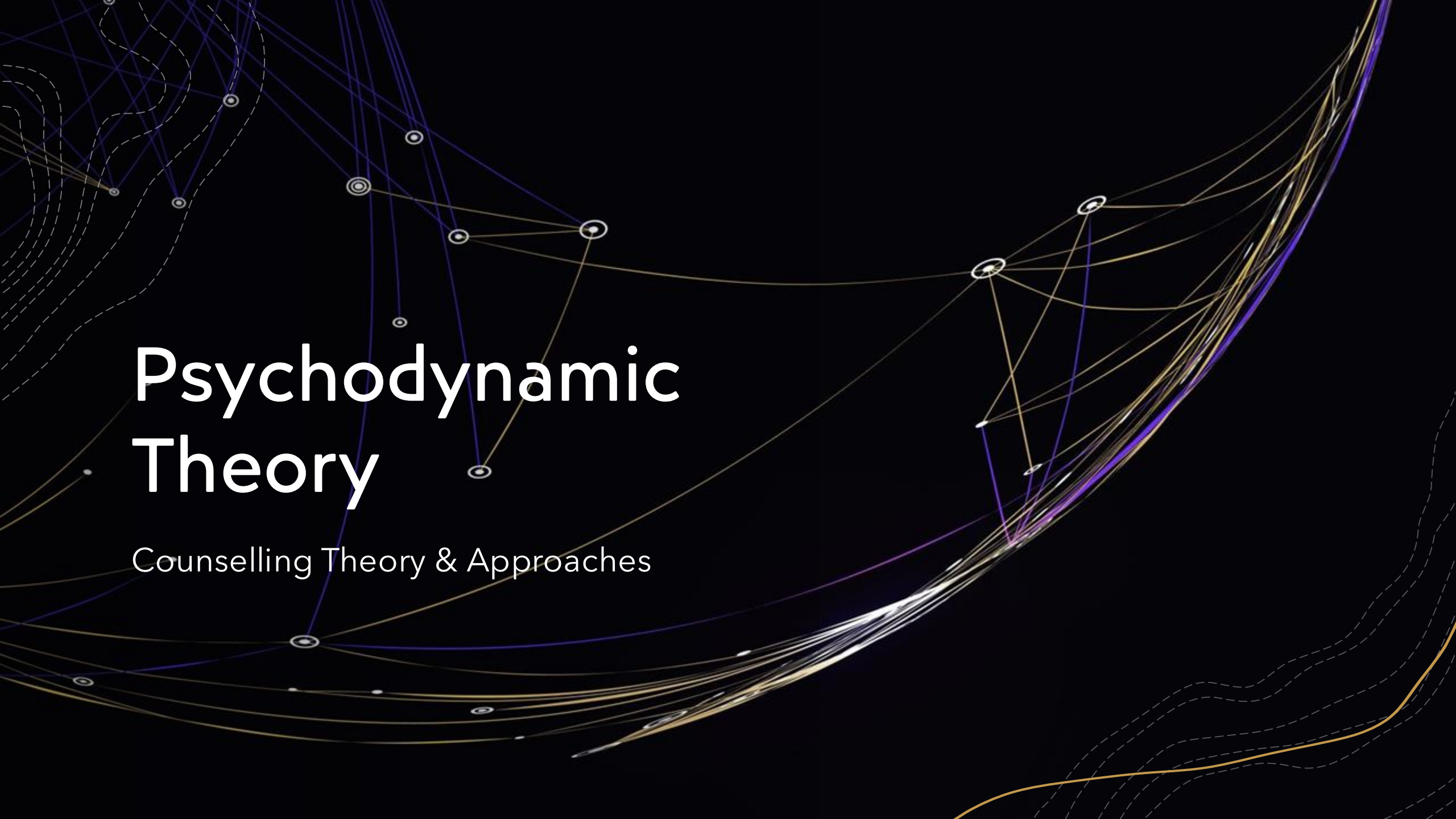




# Psychodynamic Theory

Counselling Theory & Approaches

# Before Freud....

- + **Philosophical Roots:** Ancient Greek philosophers (Plato, Aristotle) explored human consciousness and behaviour.
- + **Dualism:** Descartes' mind-body distinction influenced early psychological thought.
- + **Early Psychiatry:** Pinel and Esquirol's work on mental illness in the 18th and 19th centuries.
- + **Mesmerism & Hypnosis:** Franz Mesmer's ideas on animal magnetism and later developments in hypnotic therapy (e.g., Charcot and Janet).
- + **Influence on Freud:** Freud built upon hypnosis and early ideas of unconscious mental processes.

# Philosophical Roots of Freud's Work

**Ancient Greek Philosophy:** Plato's concept of the tripartite soul (rational, spirited, appetitive) parallels Freud's Id, Ego, and Superego.

**Descartes' Dualism:** Mind-body distinction influenced Freud's idea of conscious vs. unconscious thought.

**Schopenhauer's Will:** Concept of unconscious drives shaping human behaviour influenced Freud's idea of instinctual forces.

**Nietzsche's Concept of the Self:** The idea of hidden desires and internal conflict parallels Freud's notion of repression.

**Influence on Psychoanalysis:** These philosophical ideas laid the groundwork for Freud's theory of unconscious motivation and psychic determinism.

# The Impact of Hypnosis on Freud's Work

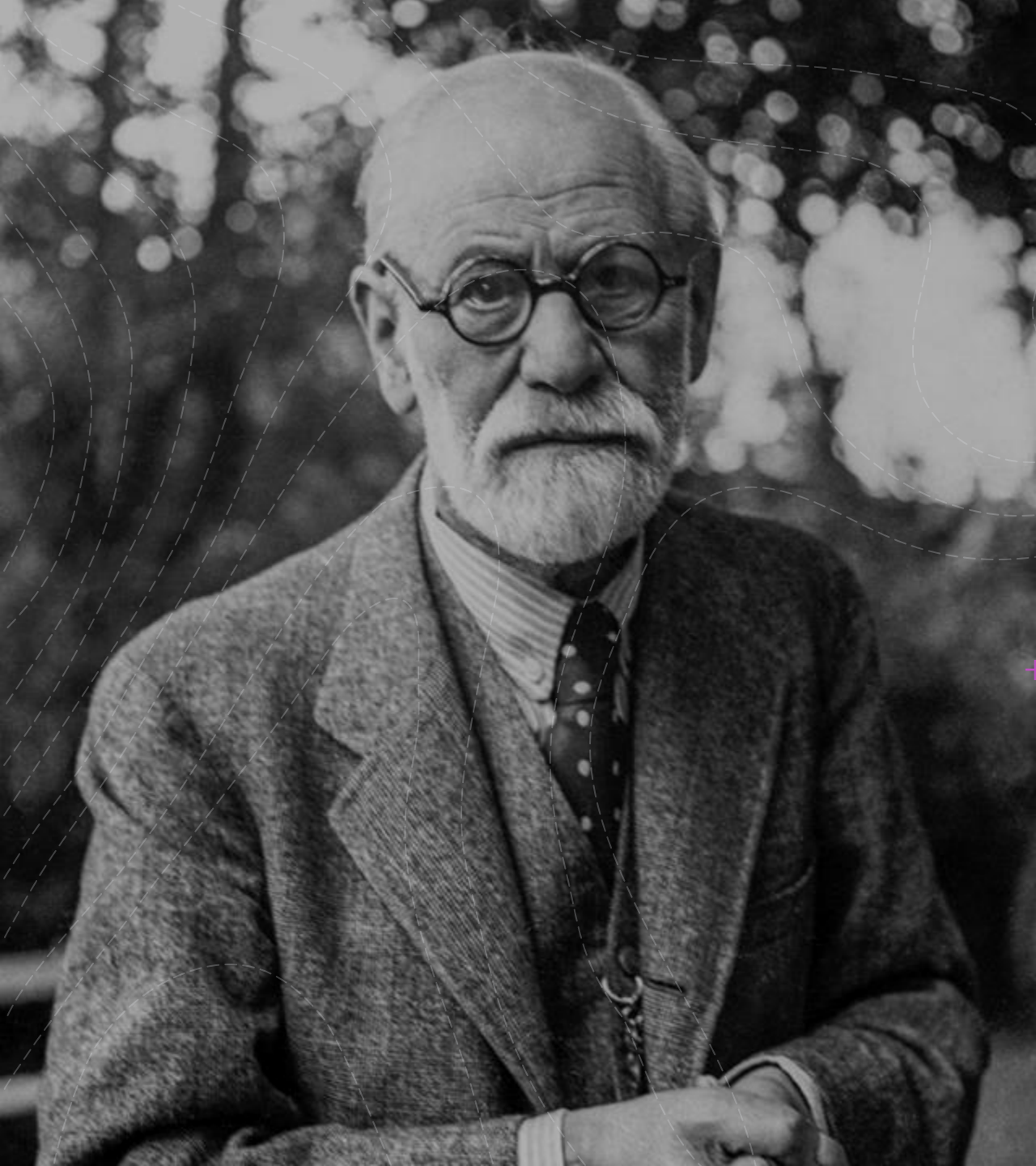
**Jean-Martin Charcot:** Used hypnosis to study hysteria; influenced Freud's early interest in the unconscious.

**Pierre Janet:** Explored dissociation and the role of subconscious processes in mental illness.

**Freud's Early Use of Hypnosis:** Initially used it to uncover repressed memories.

**Transition to Free Association:** Freud moved away from hypnosis, developing free association as a more effective method.

**Legacy:** Hypnosis helped shape Freud's concepts of repression, the unconscious, and psychoanalytic therapy.



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# Background Information

- Real Name: Bertha Pappenheim
- Age: 21 years old at the onset of symptoms
- Social Background: Wealthy Jewish family, well-educated
- Diagnosis: Hysteria (as defined in the 19th century)
- Treated by: Josef Breuer, later studied by Sigmund Freud

# Symptoms of Hysteria in Anna O.

- Physical Symptoms:
  - Paralysis of limbs (especially right side)
  - Muscle spasms and tremors
  - Loss of vision and difficulty swallowing
- Psychological Symptoms:
  - Hallucinations and mood swings
  - Speech disturbances (aphasia, switching languages)
  - Episodes of dissociation and memory loss

# Breuer's Treatment & The 'Talking Cure'

- Used Hypnosis: Allowed Anna O. to recall forgotten traumatic events
- Emotional Release (Catharsis): Speaking about trauma reduced symptoms
- Example: Fear of drinking water traced back to seeing a dog drink from a glass
- Named 'Talking Cure' by Anna O. herself
- Basis for Psychoanalysis: Freud expanded on this idea to develop free association

# Freud's Interpretation of the Case

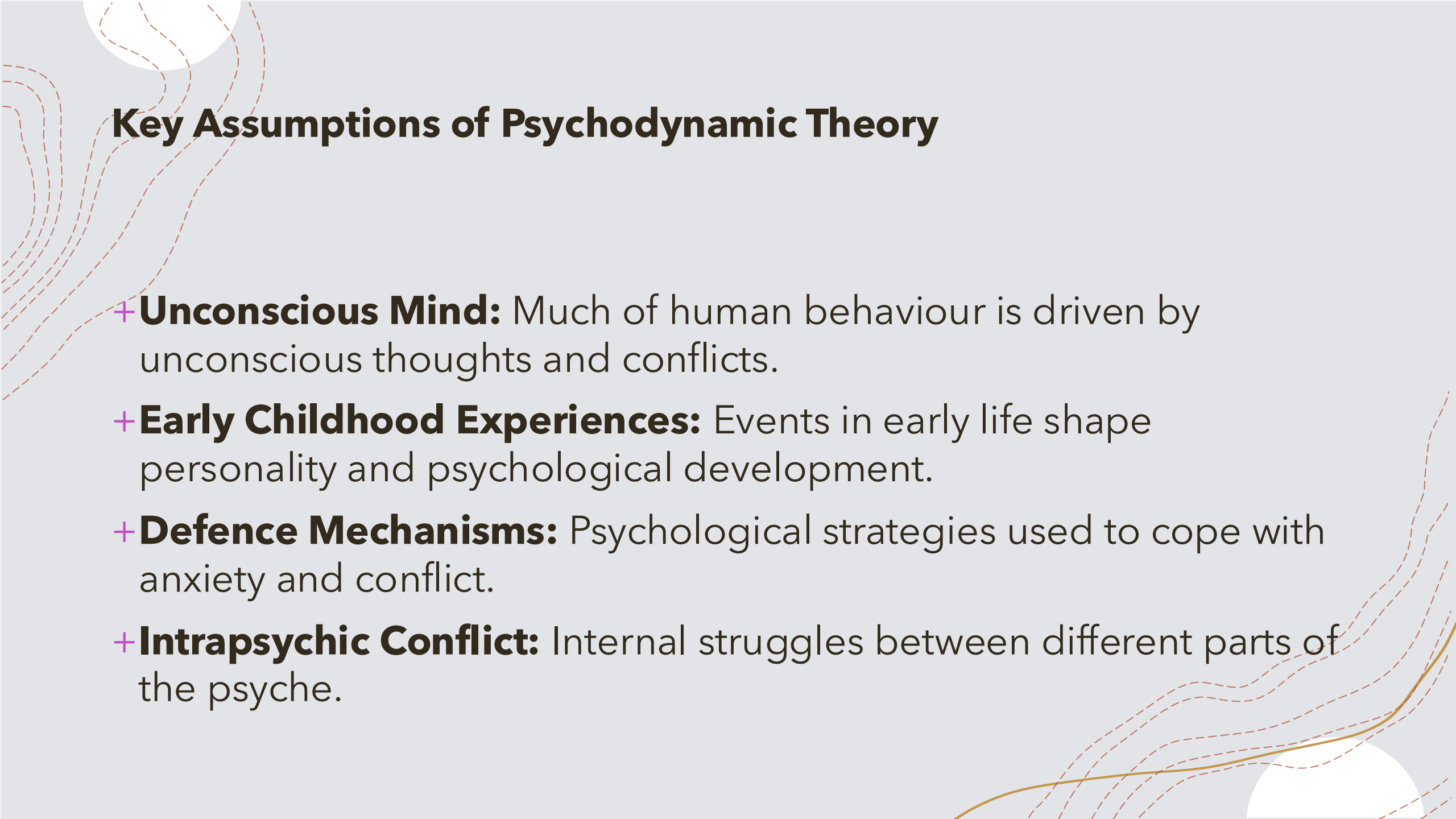
- Repression: Symptoms were linked to repressed emotions, particularly grief over her father's illness
- Unconscious Conflict: Hysteria was a result of unresolved psychological distress
- Abandoning Hypnosis: Freud moved towards free association rather than direct hypnosis
- Long-Term Impact: Shifted the understanding of hysteria from a neurological disorder to a psychological one

# Outcome and Legacy

- Recovery: Anna O. did not fully recover under Breuer's treatment
- Later Life: Became a social reformer and feminist, advocating for women's rights
- Influence on Psychology:
  - Freud used the case as a foundation for psychoanalysis
  - Led to modern understandings of conversion disorder and dissociative disorders
  - Contributed to the decline of 'hysteria' as a medical diagnosis

# What is Psychodynamic Theory?

- + A psychological perspective focusing on unconscious processes and past experiences.
- + Developed from Freudian psychoanalysis but has evolved over time.
- + Used in counselling to explore how early relationships and unconscious drives shape behaviour.



# Key Assumptions of Psychodynamic Theory

- + **Unconscious Mind:** Much of human behaviour is driven by unconscious thoughts and conflicts.
- + **Early Childhood Experiences:** Events in early life shape personality and psychological development.
- + **Defence Mechanisms:** Psychological strategies used to cope with anxiety and conflict.
- + **Intrapsychic Conflict:** Internal struggles between different parts of the psyche.

# Id, Ego & Superego

## **On the Id:**

*"The id is the dark, inaccessible part of our personality... We call it a chaos, a cauldron full of seething excitations."*

– *New Introductory Lectures on Psychoanalysis* (1933)

## **On the Ego:**

*"The ego represents what may be called reason and common sense, in contrast to the id, which contains the passions."*

– *The Ego and the Id* (1923)

## **On the Superego:**

*"The super-ego can be thought of as a kind of 'conscience' which dictates what is right and wrong and imposes feelings of guilt when moral codes are violated."*

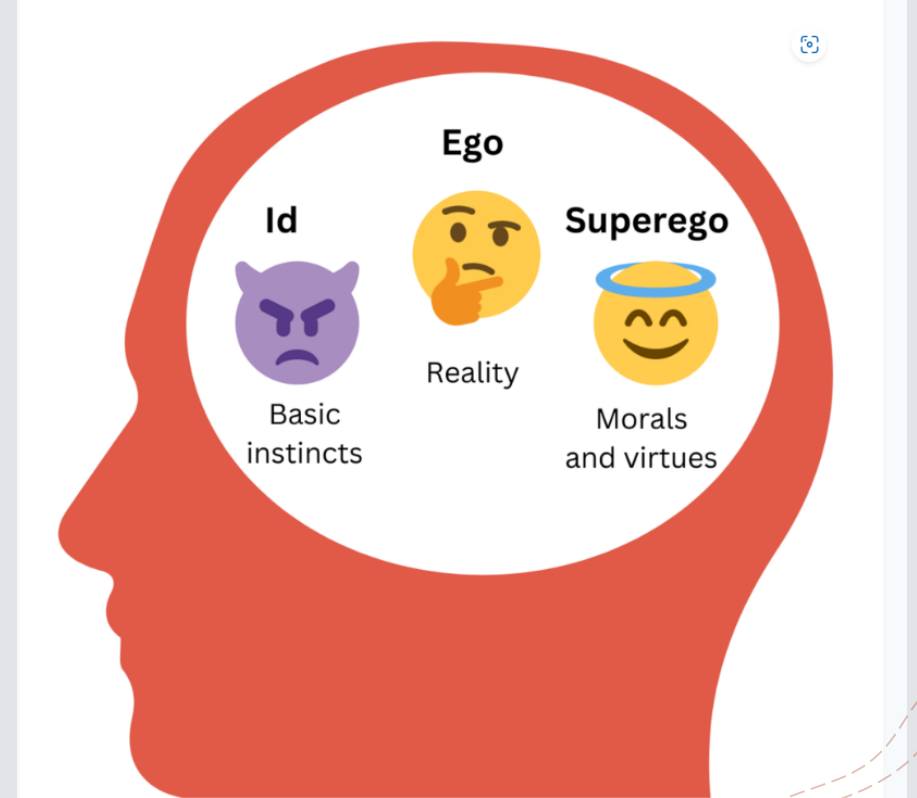
– *Civilization and Its Discontents* (1930)

# Freud's Structural Model of Personality

**Id:** Primitive, instinctual desires (pleasure principle).

**Ego:** Rational self that mediates between the Id and Superego (reality principle).

**Superego:** Internalised moral standards and ideals.

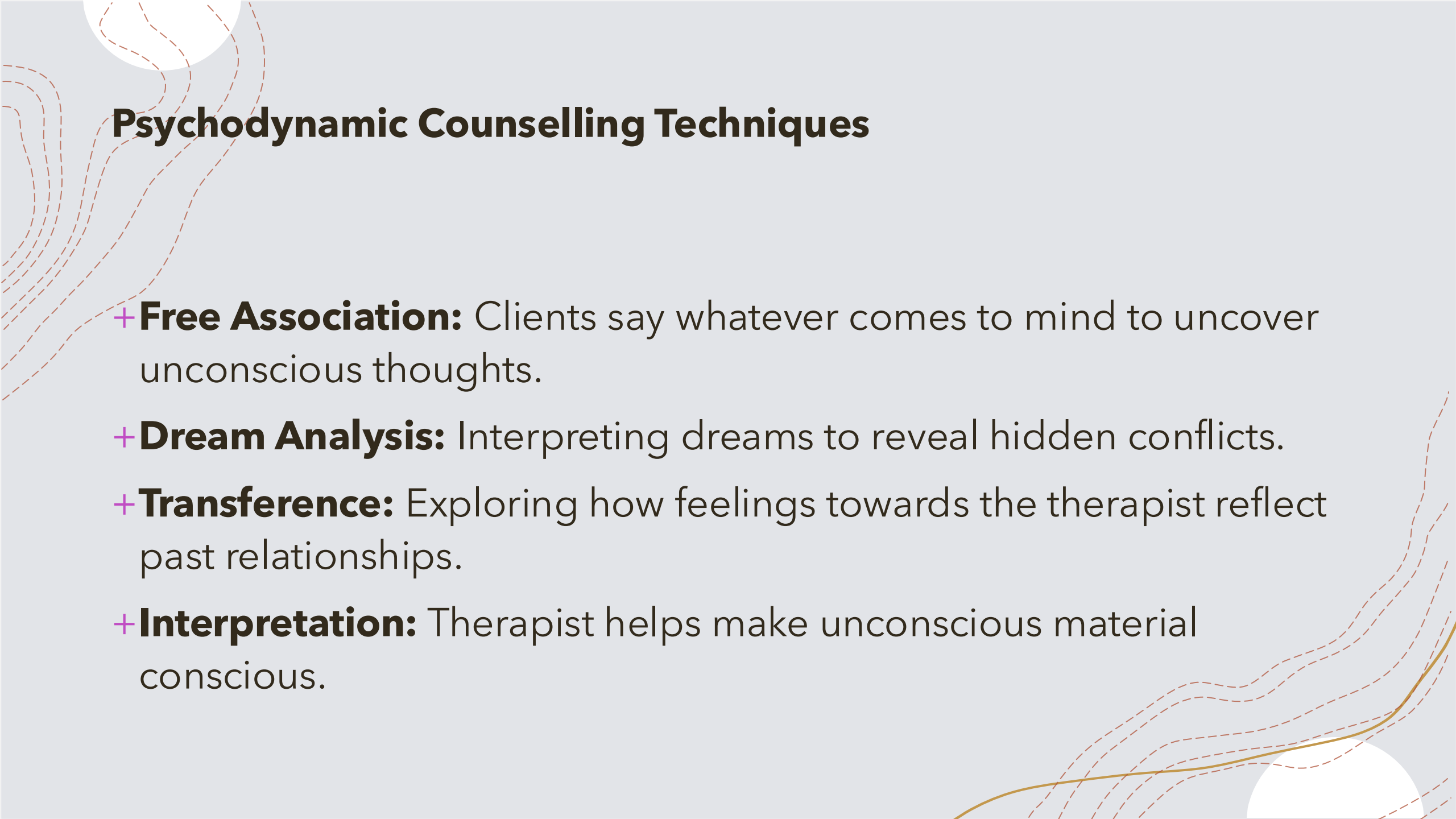




# Defence Mechanisms

Strategies the ego uses to manage conflict between the Id and Superego:

- + **Repression:** Pushing unwanted thoughts into the unconscious.
- + **Projection:** Attributing one's own feelings to someone else.
- + **Denial:** Refusing to accept reality.
- + **Rationalisation:** Justifying behaviours with logical explanations.
- + **Displacement:** Redirecting emotions to a safer target.



# Psychodynamic Counselling Techniques

- + **Free Association:** Clients say whatever comes to mind to uncover unconscious thoughts.
- + **Dream Analysis:** Interpreting dreams to reveal hidden conflicts.
- + **Transference:** Exploring how feelings towards the therapist reflect past relationships.
- + **Interpretation:** Therapist helps make unconscious material conscious.

# Strengths of Psychodynamic Theory

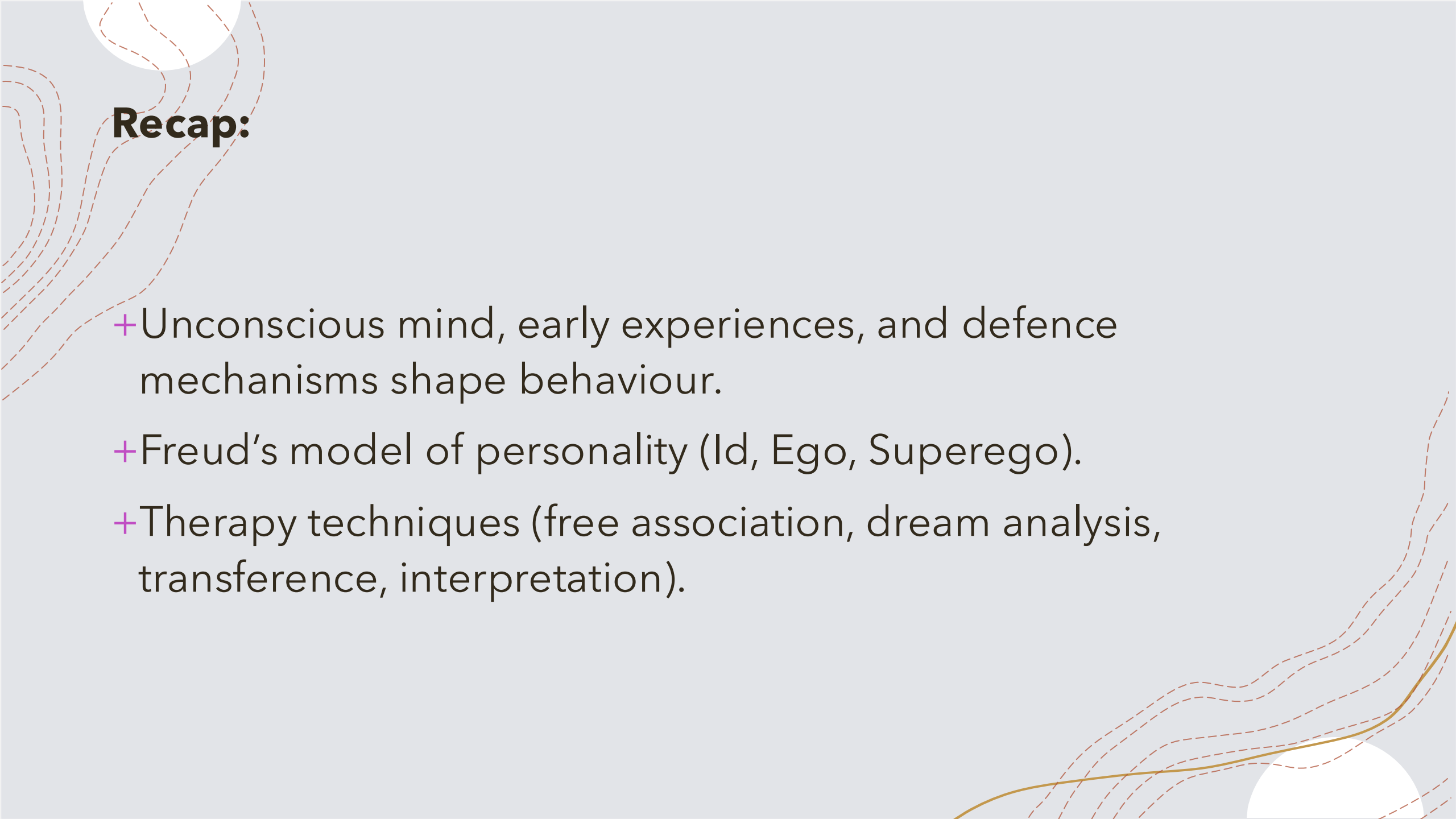
- + Provides a deep understanding of human motivation and behaviour.
- + Emphasises the importance of childhood experiences.
- + Focuses on long-term personality change and emotional growth.
- + Recognises the role of unconscious processes in mental health.

# Criticisms of Psychodynamic Theory

- + Limited scientific empirical evidence; difficult to test.
- + Emphasis on early childhood may overlook current experiences.
- + Long-term therapy can be costly and time-consuming.
- + Subjectivity in interpretations (therapist bias). \*Same goes with other theories.

# Applications of Psychodynamic Therapy

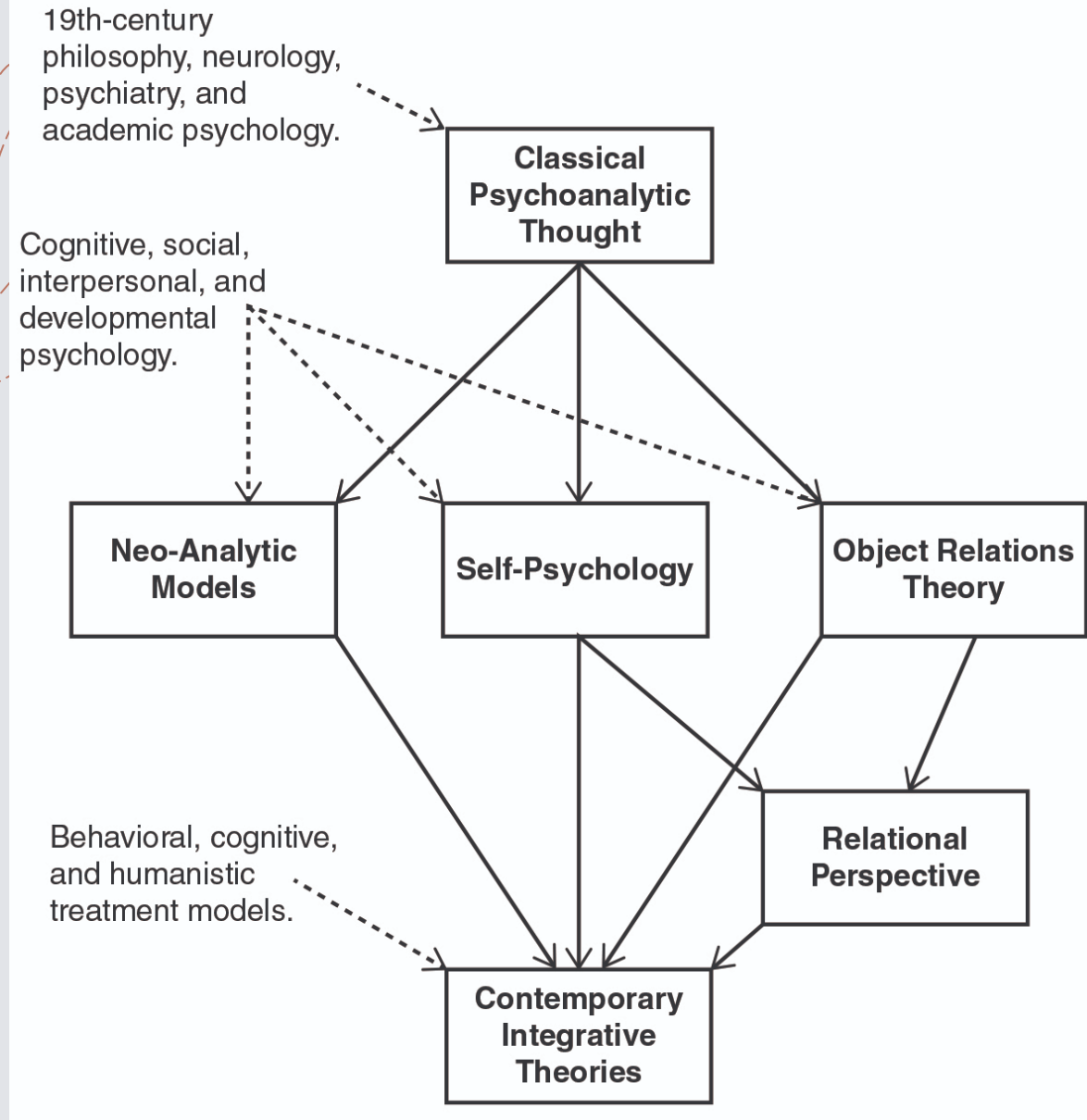
- + Used in treating depression, anxiety, personality disorders, trauma, and relational difficulties.
- + Effective in long-term personal development and self-awareness.
- + Applied in both individual and group therapy settings.

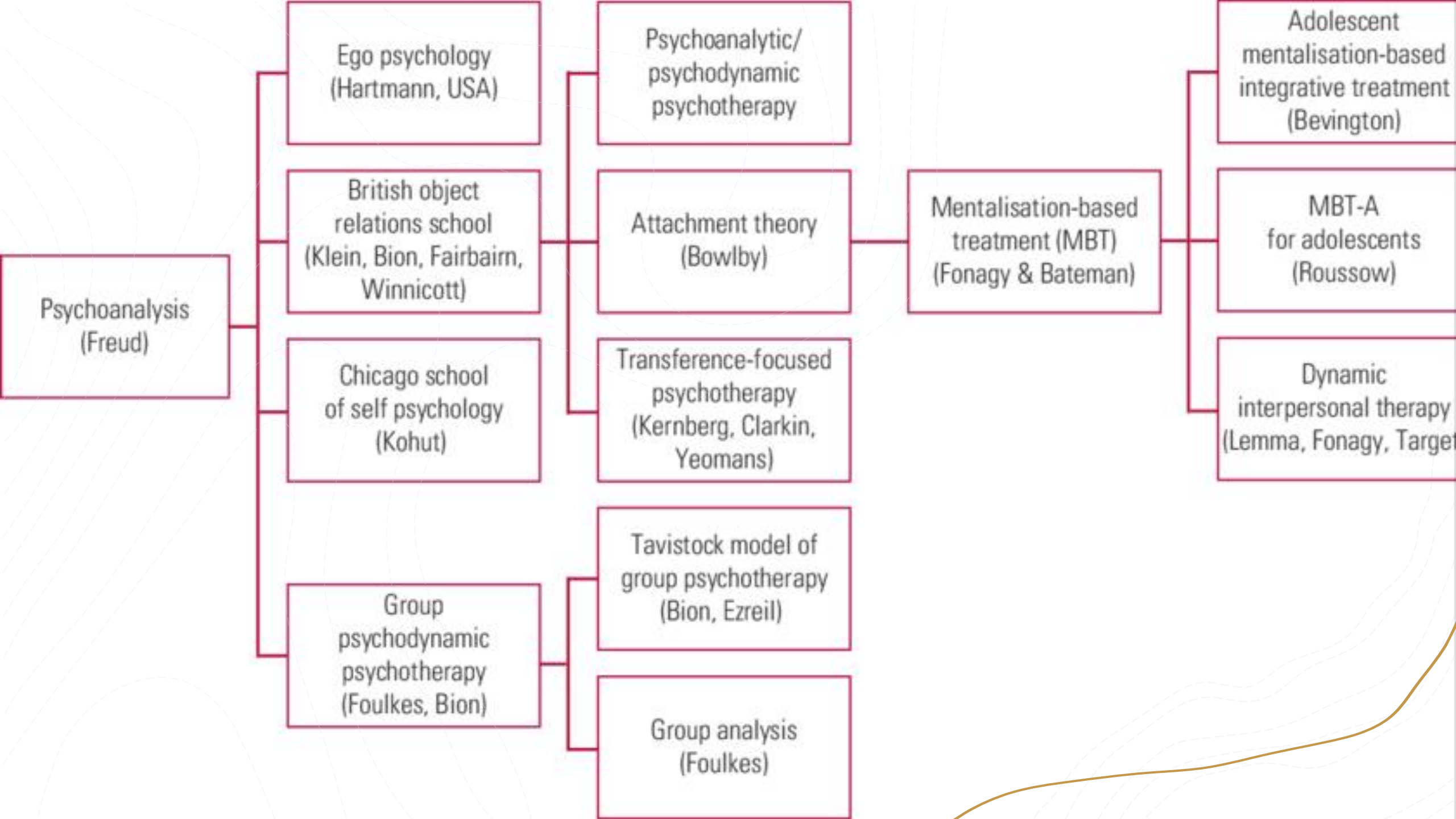


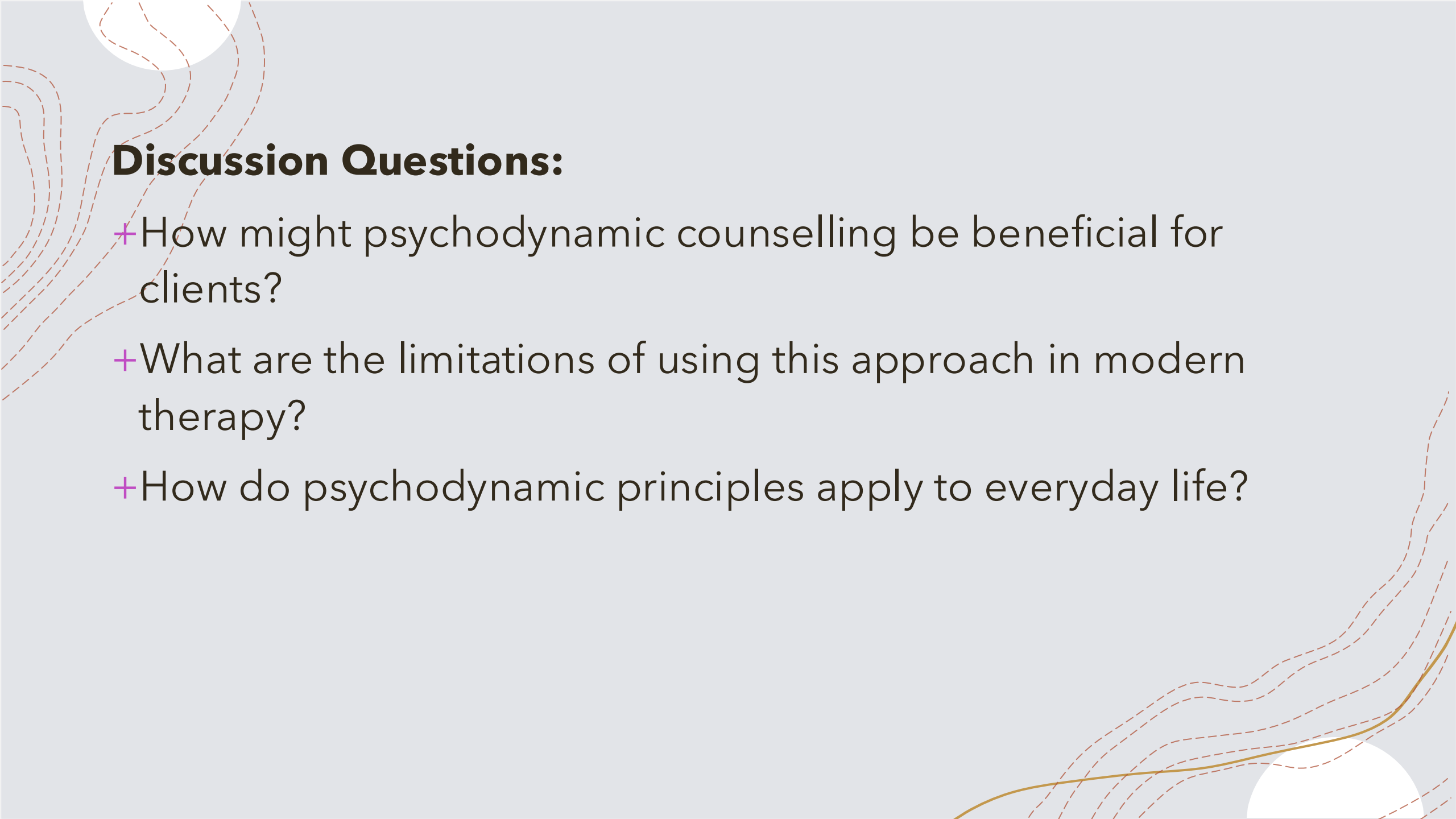
## Recap:

- + Unconscious mind, early experiences, and defence mechanisms shape behaviour.
- + Freud's model of personality (Id, Ego, Superego).
- + Therapy techniques (free association, dream analysis, transference, interpretation).

# Contemporary Psychodynamic Approaches







## **Discussion Questions:**

- + How might psychodynamic counselling be beneficial for clients?
- + What are the limitations of using this approach in modern therapy?
- + How do psychodynamic principles apply to everyday life?