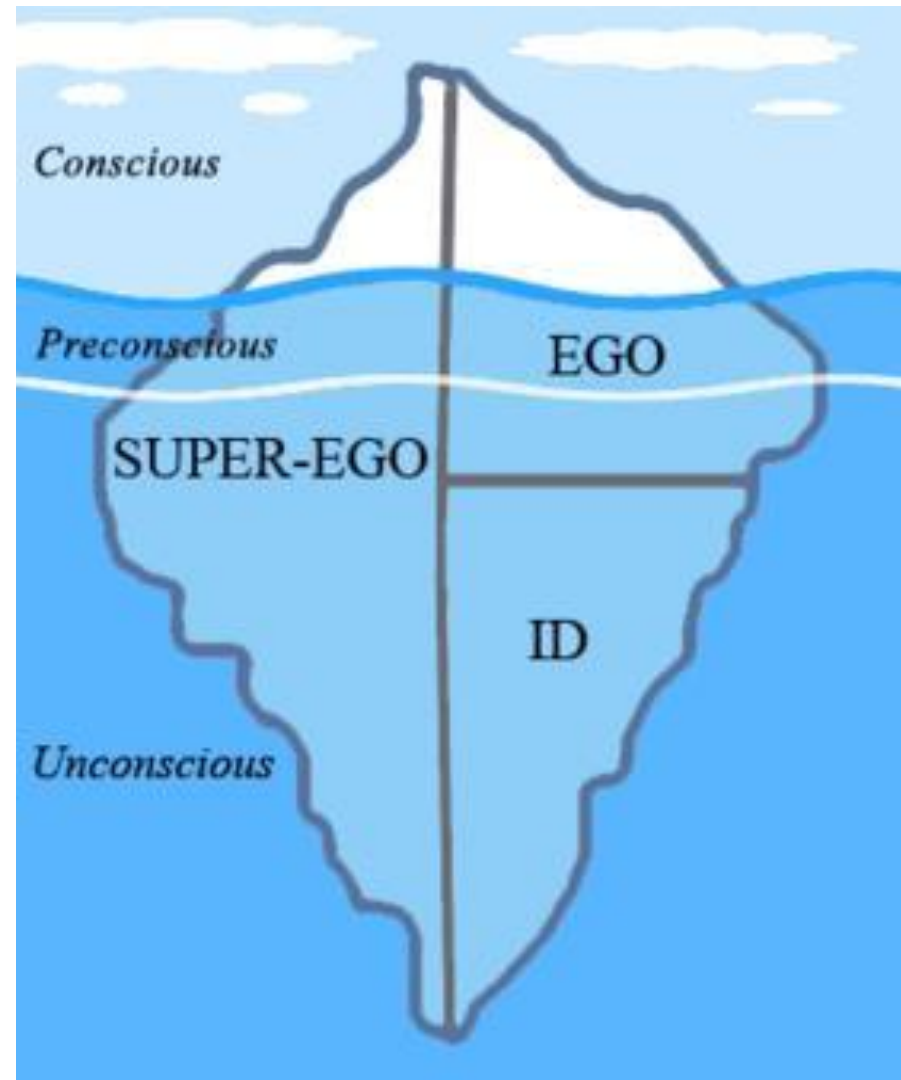
Psychodynamic Theory

According to Freud's theory, there is a continuing battle going on in our minds between **conscious** thoughts and **unconscious** forces.

How our minds fight these battles is perhaps one of Freud's best-known theories, and you'll easily recognize many of the terms including ***id, ego, and superego.***

To understand how the *id*, *ego*, and *superego* interact, imagine an iceberg floating in the sea.

The part of the iceberg that is **above** water represents **conscious forces** of which we are aware, while parts **below** the water indicate **unconscious forces** of which we are not aware.



The first division is the *id*, which contains 2 biological drives-sex and aggression-that are the source of all mental energy.

The *id* follows the pleasure principle, which is to satisfy the drives and avoid pain, without concern for moral restrictions or society's regulations.

The second division is the **ego** , whose goal is to find socially acceptable ways of satisfying the id's desires within the range of the superego's prohibitions.

The **ego** follows the reality principle, which is to satisfy a wish or desire only if there is a socially acceptable outlet available.

The **ego** develops from the id during infancy.

The third division is the ***superego***, whose goal is to apply the moral values and standards of one's parents or caregivers and society in satisfying one's wishes.

The **superego** develops from the ego during early childhood.

Disagreements?

Freud believed that often times there is little to no disagreement between the goals of the ***id*** and ***superego***.

However, when disagreement occurs Freud theorised that the ***ego*** works to find compromise between the goals of the ***id*** and the ***superego***.

This compromise is found by the ***ego*** using what Freud described as mental processes or defense mechanisms.

- Defense mechanisms are Freudian processes that operate at unconscious levels and that use self-deception or untrue explanations to protect the **ego** from being overwhelmed by anxiety.
- **Anxiety**: an uncomfortable feeling that results from inner conflicts between the primitive desires of the **id** and moral goals of the **superego**.

Rationalisation: involves covering up the true reasons for actions, thoughts, or feelings by making up excuses and incorrect explanations.

Denial: is refusing to recognise some anxiety provoking event or piece of information that is clear to others.

Repression: involves blocking and pushing unacceptable or threatening feelings, wishes, or experiences in the unconscious.

Projection: falsely and unconsciously attributes your own unacceptable feelings, traits, or thoughts to individuals or objects.

Displacement: involves transferring feelings about, or response to, an object that causes anxiety to another person or object that is less threatening.

Note that all these defense mechanisms function indirectly and unconsciously.

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They reduce anxiety by disguising our threatening impulses.

Just as the body unconsciously defends itself against disease, so also, believed Freud does the **ego** unconsciously defend itself against anxiety.

Five Psychosexual Stages

Analysis of his patients' histories convinced Freud that personality forms during life's first few years.

Again and again his patients symptoms seemed rooted in unresolved conflicts from early childhood.

He concluded that children pass through a series of psychosexual stages, during which the ***id's*** pleasure seeking energies focus on distinct pleasure-sensitive areas of the body called ***erogenous zones***.

Freud's Psychosexual Stages

Stage	Focus
Oral (0-18 months)	Pleasure centers on the mouth-- sucking, biting, chewing
Anal (18-36 months)	Pleasure focuses on bowel and bladder elimination; coping with demands for control
Phallic (3-6 years)	Pleasure zone is the genitals; coping with incestuous sexual feelings
Latency (6 to puberty)	Dormant sexual feelings
Genital (puberty onwards)	Maturation of sexual interests

- **Carl Jung:**
- Jung originally a close friend and follower of Freud disagreed with Freud's emphasis on the sex drive. Jung believed the collective unconscious-and not sex-to be the basic force in the development of personality.
- The ***collective unconscious***, according to Jung, consists of ancient memory traces and symbols that are passed on by birth and are shared by all peoples in all cultures.



- **Alfred Adler:**

- Like Jung was originally a friend and follower of Freud's
- but he disagreed with his theory that humans are
- governed by biological and sexual urges.



Adler believed that the main factors influencing a child's development were **sibling influences** and **child-rearing practices**.

- **Adler** proposed that humans are motivated by **social urges** and that each person is a social being with a unique personality.
- In contrast to Freud's emphasis on unconscious forces that influence our behaviors, Adler suggested that we are aware of our motives and goals and have the capacity to guide and plan our futures.

What is Theory?

- A theory is a set of accepted beliefs or organised principles that explain and guide analysis. One of the ways that theory is defined is that it is different from practice - where certain principles are tested.
- A noun which comes from the Greek word
- ***“theoria”***
- , which means ***“contemplation or speculation”***