

Sigmund and Anna Freud

- Psychosexual Development -
The Foundation for all
Psychodynamic Theories

Sigmund Freud's Theory of Psychosexual Development

- Three levels of awareness
 - Conscious, preconscious, unconscious
 - Unconscious urges are kept below the surface by repression
- The energy used by the psyche to manage negative emotions (anxiety, guilt, shame, rage) and to grow and develop is called “Libido”
 - There is a finite amount of libidinal energy available
 - Repression cathects (ties up) libidinal energy to keep unacceptable urges in the unconscious mind

Conscious and Unconscious

Conscious:

What's on the surface
i.e. logic, reality



Preconscious:

The boundary

Unconscious:

*What lies deep,
below the
surface*
i.e. drives,
instincts

Causes of Neurosis

- Although unconscious feelings, memories and drives are outside conscious awareness, they still influence the way a person behaves or feels
- If a lot of libidinal energy is cathected in order to keep many anxiety-provoking feelings in the unconscious, then there is not enough energy for the psyche to grow and develop normally.

The Structure of the Personality

- THE ID—The Demanding Child
 - The part of the personality present at birth
 - Is ruled by the pleasure principle
 - Is located in the Unconscious Mind

The Structure of the Personality

➤ THE EGO—The Manager

- Created by the Id to manage frustration caused by interaction with the outside world
- Its purpose is to meet the demands of the Id, if possible
- Is ruled by the reality principle
- Is located in the Conscious Mind

The Structure of the Personality

➤ THE SUPEREGO—The Judge

- Created by the Ego to assist in interacting with the outside world
- Contains the taboos of the parents and of society
- Is ruled by the morality principle
- Is located in the Conscious Mind

Strong Ego Development = Healthy Adult Psyche

The stages of Psychosexual Development should result in a strong Ego:

- Able to control the unacceptable urges of the Id
- Able to negotiate successfully with the outside world to meet many of the desires of the Id
- Able to manage anxiety and guilt without resorting to distortions of reality
- Able to **flexibly** use Ego Defense Mechanisms

Anna Freud's Contributions

- Underwent Analysis with her father as the analyst at the age of 23. What problems do you see with this scenario?
- Was influenced by Maria Montessori to focus on children
- Spent her life applying Psychoanalytic theory to children
- Author of “The Ego and the Mechanisms of Defense” – the seminal work on the subject

Ego-Defense Mechanisms

- Are normal behaviors which operate on an unconscious level and tend to deny or distort reality
- Are used by healthy people in a flexible way that meets the needs of the ego in a crisis
 - Can help an individual cope with anxiety and prevent the ego from being overwhelmed
- Have adaptive value if they do not become an habitual style of life to avoid facing reality

Sample Ego-Defense Mechanisms

➤ Repression

- Suppression

➤ Rationalization

➤ Reaction-Formation

➤ Projection

➤ Denial

- Fantasy

➤ Isolation

- Intellectualization
- Dissociation

➤ Regression

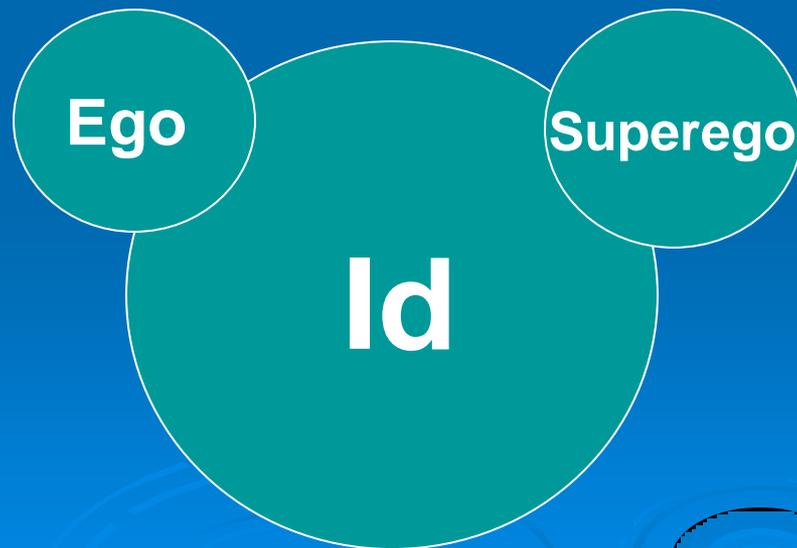
➤ Sublimation

➤ Displacement

➤ Withdrawal

Causes of Neurosis

- If the Id becomes the dominant structure of the psyche, the person will be narcissistic



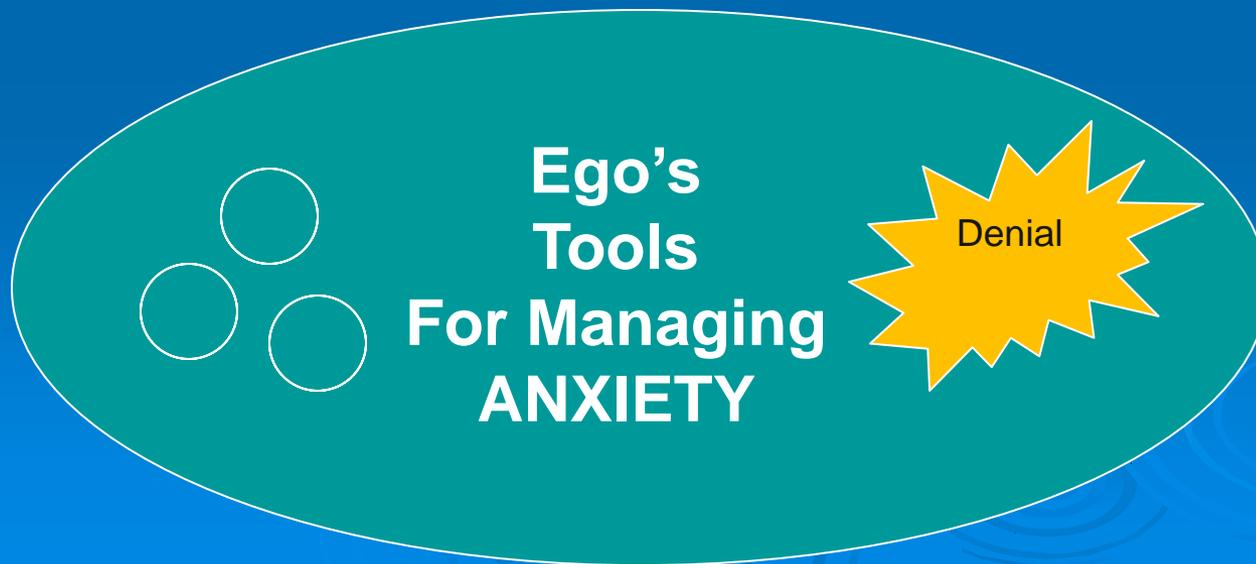
Causes of Neurosis

- If the Superego becomes the dominant structure of the psyche, the person will become rigid, inflexible and guilt-ridden



Causes of Neurosis

- Even if the Ego is the dominate structure of the personality, the person can still be neurotic. If the Ego **habitually** and **without self-awareness** uses a defense mechanism, the person's personality will be mal-formed aka Neurotic!



The Development of Personality

- ORAL STAGE First year
 - Erogenous Zone is the mouth
- ANAL STAGE Ages 1-3
 - Erogenous Zone is the anus
- PHALLIC STAGE Ages 3-6
 - Erogenous Zone is the genitalia
- LATENCY STAGE Ages 6-12
 - No Erogenous Zone
- GENITAL STAGE Ages 12-60
 - Mature sexuality is expressed

Stages of Psychosexual Development

- Fixation occurs when libidinal needs of a stage are not met.
 - The libido cathects its energy at that stage, and continuously tries to meet the unmet needs
- Fixations at any stage are expressed by characteristics of that stage in adult behavior
 - Oral Fixation
 - Anal Fixation
 - Oedipal or Electra Complex – Fixation at Phallic Stage

Stages of Psychosexual Development

Oral Stage – 1st year

- Conflict centers on nature and extent of oral gratification through suckling
 - Excessive or insufficient gratification leads to fixation
- Oral Fixation leads to adult oral habits:
 - Biting nails
 - Smoking
 - Over-Eating
 - Excessive Talking
- Related to later mistrust and fear of rejection

Stages of Psychosexual Development

Anal Stage – ages 1 - 3

- Focuses on the control of elimination of waste and the enjoyment a child feels in retaining or expelling fecal matter
 - If the parents are relaxed about potty training, then the child will develop a normal sense of self-control
 - If the parents are punitive or shaming of the child, then the child will develop an excessive need for control so as to avoid ever being shamed again

Stages of Psychosexual Development

Anal Stage – Ages 1 - 3

- Two kinds of Anal Fixation:
 - Anal Retentive – an excessive level of neatness and need for control and organization
 - Anal Expulsive – an excessive level of messiness and lack of organization and control

Stages of Psychosexual Development

Phallic Stage – Ages 3 - 6

- Incestuous strivings toward the Opposite-Gendered Parent produce
 - Feelings of closeness toward Opposite-Gendered Parent
 - Hostility toward Same-Gendered Parent
 - Anxiety in the child:
 - Castration Anxiety in boys
 - Penis Envy in girls
- Resolved through identification with Same-Gendered Parent

Stages of Psychosexual Development

Phallic Stage – Ages 3 - 6

- Fixation at this stage results in the Oedipal or Electra complex
- Adult symptoms of the Oedipal Complex in Males
 - Promiscuity or impotence
 - Excessive closeness with his mother
 - Hostility toward his father
- Adult symptoms of the Electra Complex in Females
 - Frigidity or promiscuity
 - Excessive closeness with her father
 - Hostility toward her mother

Stages of Psychosexual Development

Latency Stage – ages 6 - puberty

- Sexual feelings remain unconscious
- Libidinal energy is directed toward skill development and socialization
 - Motor and Cognitive development
 - Emotional and Social development
- Same-Gendered friendships develop at this time

Stages of Psychosexual Development

Genital Stage – puberty - age 60

- Incestuous strivings re-emerge from the unconscious, but the ego re-directs these impulses toward Romantic Relationships
 - Superego has internalized society's Incest Taboo
 - Ego has matured and is able to re-direct libido
- Mature sexuality is the ability to give and receive genital pleasure in the context of relationship

Psychoanalysis – “Talk Therapy”

- Goal of Psychoanalysis is to bring unconscious feelings, motivations and memories to conscious awareness
- Once these unconscious conflicts become conscious, then the psychotherapist must interpret the meaning of what is revealed to the client
- After the meaning is explained by the therapist, the client talks out their feelings

Psychoanalytic Techniques

➤ Dream Analysis

- The “royal road to the unconscious” because dreams are direct expressions of unfulfilled wishes of the Id

➤ Free Association

- Client says whatever comes to mind immediately without censoring any feelings or thoughts

➤ Analysis of Resistance

- Anything the client does that works against the progress of therapy and prevents the discovery of unconscious material

Psychoanalytic Techniques

Transference

- The client reacts to the therapist as (s)he did to an earlier significant other – usually a parent
 - This allows the client to experience feelings that would otherwise be inaccessible - unconscious
 - ANALYSIS OF TRANSFERENCE — allows the client to achieve insight into the influence of the past

Psychoanalytic Techniques

Countertransference

- The reaction of the therapist toward the client
- May be more reflective of the therapist's psychological issues than a reflection of the client's behavior
 - Can be useful if the therapist knows themselves well enough to determine if their reaction toward the client originates from their own unconscious issues, or whether it is a true reflection of the client's unconscious motivations, feelings and behaviors

Evidence of the Unconscious

- Clinical evidence for postulating the unconscious:
 - Dreams (unfulfilled wishes)
 - Slips of the tongue (“Freudian Slips”)
 - Posthypnotic suggestions
 - Material derived from free-association
 - Material derived from projective techniques
 - Symbolic content of psychotic symptoms

Evaluation of Psychoanalytic Perspective

- Freud argued that personality should be subject to scientific analysis
- He focused attention on childhood experiences, importance of sexuality, effects of child rearing, people's distortions of perceptions to meet their needs
- There is no empirical evidence for existence of psychic structures
- Generalizing Freud's findings is problematic because he used the case study method and introspection for gathering evidence

Feminist Critique of Freud

- Women are not defective males!
 - Our psychological development follows a different path than for males
 - It is not our plumbing that makes us feel inferior, but rather our culture that values males more
- Freud's theory was based upon the belief that women who reported sexual abuse were simply expressing Electra fixation:
 - This caused the issues of sexual abuse and rape to be ignored by Psychologists for at least 50 years