

Hergenhahn's An Introduction to the History of Psychology

Eighth Edition

EIGHTH EDITION

HERGENHAHN'S
An Introduction to the
History of Psychology



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Chapter 16

Psychoanalysis

Learning Objectives (1 of 3)

After reading and discussing Chapter 16, students should:

- Be familiar with the antecedent ideas which affected Freud in his conceptualization of psychoanalytic theory.
- Be familiar with Sigmund Freud's historical background.
- Be acquainted with the early direct influences on Freud.
- Be familiar with Freud's study of hysteria.
- Understand dream analysis and accompanying concepts.

Learning Objectives (2 of 3)

- Be familiar with *The Psychopathology of Everyday Life* and its impact.
- Be familiar with Freud's trip to the United States.
- Understand the basic concepts of Freud's theory of personality.
- Be familiar with the use of ego defense mechanisms.
- Be acquainted with the basics of Freud's psychosexual stages of development.
- Be acquainted with Freud's view of human nature.

Learning Objectives (3 of 3)

- Be familiar with revisions to Freud's theory.
- Be aware of the common criticisms of Freud's theory.
- Be aware of the contributions of Freud's theory.
- Be familiar with the views of Anna Freud and Ego psychology.
- Be acquainted with the psychology and theoretical view of Carl Jung.
- Be familiar with the views of Alfred Adler.
- Be aware of the ideas and views of Karen Horney.

Antecedents of the Development of Psychoanalysis (1 of 4)

- Components of the theory existed prior to the theory
 - A case can be made that all components of the theory existed prior to the theory.

Antecedents of the Development of Psychoanalysis (2 of 4)

- Leibniz, Goethe, and Herbart
 - Leibniz's monadology proposed levels of awareness from clear to unaware.
 - Goethe described human existence as consisting of a constant struggle between conflicting emotions and tendencies, which no doubt influenced Freud, as Goethe was one of Freud's favorite authors.
 - Herbart suggested that there was a threshold above which an idea is conscious and below which an idea is unconscious.

Antecedents of the Development of Psychoanalysis (3 of 4)

- Schopenhauer and Nietzsche
 - Schopenhauer believed that humans were governed more by irrational desires than by reason.
 - He also anticipated Freud's concepts of repression and sublimation.
 - Nietzsche also saw humans as engaged in a perpetual battle between the irrational and the rational.

Antecedents of the Development of Psychoanalysis (4 of 4)

- Freud Borrowed Components
 - Freud borrowed:
 - Fechner's concept of the iceberg to explain consciousness and unconsciousness.
 - Helmholtz's concept of the conservation of energy within humans influenced Freud to postulate a use of psychic energy to be distributed in various ways.
- Freud's Theory
 - It may be said that Freud's theory was a synthesizing of his philosophical heritage and a product of the Zeitgeist of his time.

Sigmund Freud (1 of 2)

- Influence of Parents' Relationship
 - Freud's knowledge of his parents' relationship and the relationship with his mother influenced him greatly.
- Role of Ernst Brücke
 - Freud credited Ernst Brücke as the person who most influenced him during his medical studies.

Sigmund Freud (2 of 2)

- Experimented with Cocaine
 - Freud began experimenting with cocaine
 - Found that it was very beneficial and had no side effects.
 - Freud gave a colleague cocaine to treat a morphine addiction
 - The man died a cocaine addict.
 - Freud's medical reputation was damaged
 - This led to further skepticism of his theory.

Early Influences on the Development of Psychoanalysis (1 of 4)

- Josef Breuer
 - Freud worked with Breuer with the famous case of Anna O.
 - Using hypnosis as his therapeutic method, Breuer found that discovering the origin of her physical symptoms, which were usually traumatic experiences, resulted in the symptom being relieved.
 - He called this the “cathartic method.” The phenomena which were to be called transference and countertransference, were also observed during this case.

Early Influences on the Development of Psychoanalysis (2 of 4)

- Jean-Martin Charcot
 - Freud studied with Charcot for a while, during which he learned several lessons which later influenced him in his work.

Early Influences on the Development of Psychoanalysis (3 of 4)

- Development of free association
 - Freud found hypnosis to be ineffective in several cases and thus attempted to find another method.
 - Eventually found that simply encouraging the patient to speak freely about whatever comes to mind seemed to work just as well as hypnosis at uncovering memories once you can get past the resistance displayed by the patient.

Early Influences on the Development of Psychoanalysis (4 of 4)

- Basic Ideas of Psychoanalysis
 - Symptoms
 - Can be symbolic representations of underlying traumatic experiences or conflicts, which are repressed
 - The repressed experiences or conflicts do not go away.
 - The most effective way to make repressed material conscious is through free association.
 - Unconscious Motivation
 - Important element of psychoanalysis and Freud emphasized the role of sex in unconscious motivation.

Project for a Scientific Psychology (1 of 5)

- Role of sexual attack (seduction)
 - From his work with patients with hysteria, he concluded that sexual attack (seduction) was the basis of all hysteria.
 - This was called seduction theory
 - He received at least some criticism for the proposal.
 - He later abandoned the idea.

Project for a Scientific Psychology (2 of 5)

- Why Dreams?
 - Freud contended that to be an effective psychoanalyst, the individual must also be psychoanalyzed.
 - Because there was no person to psychoanalyze him, he must do it himself.
 - He could not use free association on himself, so he needed another avenue for his self-analysis.
 - He determined that dreams could be symbolic representations of repressed thoughts.
 - Dream analysis became a second method for tapping into the unconscious.

Project for a Scientific Psychology (3 of 5)

- Method of Dream Analysis
 - Manifest Content
 - What the dream is apparently about (description)
 - Latent Content
 - What the dream is really about (interpretation and symbolism)
 - Wish Fulfillment
 - Every dream is a wish fulfillment, a symbolic expression of a wish that the dreamer could not express or satisfy directly without experiencing anxiety.

Project for a Scientific Psychology (4 of 5)

— Dream Work

- To analyze dreams properly, one must be trained and understand dream work, which disguises the wish actually being expressed in the dream.
- Includes condensation (one element of a dream symbolizes several things in waking life) and displacement (where one dreams about something symbolically similar to an anxiety-provoking event).

Project for a Scientific Psychology (5 of 5)

- Oedipus Complex
 - Through Freud's own dream analysis, he confirmed his belief that young males tend to love their mothers and hate their fathers. From this, infantile sexuality became an important ingredient in his general theory of unconscious motivation.

The Psychopathology of Everyday Life

(1 of 3)

- Parapraxes
 - Are relatively minor errors in everyday living
 - Examples: such as slips of the tongue, forgetting things, losing things, small accidents, and mistakes in writing.
 - All behavior is motivated, but the causes of behavior are usually unconscious.
 - Therefore, people seldom know why they act as they do.
 - Often unconsciously motivated.
 - Behavior is overdetermined, which means that behavior often has more than one cause.

The Psychopathology of Everyday Life

(2 of 3)

- Humor
 - People often use humor in the form of jokes to express unacceptable sexual and aggressive tendencies.
- Religion
 - The basis of religion is the human feeling of helplessness and insecurity.

The Psychopathology of Everyday Life

(3 of 3)

- Invited to Clark University in 1909
 - Invited to Clark University, along with Jung and Ferenczi, in 1909 by G. Stanley Hall.
 - His lectures were criticized, but reactions were generally favorable.
- *Introductory Lectures of Psychoanalysis*
 - His series of five lectures was later expanded into his influential *Introductory Lectures of Psychoanalysis*.
- Growth of Freud's Fame and Psychoanalysis
 - After his visit, Freud's fame and that of psychoanalysis grew very rapidly.

A Review of Freud's Theory of Personality (1 of 5)

- Early theory
 - Differentiated among:
 - The conscious
 - Those things of which we are aware at a given moment
 - The preconscious
 - Things of which we are not aware but of which we could easily become aware
 - The unconscious
 - Memories which are being actively repressed
 - Later expanded his views with the concepts of id, ego, and superego.

A Review of Freud's Theory of Personality (2 of 5)

- Id
 - Driving force of personality
 - Contains all instincts.
 - Entirely unconscious
 - Governed by the pleasure principle
 - The collective energy of the instincts is called libido and accounts for most human behavior.

A Review of Freud's Theory of Personality (3 of 5)

- Ego
 - Aware of the needs of the id and the physical world
 - Major job is to coordinate the two
 - It is to satisfy the id's needs and desires by the reality principle because it satisfies the needs in the real world.

A Review of Freud's Theory of Personality (4 of 5)

- **Superego**
 - The moral part of personality.
 - It has two divisions:
 - The conscience
 - Contains the experiences for which the child has been consistently punished, engaging in or thinking about
 - Engaging in these activities causes the child to feel guilty, and
 - The ego-ideal
 - Contains the experiences for which the child has been rewarded
 - Engaging or thinking about engaging in such activities makes the child feel good about himself/herself.

A Review of Freud's Theory of Personality (5 of 5)

- Life and Death Instincts
 - Life instincts (*eros*)
 - Include sex, hunger, and thirst
 - These instincts prolong life
 - Death instincts (*thanatos*)
 - Seek to terminate life
 - These instincts manifest as suicide, masochism, or aggression.

Anxiety and the Ego Defense Mechanisms

(1 of 4)

- Reasons for Anxiety
 - Three types of anxiety:
 - 1) Objective anxiety
 - 2) Neurotic anxiety
 - 3) Moral anxiety
 - One of the ego's jobs is to deal with anxiety
 - To deal with objective anxiety, the ego must deal with the physical environment.
 - To deal with neurotic and moral anxiety, the ego must use one or more processes called ego defense mechanism.

Anxiety and the Ego Defense Mechanisms (2 of 4)

- Ego Defense Mechanisms
 - Repression
 - Ideas, memories, desires which are in the unconscious can enter consciousness only in disguised form so that they do not cause anxiety.
 - These ideas, memories, and desires are said to be repressed.
 - Displacement
 - Replacing an object or goal that produces anxiety with one that does not.

Anxiety and the Ego Defense Mechanisms

(3 of 4)

- Sublimation
 - The expression of sexual urges indirectly through socially acceptable ways such as poetry, art, religion, or other ways.
- Projection
 - When one sees undesirable urges and secret desires as belonging to another person, not one's self.
- Identification
 - One begins to act like someone else to fulfill needs.

Anxiety and the Ego Defense Mechanisms

(4 of 4)

- Rationalization
 - Providing a rational, logical but false reason for a failure or shortcoming.
- Reaction formation
 - When a person has a desire to do something but doing it could cause great anxiety, they do the opposite of what they really want to do.

Psychosexual Stages of Development (1 of 8)

- Process of Development
 - Freud believed that at different ages there are different erogenous zones
 - Correspond to the part of the body on which sexual pleasure is concentrated
 - Each stage refers to a particular erogenous zone
 - According to Freud, the experiences a child has during each stage determine, to a large extent, his or her adult personality.
 - The experiences could result in the person becoming fixated at that stage and affect his/her personality as an adult.

Psychosexual Stages of Development (2 of 8)

- Oral stage
 - The erogenous zone is the mouth
 - Lasts through the first year of life.
 - Fixation at this stage results in either of two types of characteristics as an adult:
 - A good listener but also an excessive eater, drinker, kisser, or smoker
 - Gullible, or a person who is sarcastic, cynical, and aggressive

Psychosexual Stages of Development (3 of 8)

- Anal stage
 - Erogenous zone is the anus–buttocks area
 - Lasts through about the second year of life.
 - Fixation results in either a person who
 - Is generous, messy, and wasteful
 - Tends to be a collector, and to be stingy, orderly and perfectionistic.

Psychosexual Stages of Development (4 of 8)

- Phallic stage
 - The erogenous zone is the genital area
 - Lasts from about the third year through the fifth year
 - The most important events during this stage are the Oedipal complex for boys and girls.
 - The young boy has a desire for his mother and hostility towards his father, but also fears his father with castration anxiety.
 - This is resolved when the boy identifies with his father.

Psychosexual Stages of Development (5 of 8)

- The most important events during this stage are the Oedipal complex for boys and girls. (continued)
 - The young girl notices that she does not have a penis and blames the mother. She knows her father has a penis and wants to share with him, and she develops penis envy. Identifying with the mother and repressing her feelings toward her father resolve this.

Psychosexual Stages of Development (6 of 8)

- The most important events during this stage are the Oedipal complex for boys and girls. (continued)
 - The identification with the same-sex parent in both cases results in the development of the superego.

Psychosexual Stages of Development (7 of 8)

- Latency stage
 - The libido is repressed such that there is no erogenous zone during this stage
 - Lasts from the sixth year to puberty
 - Substitute activities are schoolwork, peer-related activities, and curiosity about the world.

Psychosexual Stages of Development (8 of 8)

- Genital stage
 - The focus is again on the genital area with an interest in the opposite sex
 - Lasts from puberty through the remainder of one's life
 - If everything has gone well in the preceding stages, this stage will culminate in dating and eventually marriage.

Freud's Fate (1 of 6)

- Portrayal of Freud
 - Freud and his followers attempted to create an image of Freud being a lonely, heroic figure who was discriminated against because he was Jewish.
 - Also, his ideas were so revolutionary that the established medical community could not accept them.
 - Both of these issues are contradicted by facts.

Freud's Fate (2 of 6)

- Manipulations During Therapy
 - In “The Aetiology of Hysteria,” Freud wrote that none of Freud’s patients reported a seduction of any kind.
 - There is evidence now that that he manipulated events during therapy as to confirm that hysteria had a sexual origin.

Freud's Fate (3 of 6)

- The Reality of Repressed Memory
 - There is a current debate over the accuracy of repressed memories.
 - Many researchers accept them as valid, but many do not.
 - Based on her research, Elizabeth Loftus has concluded that most, if not all, reports of repressed memories are false.

Freud's Fate (4 of 6)

- Common criticisms:
 - Method of Data Collection
 - No controlled experimentation
 - Definition of Terms
 - Not clear, not quantifiable
 - Dogmatism
 - No toleration for conflicting ideas
 - Overemphasis on sex
 - Many of his followers broke with him just for that reason

Freud's Fate (5 of 6)

- Self-fulfilling prophecy
 - Freud found what he was looking for because he was looking for it
- Length, cost, and limited effectiveness of psychoanalysis
 - Takes too long and too costly for common people
- Lack of falsifiability
 - A good theory must have this characteristic

Freud's Fate (6 of 6)

- Positive contributions of Freud
 - Expansion of psychology's domain
 - Psychoanalysis
 - Understanding of normal behavior
 - Generalization of psychology to other fields

Beyond Freud—Anna Freud (1 of 5)

- Anna Freud and Melanie Klein
 - Two early female psychoanalysts that had a conflict regarding child analysis.
 - Klein focused more on pre-Oedipal development.
 - Freud's views would be the ones that generally prevailed.

Beyond Freud—Anna Freud (2 of 5)

- Ego psychology
 - Significant differences between analyzing children and adults
 - These differences caused Anna to emphasize the ego more in child analysis than when treating adults.
 - The major difference is that children do not recall early traumatic experiences as adults do. Children display developmental experiences as they occur.

Beyond Freud—Anna Freud (3 of 5)

- Anna used the term “developmental lines” to describe the child’s gradual transition from dependence on external controls to mastery of internal and external reality.
 - These lines are attempts by the child to adapt to life’s demands, whether those demands are situational, interpersonal, or personal.
 - The lines describe normal development.

Beyond Freud—Anna Freud (4 of 5)

- Two Additional Defense Mechanisms
 - Added to the traditional defense mechanisms
 - Altruistic surrender
 - A person gives up his or her own ambitions and lives vicariously by identifying with another person's satisfactions and frustrations.
 - Identification with the aggressor
 - A person adopts the values and mannerisms of a feared person as his or her own.
 - For Anna this is the mechanism that explains the development of the superego.

Beyond Freud—Anna Freud (5 of 5)

- Analysis of the Ego
 - Started the analysis of the ego, which was continued by Hartmann and Erikson
 - Erikson
 - Extended Freud's developmental milestones into adulthood and even old age and changed them to focus on social development rather than sexual development.

Beyond Freud—Carl Jung (1 of 11)

- Libido
 - Main source of disagreement between Jung and Freud was the nature of the libido.
 - Freud, libido was sexual energy
 - The main driving force of personality.
 - Jung saw libidinal energy as a creative life force that could be applied to the individual's continuous psychological growth
 - The libidinal energy is used for a wide range of human activities

Beyond Freud—Carl Jung (2 of 11)

- The importance of middle age
 - Jung believed that the goal of life is to reach self-actualization.
 - Once a person has recognized the many conflicting forces in his or her personality, the person is in a position to synthesize and harmonize them.

Beyond Freud—Carl Jung (3 of 11)

- The Personal Unconscious
 - Combines Freud's notions of the preconscious and the unconscious
 - Consists of experiences that had either been repressed or simply forgotten
 - Material from one's lifetime that for one reason or another is not in consciousness

Beyond Freud—Carl Jung (4 of 11)

- The Collective Unconscious and the archetypes
 - Jung's most mystical and controversial concept
 - The deepest and most powerful component of the personality
 - Reflects the cumulative experiences of humans throughout their entire evolutionary past
 - Registers common experiences that humans have had through the eons.
 - They are inherited as predispositions to respond emotionally to certain categories of experience.

Beyond Freud—Carl Jung (5 of 11)

- These inherited predispositions are called archetypes.
 - Persona
 - Causes people to present only part of their personality to the public
 - The mask we present and let others see
 - Shadow
 - The archetype that we inherit from our prehuman ancestors
 - Provides us with the tendency to be immoral and aggressive

Beyond Freud—Carl Jung (6 of 11)

- Anima
 - Provides the female component of the male personality and the
- Animus
 - Provides the masculine component of the female personality

Beyond Freud—Carl Jung (7 of 11)

- The Attitudes
 - Jung described two major psychological attitudes that people take in relating to the world:
 - Introversion
 - The tendency to be quiet, imaginative, and more interested in ideas than in personal interaction.
 - Extroversion
 - The tendency to be outgoing and sociable
 - Each person possesses both, but usually assumes one of the two attitudes more than the other.

Beyond Freud—Carl Jung (8 of 11)

- Causality, Teleology, and Synchronicity
 - The important causes of a person's personality are found in his/her past experiences.
 - Jung believed that to understand a person, you must understand the person's prior experiences and their future goals.
 - Thus, Jung embraced teleology (purpose).
 - Synchronicity occurs when two or more events, each with their own independent causality, come together in a meaningful way.

Beyond Freud—Carl Jung (9 of 11)

- Dreams
 - Jung believed that dreams are a means of giving expression to aspects of the psyche that are underdeveloped.
 - Dream analysis can be used to determine which aspects of the psyche are being given adequate expression and which are not.

Beyond Freud—Carl Jung (10 of 11)

- Criticisms and Contributions
 - Criticisms
 - Being metaphysical and unverifiable
 - Antiscientific
 - Unclear, incomprehensible, and sometimes contradictory.

Beyond Freud—Carl Jung (11 of 11)

— Contributions

- Jungian theory and ideas continue to be influential with many followers throughout the world
 - Many major cities have Jungian institutes that elaborate and disseminate his ideas.
- His notions of introversion and extroversion are popular today in many areas of personality theory such as personality tests.

Beyond Freud—Alfred Adler (1 of 4)

- Organ Inferiority and Compensation
 - Adler believed that physical and mental illness have a physiological origin.
 - People are sensitive to disease in organs that are “inferior” to other organs.
 - One way to adjust to a weakness is through compensation, which is adaptation.
 - Another way is overcompensation, which is the conversion of a weakness to a strength.

Beyond Freud—Alfred Adler (2 of 4)

- Feelings of Inferiority
 - Adler contended that all humans have feelings of inferiority or weakness.
 - These feelings motivate people first as children and later as adults to gain power to overcome these feelings.
 - He suggested that people strive for superiority
 - By this, he meant to overcome these feelings by striving to be the best he or she can be—not to have power over other people.

Beyond Freud—Alfred Adler (3 of 4)

- Worldviews, fictional goals, and lifestyles
 - The child develops a worldview from early experiences
 - From this worldview come guiding fictions (future goals) and
 - From the fictions comes a lifestyle.
 - The lifestyle encompasses the activities performed while pursuing one's goals.
 - For a lifestyle to be truly effective, it must contain considerable social interest.
 - A lifestyle without adequate social interest is a mistaken lifestyle.

Beyond Freud—Alfred Adler (4 of 4)

- The Creative Self
 - Adler's theory was quite different from Freud's even though he began his career with Freud.
 - Adler believed that life is inherently meaningless
 - However, one is free to invent meaning and then act “as if” it were true.
 - Adler's theory emphasized the conscious mind, social rather than sexual motives, and free will.
 - His ideas greatly influenced the humanistic psychologists.

Beyond Freud–Karen Horney (1 of 4)

- Disagreement with Freudian Theory
 - Horney took issue with Freud on many counts.
 - She thought that his notions could not be applied universally, especially for those with whom she worked in depression era America.
 - For Horney, a person's social experiences determine whether or not he or she will have psychological problems, not intrapsyche conflict.

Beyond Freud–Karen Horney (2 of 4)

- Basic hostility and basic anxiety
 - For Horney, the parent–child relationship is most important.
 - If the parent can consistently and lovingly satisfy the child's needs, the child will become a normal, healthy adult
 - However, if the parents react indifferently, inconsistently, or even with hatred (this is called the basic evil) the child will develop basic hostility towards the parents and this develops into a worldview.
 - If the basic hostility is repressed it becomes basic anxiety (feelings of being lonely and helpless in a hostile world).

Beyond Freud–Karen Horney (3 of 4)

- Adjustments to basic anxiety
 - Horney proposed that people with basic anxiety (neurotic individuals) develop one of three adjustment patterns.
 - Moving towards people
 - Becoming a compliant person
 - Moving against people
 - Becoming a hostile person, using power
 - Moving away from people
 - Becoming a detached person

Beyond Freud–Karen Horney (4 of 4)

- Feminine Psychology
 - Horney took issue with Freud's theory and developed a feminine-oriented psychoanalysis in which males envy the female anatomy rather than females envying the male anatomy.
 - Horney's position was that personality traits are determined more by cultural than by biological factors.