Both (Karen) Horney's theory and relational psychoanalytic approaches have inspired empirical research ... within clinical settings ... (and) in developmental and social investigations of personality, studying infants and children as well as adults.
"The emphasis on society that Adler and Erikson contributed to psychoanalytic theory continued into the next generation of analysts, or whom one of the most widely known is Karen Horney."

Question: What is Karen Horney's theoretical position on the unconscious?

Question: What is Karen Horney's theoretical position on sexual conflict?

Question: What is Karen Horney's theoretical position on cultural forces?

Basic Anxiety and Basic Hostility

Question: What is Karen Horney's concept of basic anxiety?

Question: What is Karen Horney's concept of basic hostility?

Question: What is meant by the following statement?

"The neurotic … develops a basic conflict between 'fundamentally contradictory attitudes he has acquired toward other persons.' "

Question: What is Karen Horney's theoretical position on the unconscious?
Question: What, according to Karen Horney, becomes the person's "characteristic interpersonal orientation."

Question: What is meant by the following statement?

"Ideally, a healthy person should be able to move toward people, move against them, or move away from them … "

Figure 6.1, Horney's Model of Neurotic Conflict
Page 168
Three Interpersonal Orientations
(Continued)

Question: What is Karen Horney's concept of the self-effacing solution of the neurotic personality?

Question: What is Karen Horney's concept of the expansive solution of the neurotic personality?

Question: What is Karen Horney's concept of the resignation solution of the neurotic personality?
Moving toward People: The Self-Effacing Solution

Question: What is Karen Horney's concept of neurotic compliant types? (159)

Moving against People: The Expansive Solution

Question: What is Karen Horney's concept of neurotic aggressive types? (160-161)

[Illustration] Aggressive types and perfectionism. (161)

Moving away from People: The Resignation Solution

Question: What is Karen Horney's concept of neurotic detached personality types?
Healthy Versus Neurotic Use of Interpersonal Orientations

Question: What is Karen Horney's concept of the healthy personality? (161)

"Interpersonal orientations influence physical health … "

[Evidence] Interpersonal orientations and physical health.

Major Adjustments to Basic Anxiety

"To solve conflicts over basic anxiety, an individual adopts defense mechanisms … "

"(Karen) Horney expanded the list of defensive maneuvers."

Eclipsing the Conflict: Moving toward or against Others

Question: What is Karen Horney's concept of the defensive strategy she identifies as "eclipsing the conflict"? (162)
Detachment: Moving away from Others

Question: What is Karen Horney's concept of the defensive strategy she identifies as "detachment?"

The Idealized Self: Moving away from the Real Self

Question: What is Karen Horney's concept of the defensive strategy she identifies as "the idealized self?"

Question: How, according to Karen Horney, does "alienation from the real self" produce neurosis?

"For clarity, Horney offered a different term to describe everything that we really are at a given time (Neurotic as well as healthy): the actual self."

[Examples] Alienation from the real self. (162-163)
The Idealized Self: Moving away from the Real Self
(Continued)

Question: How, according to Karen Horney, does the "tyranny of the shoulds" produce neurosis? (163)

Question: What, according to Karen Horney, happens to personality when perfectionism turns self-destructive?

Externalization: Projection of Inner Conflict

Question: What is Karen Horney's concept of the defensive strategy she identifies as "externalization"? (163-164)

Secondary Adjustment Techniques

"Horney believed (that) secondary adjustments, like the major adjustment techniques, do not really solve the neurotic problem in any lasting way … "

Question: How, according to Karen Horney, do "blind spots" produce neurosis? (164)
Question: How, according to Karen Horney, does "compartmentalization" produce neurosis?

Question: How, according to Karen Horney, does "rationalization" produce neurosis?

Question: How, according to Karen Horney, does "excessive self-control" produce neurosis?

Question: How, according to Karen Horney, does "arbitrary rightness" produce neurosis?

Question: How, according to Karen Horney, does "elusiveness" produce neurosis?

Question: How, according to Karen Horney, does "cynicism" produce neurosis?
"Horney stressed social and cultural determinants of personality and neurosis …"

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

"(Karen Horney) stated that 'there is no such thing as a normal psychology that holds for all mankind.'"

**Gender Roles**

"While biology determines sex (male or female), it is culture that defines the accepted traits and behaviors for men and women."

**Evidence** Importance of culture in defining gender roles.

**Achievement**

"Horney described sex roles concerning achievement in ways that anticipated later psychological research."

"She suggested that 'our cultural situation … stamps success a man's sphere' … women (are discouraged and) may even develop a 'fear of success.'"
Social Dominance

Question: What were Karen Horney's views on gender roles and social dominance?

Valuing the Feminine Role

Question: What were Karen Horney's views on valuing the feminine role in society?

Question: What was Karen Horney's notion of womb envy?

Evidence] Feminine values.
Mental Health and Gender Roles

"The prevailing view among psychologists used to be that women who worked and had professions suffered personality disturbances, and that traditionally feminine women were psychologically healthier than less traditional women."

[Evidence] Mental health and gender roles. (167)

Cross-Cultural Differences

"The emphasis on individual achievement is, as Horney hinted, particularly characteristic of Western culture."

Complete the following:

"Harry Triandis and his colleagues have studied cultural differences in individualism, a value that emphasizes … (168)

"In contrast, countries that are less affluent … are characterized by collectivism, which values …

"Individualism and collectivism obviously influence social behavior, but they are also important influences on a person's self-concept."
Cross-Cultural Differences

[Evidence] Individualism/collectivism and self-concept.

Therapy

Question: What is the ultimate goal of psychotherapy insofar as Karen Horney was concerned?

Self-Analysis

"Although Horney recommended professional analysis for neurosis for neurosis, she did think that some progress could be achieved by a person working alone."

[Example] Self-analysis.
Self-Analysis

"Self-analysis has both benefits and limitations.

[Evidence] Benefits and limitations of self-analysis. (169)

"Sometimes the function of a symptom can be analyzed rather simply."

[Example] Self-analysis. (170)

Parental Behavior and Personality Development

"Within the family the 'basic evil is invariably a lack of genuine warmth and affection.'"

Question: What was Karen Horney's conception of "the ideal family atmosphere?"
"Research supports her ideas."

![Evidence] Parental behavior and personality development. (170)

The Relational Approach Within Psychoanalytic Therapy

"Theories build on earlier theories."

"In contrast to Freud's emphasis on the unconscious and intrapsychic conflict, many of his successors today stress disturbances in the relationships that people have developed, beginning with early family experience, a theme that Horney and others emphasized."

Table 6.3, Important Persons in the History of the Relational Approach
Page 171
The Relational Approach Within Psychoanalytic Therapy
(Continued)

Question: What is meant by the following statements?

"One of the most significant of these current psychoanalytic theories is the relational approach …"

"… Freud did recognize the importance if interpersonal relationships …"

"Relationships are often referred to as object relations in psychoanalysis …"

Emotions triggered in interpersonal situations are especially important in object relationships …"
The Relational Approach Within Psychoanalytic Therapy

(Continued)

"By providing ways of measuring individuals … researchers are contributing to the dialogue between clinical and research-oriented psychologists."

Table 6.4, Measurement of Object Relations from TAT Stories

Page 173

Question: What is meant by the following statement?

" … object relationships affect the body as well as behavior." (173)

The Sense of Self in Relationships

"Our sense of self is rooted in relationships."

Complete the following:

"Early disturbances, coming from relationships with inadequate parents, leave a person with a …"
The Sense of Self in Relationships (Continued)

Evidence: Sense of self in relationships. (173-174)

Narcissism

Question: What is narcissism (also identified as the narcissistic personality)? (174)

Question: What is the difference between narcissism and self-esteem? (175)
Attachment in Infancy and Adulthood

"... experts continue to point to the importance of early relationships between parents and children."

Infant Attachment

Question: What is attachment?

Complete the following:

"Attachment functions, in an evolutionary sense, ... insure children's survival by keeping them ...
**Question:** What is Mary Ainsworth's contribution to the study of infant attachment?

**Table 6.5, Ainsworth’s Description of Infant Temperament Types Compared with Horney's Model of Interpersonal Orientations.**

Page 176

**Question:** How does the modern research on infant attachment relate to Karen Horney's notions of parental behavior and personality development?
Adult Attachments and Relationships

"Attachment styles continue after infancy."

**Question:** What is the importance of attachment in adulthood? (177)

"… the specific kind of insecure (adult) attachment predisposes individuals to particular kinds of psychiatric disorders."

**Question:** What is *dismissing attachment*?

**Question:** What is *preoccupied attachment*?

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

"Various kinds of adult attachment resemble infant attachment styles."
Adult Attachments and Relationships  
(Continued)

"... researchers have adopted a three-category model of adult attachment, corresponding to the infant research."

**Table 6.6, A Model of Adult Attachment Styles**  
Page 178

**Question:** What is a *securely attached* adult?  

**Question:** What is an *avoidantly attached* adult?  

**Question:** What is an *anxious-ambivalent* adult?
"Some studies of attachment examine people's views of themselves and of the other person, as well as the connection between them."

[Evidence] Self-concept and adult attachment.

Table 6.7, Questions to Measure Three Attachment Styles
Page 178

[Evidence] Adult attachment style research.
Longitudinal Studies of Attachment

"Longitudinal studies of attachment verify that disturbed attachment relationships from early life carry over to adulthood."

[Evidence] Longitudinal studies of adult attachment. (179-180)

Parenting

"Both relational approaches and Horney's interpersonal psychoanalytic approach agree that parent-child relationships have an immense impact on the emotional development of the child."

[Evidence] Impact of parent-child relationships on emotional development of the child. (180)
"The knowledge gained from therapists and researchers can be put to practical use to prevent or to treat problems."

[Evidence] Therapy applications gained from relational research. (180)

Summary

"Karen Horney revised psychoanalytic theory to emphasize interpersonal factors."

"Horney described four basic strategies for resolving neurotic conflict: … "

"Horney emphasized the cultural determinants of development."

"Relational theorists also emphasized early parent-child relationships and their implications for a sense of self and for interpersonal relationships throughout life."

End