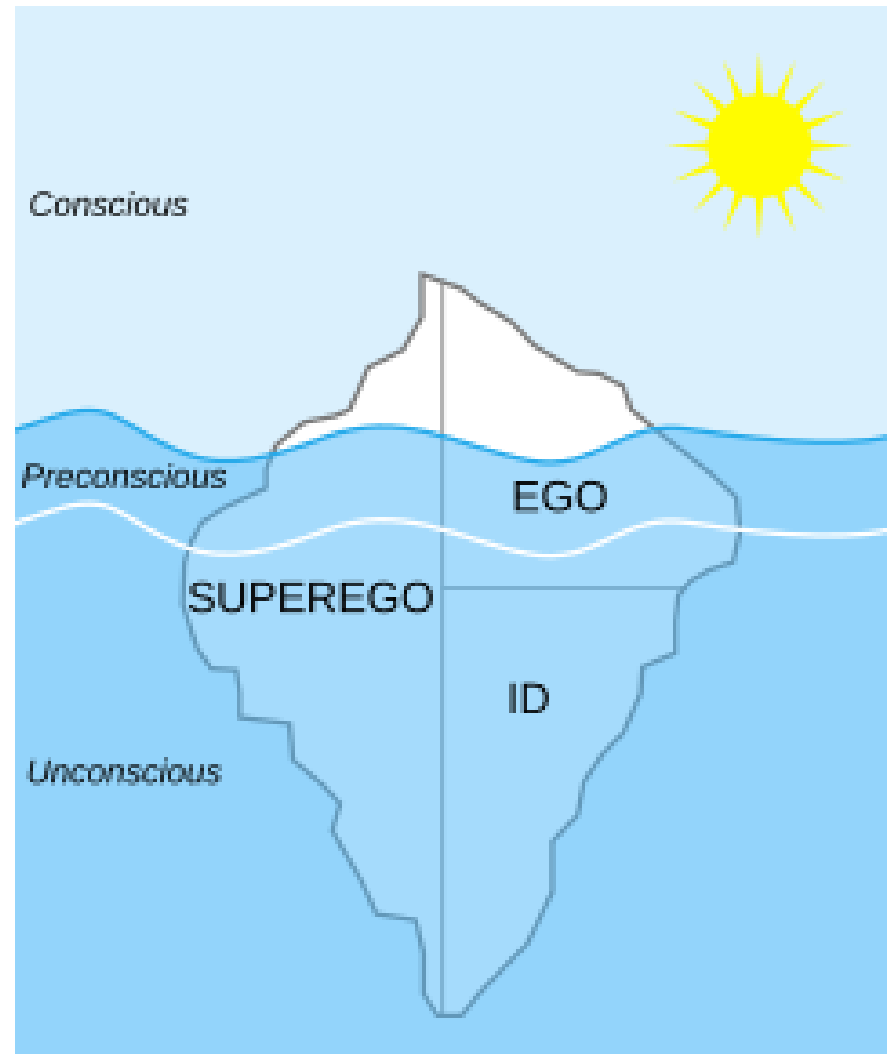


Counselling Theory &
Approaches

Psychodynamic Theory (cont.)



Overview of Psychodynamic Theory

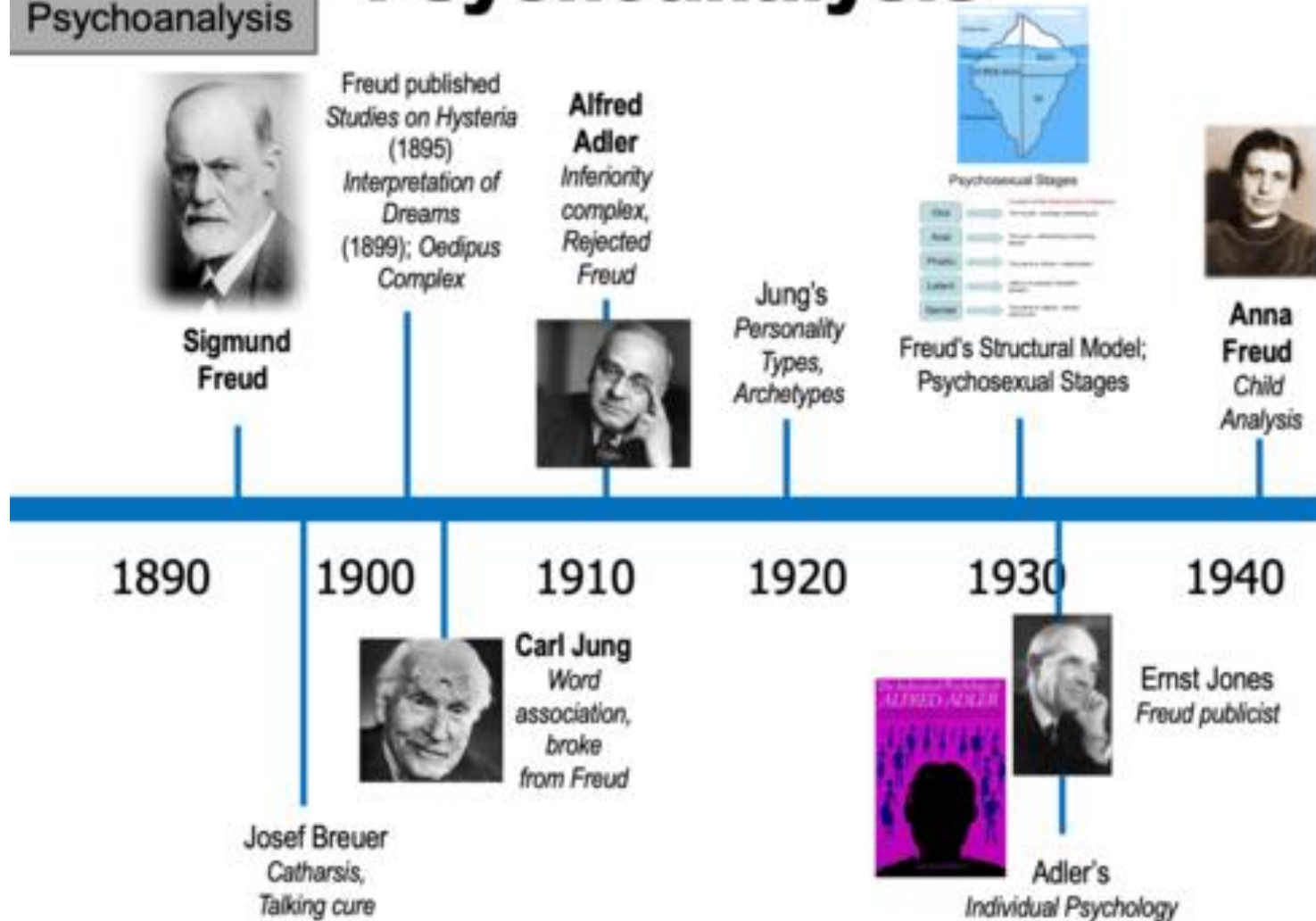
Developed from Freudian psychoanalysis.

Focuses on **unconscious processes** and **past experiences**.

Key themes: childhood experiences, inner conflicts, and defense mechanisms.

Psychoanalysis

Psychoanalysis





Key Assumptions

Behaviour is influenced by unconscious motives.

Early childhood experiences shape personality and behaviour.

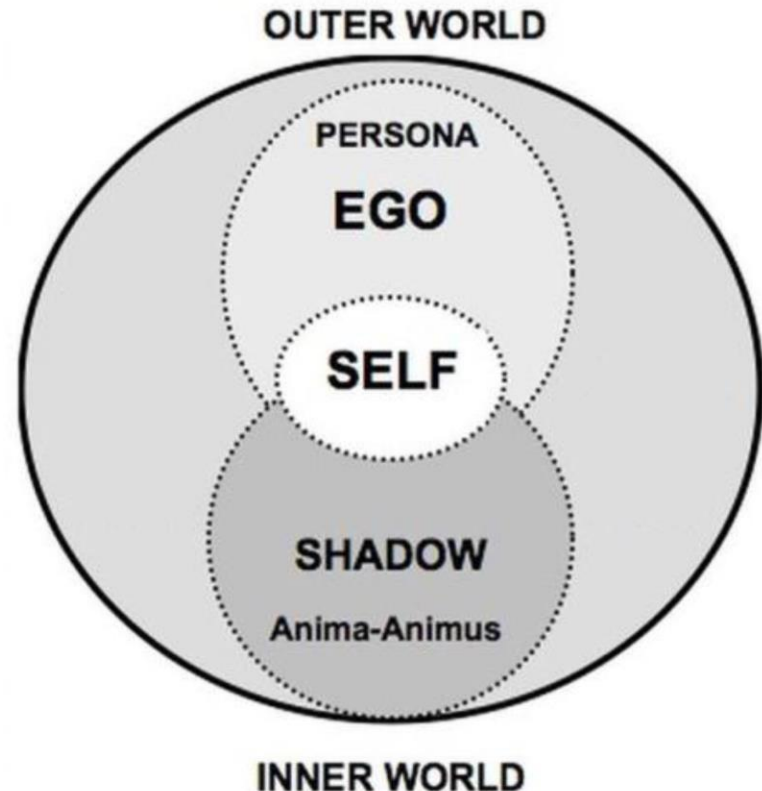
The **therapeutic relationship** is crucial for uncovering unconscious thoughts.

Carl Jung's Contributions

Developed Analytical Psychology.

Concept of the Collective Unconscious and Archetypes.

Individuation as a process of personal development.

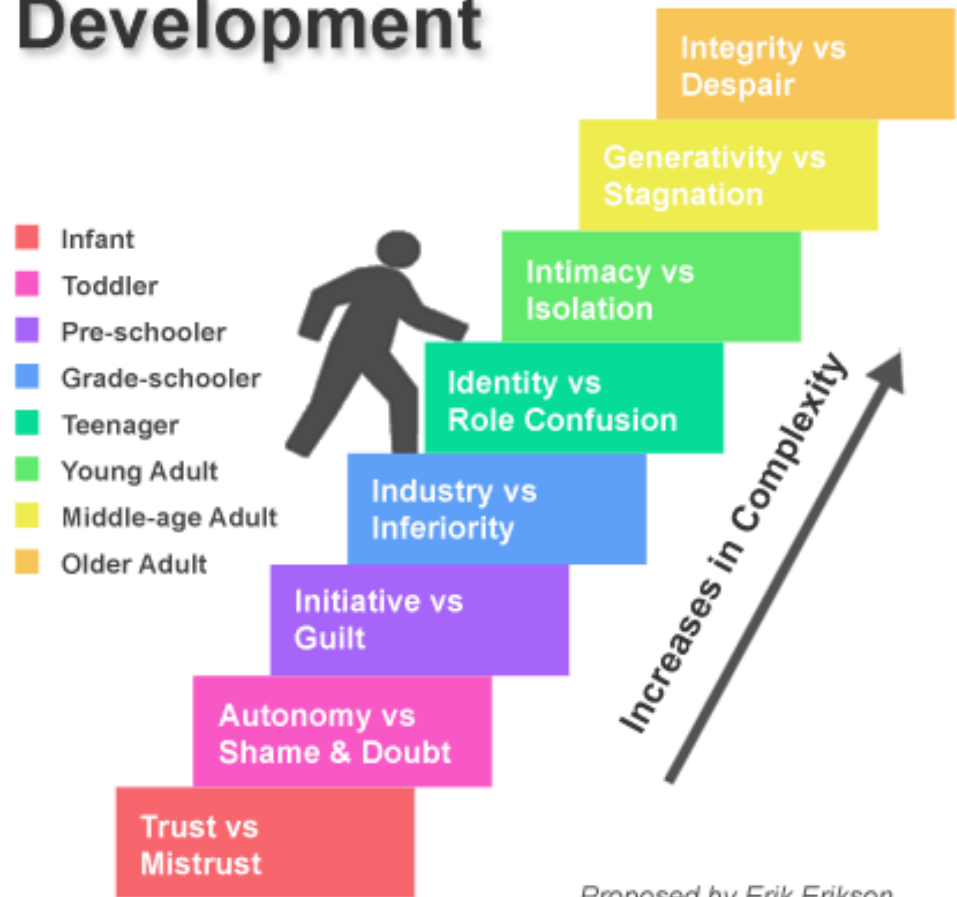


Erik Erikson's Psychosocial Development

Expanded Freud's ideas into psychosocial stages.

Emphasized social influences across lifespan.

Stages of Psychosocial Development





Alfred Adler's Individual Psychology

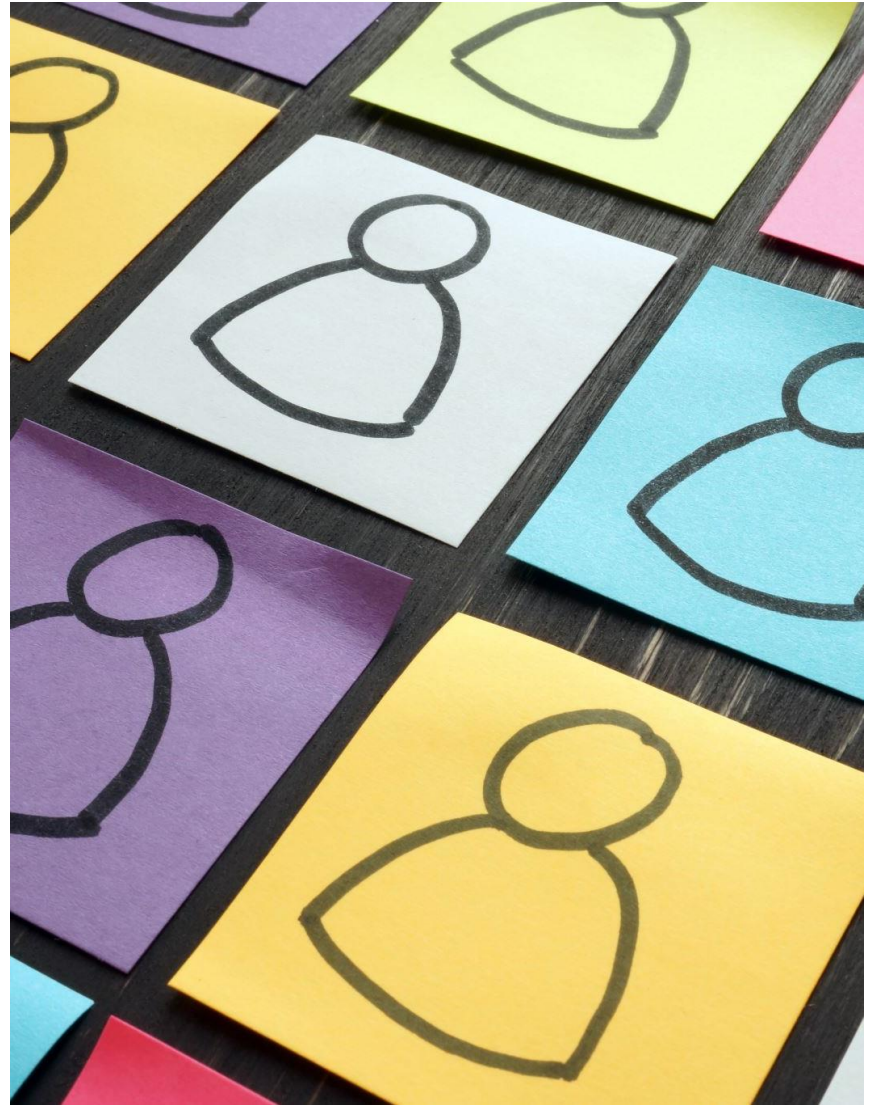
Focus on Inferiority Complex and
Striving for Superiority.

Importance of social relationships and
community.

Role of Birth Order in personality
development.

John Bowlby and Attachment Theory

- Studied emotional bonds between caregivers and children.
- Identified secure, anxious, and avoidant attachment styles.
- Influence of early attachments on adult relationships.
- (Suggested Image: A diagram of attachment styles.)



The Role of Transference and Countertransference

Transference: When clients project feelings from past relationships onto the therapist.

Countertransference: The therapist's emotional reaction to the client.

Psychodynamic
Therapy vs.
Other
Approaches

Compared with CBT,
humanistic therapy, etc.

Strengths: Deep
exploration, long-term
change.

Weaknesses: Lengthy
process, less
structured.

Criticisms and Limitations

Limited empirical evidence.

Time-consuming and costly.

Can focus heavily on past rather than present.

Recap

The unconscious mind influences behavior.

Childhood experiences shape personality.

Therapy involves exploring deep emotions and conflicts.

