Preview: Overview of Freud's Theory

"Freud's theory has implications for major theoretical questions … "

Table 2.1, Preview of Freud's Theory
Page. 31
Psychic Determinism

Question: What is psychic determinism?

Example: Psychic determinism.

Complete the following:

"(Freud) named his new science psychoanalysis. Psychoanalysis pays close attention to the …

"If a physiologically oriented neurologist can be thought of as tracking neural pathways, then the psychoanalytic practitioner can be thought of as tracking …"
Levels of Consciousness

"Freud postulated three levels of consciousness … conscious, preconscious, and the unconscious."

The Conscious

Question: What is the Freudian notion of the conscious? (34)

The Preconscious

Question: What is the Freudian notion of the preconscious?

The Unconscious

Question: What is the Freudian notion of the unconscious? (35)

Question: What is repressed unconscious material?

[Examples] The unconscious.
Effects of Unconscious Motivation

"Freud's particular interest, as a clinician, was in cases in which the forces of the conscious and the unconscious mind were conflicted."

Physical Symptoms

"Many of Freud's patients had physical symptoms for which no organic cause could be found."

Question: What is conversion hysteria?

Examples: Conversion hysteria.

Hypnosis

"Overall, research confirms that adding hypnosis to other forms of therapy, psychodynamic and cognitive-behavioral therapy, improves treatment outcomes."

Evidence: Hypnosis and psychological therapies.
Psychosis

Question: What is psychosis?

Dreams

"Freud praised dreams as the 'royal road to the unconscious.'"

Question: What is the **manifest content** of dreams insofar as Freudian psychoanalysis is concerned?

Question: What is the **latent content** of dreams insofar as Freudian psychoanalysis is concerned?

Question: What is meant by the following statement?

"While Freud's theory suggests that dreams respond to life's events, they don't do so in a clear and obvious way."
Dreams (Continued)

[Examples] Dreams

The Psychopathology of Everyday Life

Question: What are Freudian slips (parapraxes)?

[Examples] Freudian slips.

Humor

Question: What did Sigmund Freud see in the expression of humor?

Question: What is meant by the following statement?

"… humor often (uses) the technique of condensation."
**Projective Tests**

**Question:** What are projective tests? (40)

[Examples] Projective tests.

**Origin and Nature of the Unconscious**

**Question:** Where does this powerful, pervasive unconscious come from? (Note in this question the comment on the all-important mechanism of repression).

**Structures of the Personality**

Complete the following:

"To state more clearly the tension between the unconscious, which seeks expression, and consciousness, which tried to hold back unconscious forces, Freud described three structures of personality."

"The **id** is …" (40-41)

"The **ego** is the …" (41)
"The superego consists of the …" (41)

"Each structure serves a different function."

[Examples]  Id, ego, and superego.

Question:  What is meant by the following statement?

"Like Freud's horseback rider, the ego may seem to be steering more than it truly is."

The Id

Question:  What is meant by the following statement?

"(The id) functions according to the pleasure principle."
Psychic Energy: Libido

**Question:** What is the *libido* insofar as Freudian theory is concerned? (41)

Life and Death Instincts: Eros and Thanatos

Complete the following:

"Psychic energy is of two kinds. **Eros**, the 'life instinct,' motivates …

**Thanatos**, the 'death instinct,' is a …

Characteristics of Instincts

Complete the following:

"(To Sigmund Freud) all personality functioning (is) derived from instinctive energy (and) the fundamental principles regulating instincts provides a basic framework for understanding personality. These can be summarized as four basic aspects of instincts: source, pressure, aim, and object."

1. **Source**  

(42)
Characteristics of Instincts
(Continued)

2. Pressure

[Example] Pressure.

3. Aim


Question: What is sublimation insofar as Freudian theory is concerned?
Characteristics of Instincts  
(Continued)

4. Object

[Example] Object. (42-43)

Question: What is cathexis insofar as Freudian theory is concerned? (43)

Question: What is plasticity of instinct insofar as Freudian theory is concerned?

Primitive Functioning: Primary Process

Question: What is primary process insofar as Freudian theory is concerned?

[Illustrations] Primary process.
The Ego

"The ego is the structure of personality that brings about the unity of personality and that is in touch with the real world."

"It operates according to the reality principle."

Question: What is reality principle insofar as Freudian theory is concerned?

Question: What is secondary process insofar as Freudian theory is concerned?

The Superego

Question: What is the superego insofar as Freudian theory is concerned?

[Examples] Superego.
Intrapsychic Conflict

"The id, ego, and superego do not always coexist peacefully."

**Question:** What is intrapsychic conflict insofar as Freudian theory is concerned?

[Illustrations] Intrapsychic conflict.

Energy Hypothesis

**Question:** What is the phenomena of the energy hypothesis insofar as Sigmund Freud was concerned?

[Evidence] Energy hypothesis.
Anxiety

Complete the following:

"Anxiety signals that the ego may fail in its task of adapting to reality and maintaining an integrated personality."

"Neurotic anxiety signals that id impulses may … (45)

"Moral anxiety indicates fear that one's …

"Reality anxiety indicates that the external world …

Defense Mechanisms

Complete the following:

"The ego uses various strategies to resolve intrapsychic conflict."

"These defense mechanisms are adopted if direct expression of the id impulses is …

"Defense mechanisms range from very primitive ones, first developed in infancy, to more…"
Defense Mechanisms (Continued)

Complete the following:

"**Denial** is a primitive defense mechanism in which an individual …

(45)

**[Example]** Denial.

(45-46)

"**In reaction formation**, an unacceptable impulse is …

(46)

**[Examples]** Reaction formation.

"**In projection**, the person's own unacceptable impulse is …

**[Example]** Projection.
Defense Mechanisms
(Continued)

"The defense mechanism of *displacement* distorts … (46)

[Example] Displacement.

"Identification is a process of …

[Examples] Identification. (46-47)

"In the defense mechanism of *isolation*, thoughts related to some unpleasant occurrence are … (47)

[Example] Isolation.
Defense Mechanisms
(Continued)

"The defense mechanism of rationalization involves giving …

[Example] Rationalization.

"The defense mechanism of intellectualization prevents …

[Illustrations] Intellectualization.

"The defense mechanism is adaptive, although defensive in that it distorts the …

Sublimation

Question: What is sublimation insofar as Freudian theory is concerned?
Creativity

Question: What is meant by the following statement?

"Creative individuals are particularly interesting models of sublimation … "

Empirical Studies of Defenses

[Illustrations] Empirical studies of defenses.
Personality Development

"One of Freud's legacies is that childhood experience potently influences adult personality."

**Question:** What is meant by the following statement?

"As the twig is bent, so grows the tree." (49)

**Question:** What are *erogenous zones* insofar as Freudian theory is (49-50)

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Table 2.2 Stages of Psychosexual Development

Page 31
Personality Development
(Continued)

Question: What is the **oral stage** of psychosexual development insofar as Freudian theory is concerned?

Question: What is the **anal stage** of psychosexual development insofar as Freudian theory is concerned?

Question: What is the **phallic stage** of psychosexual development insofar as Freudian theory is concerned?

Question: What is meant by the following statement?

"Personality development occurs as the ego finds new strategies to cope with the frustrations imposed by socialization."

Question: What is the concept of **fixation** insofar as Freudian theory is concerned?
The Five Psychosexual Stages

"There are five universal stages of development. Freud believed that personality was essentially formed by the end of the third stage, at about age 5. By then, the individual has developed basic strategies for expressing impulses, strategies that constitute the core of personality."

The Oral Stage

Question: What happens to the infant's personality during the oral stage of development?
The Oral Stage
(Continued)

Question: What is meant by the following statement?

"Fixation is the first psychosexual stage results in development of an oral character personality type … "

The Anal Stage

Question: What happens to the child's personality during the anal stage of development?

Question: What is meant by the following statement?

"The anal character is characterized by three traits, orderliness, parsimony, and obstinacy … "

The Phallic Stage

Question: What happens to the child's personality during the phallic stage of development?

Male Development: The Oedipus Conflict

Complete the following:

"According to Freud, the young boy wants to kill his father and replace him as his mother's sexual partner."

"This universal male Oedipus conflict is derived from … Castration anxiety, the fear that his penis will be cut off, is the …

[Illustrations] Castration anxiety.
Female Development: The Electra Conflict

"Girls develop differently. Seeing that they lack a penis, girls believe that they have been castrated. According to Freud, girls interpret their clitoris as inferior to a penis and wish for the latter (penis envy)."

Complete the following:

"Freud lists three possible outcomes of the girl's castration complex: … (53)

Complete the following:

"By masculinity complex, Freud meant that the woman strives for achievements considered in his day to be …"

Question: What is normal feminine development insofar as Sigmund Freud was concerned?

Incest: Freud's Abandonment of the Seduction Hypothesis

Question: What is the seduction hypothesis insofar as Sigmund Freud was concerned?
Incest: Freud's Abandonment of the Seduction Hypothesis

Question: Why did Freud abandon the seduction hypothesis? (53)

"Orthodox Freudians accept Freud's abandonment of the seduction hypothesis is accepted by orthodox Freudians as the correction of an earlier error. (Others disagree.)"

Question: What do Freud's critics say about Freudian notions of incest? (53-54)

Effects of Fixation

Question: What does psychoanalytic theory say about the effects of fixation at the phallic stage? (54)

The Latency Stage

Question: What happens to the person's personality during the latency stage of development?
The Genital Stage

Complete the following:

"The genital stage begins at puberty. In contrast to the autoerotic and fantasy sexual objects of the phallic child, the genital adult develops the capacity to …"

"The genital character is Freud's ideal of …"

"Such a person has no significant …"

Sublimated psychic energy is …

**Question:** What is meant by the following statement?

"Freud regarded neurosis as essentially a sexual dysfunction."

Psychoanalytic Treatment

**Question:** What was Sigmund Freud's famous criterion of mental health?
Psychoanalytic Treatment
(Continued)

Question: What is meant by the following statement?

"Freud described psychoanalysis with the metaphor of archaeology."

Psychoanalytic Therapy Techniques

Question: What is the basic technique of psychoanalysis?

free association

Question: What is the concept of catharsis in psychoanalytic therapy?

Question: What is meant by the following statement?

"Psychoanalytic treatment produces insight … "

Question: What is meant by the following statement?

"A major phenomenon in psychoanalytic treatment is transference."
Psychoanalytic Treatment

Question: What is the psychoanalytic therapy concept of countertransference."

Question: What are meant by the following statements?

"In his day, Freud's theory was a force for the humane treatment of the mentally ill … "

"Today, critics argue that the medical model has adverse implications." (55-56)

"There has been considerable effort in recent years to investigate the effectiveness of various modes of psychotherapy. Therapy comes in many modes today … "

[Illustrations] Modern therapy alternatives to psychoanalysis. (56)
The Recovered Memory Controversy

Question: What is the recovered memory controversy? (56-57)

Question: What is the false memory syndrome? (57)

Question: Could real incest ever seem to be only fantasized or imagined incest? (58)
Psychoanalysis as a Scientific Theory

Question: What is meant by the following statement?

"Psychoanalysis is more than a therapy. It is a theory of personality."

Question: Does the personality theory fare any better than the therapy when subjected to the objective evaluation of the scientific method.

Evidence: Empirical studies of psychoanalysis.

Silverman's Experiments

Question: What did Lloyd Silverman do to verify hypothesis derived from psychoanalytic theory through experimental research?
Question: What are meant by the following statements

"The cognitive interpretation of … unconscious cognition does not require a sophisticated process of repression or censorship based on anxiety such as Freud proposed."

"The modern theory of a cognitive unconscious offers a substitute for Freud's dynamic unconscious."

"Individual differences in responses to emotion don't require a psychic energy model … "

(61-62)
"Today, neurologists suggest that some of the clinical symptoms Freud observed do have a neurological basis."

[Evidence] Neurological basis of Freud's clinical symptoms. (62)

Question: What is meant by the following statement?

"Research … supports the idea that unconscious processes influence, although this is a more encompassing unconscious than Freud proposed." (62-63)

END