

# **| Assignment |**

## **| Psychodynamic psychotherapy |**

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## Psychodynamic psychotherapy:

### What is Psychodynamic therapy?

Psychodynamic therapy is the psychological interpretation of mental and emotional processes. Psychodynamic psychotherapy or psychoanalytic psychotherapy is a form of depth psychology, the primary focus of which is to reveal the unconscious content of a client's psyche in an effort to alleviate psychic tension. In psychodynamic therapy, the patient is encouraged to talk freely about whatever happens to be on his or her mind. Psychodynamic therapy, also known as insight-oriented therapy, focuses on unconscious processes as they are manifested in a person's present behavior. The goals of psychodynamic therapy are a client's self-awareness and understanding of the influence of the past on present behavior.

### Freudian Approach:

In the psychoanalytic approach, the focus is on the unconscious mind rather than the conscious mind. It is built on the foundational idea that your behavior is determined by experiences from your past that are lodged in your unconscious mind.

Following are the components of Freudian theory that play significant role in shaping your personality

- The Id
- The Ego
- The Superego

#### **The Id:**

The Id is the generative force of personality. It contains all the instincts such as hunger, thirst and sex. The Id is entirely unconscious and is governed by the **pleasure principle**. The collective energy associated with the instincts is called libido.

The Id has two means of satisfying needs. One is reflex action, which is automatically triggered when certain discomfort arise such as sneezing and recoiling from a painful stimulus. The second means of satisfaction is wish fulfillment, in which Id injures up a representation of an object that will satisfy the existing need.

### **The Ego:**

The Ego is aware of the needs of both the id and the physical world, and it's major job is to coordinate the two. In other words, the who's job is to match the wishes of the id with their counterparts in the physical environment. For this reason, the ego is said to operative in service of the id. The ego is also said to be governed by the **reality principle**. Because the objects it provides must result in real rather than imaginary satisfaction of a need.

### **The Superego:**

Although the new born child is completely dominated by the id, the child must soon learn that need gratification usually cannot be immediate. More important, he or she must learn that some things are right and some are wrong. For example, the male child must inhibit his sexual desires. Teaching these do's and don'ts is usually what is meant by socializing the child.

As the child internalize do's and don'ts he or she develops a Superego. It is governed by **morality principle**. The fully developed Superego has two divisions: the conscience and the ego ideal, that is, the internalized experience for which the child has been rewarded.

### **Life and death instincts:**

Freud differentiated between life and death instincts. Initially, Freud had equated libido with sexual energy, but because of evidence to the contrary and severe criticism he used the terms life and death instincts.

He said that “the aim of all life is death”. Thus, besides the life instincts, there is a death instinct called **Thanatos**, named after Greek God of death. The life instincts seek to perpetuate life, and the death instincts seek to terminate it. So, to all other conflicts that occur among Id, ego, Superego, Freud added a life and death struggle. When directed towards one’s self, the death instincts manifest itself as destruction and general aggression.

### **Anxiety and ego defense mechanism:**

Anxiety is a warning of impending danger. Freud distinguished three types

- Objective anxiety
- Neurotic anxiety
- Moral anxiety

To reduce objective anxiety, the ego just deal effectively with the physical environment. To deal with neurotic anxiety and modal anxiety, the ego must use processes that Freud called the ego defense mechanism. He believed that all ego defense mechanism has two things in common: they distort reality, they operate in the unconscious level that is the person is unaware of the fact that he or she is using one.

### **The ego defense mechanism:**

Following are some ego defense mechanism given by Freud:

- Repression
- Displacement
- Sublimation
- Projection
- Identification
- Rationalization
- Reaction formation
- Isolation
- Regression
- Introjection

### **Goal of Psychodynamic psychotherapy:**

The main goals of psychodynamic therapy are to

enhance the client's self-awareness and (2) foster understanding of the client's thoughts, feelings, and beliefs in relation to their past experiences, especially his or her experiences as a child. (3) Establish more effective coping mechanisms.(4) Foster a more accurate understanding of your past and what you want for your.

### **Types of Psychodynamic psychotherapy:**

psychodynamic therapy is more a category of therapies rather than a single type.All of the therapies below are grounded in the same overarching model of psychodynamic theory, but they apply the tenets of this theory in different ways.

#### **1. Brief Psychodynamic Therapy**

The aspect of brief psychodynamic therapy that sets it apart from other types of psychodynamic therapies is right in the name: brief.

This type of therapy is generally conducted over the course of only a few sessions, or even just one session in some cases. Sometimes an individual struggling with a

specific problem only needs to make a few important connections to overcome that problem.

Brief psychodynamic therapy has been applied to situations like:

1. Rape;
2. Accident (traffic, physical injury, etc.);
3. Act of terrorism;
4. Acute psychological disturbances (like anxiety or depression);
5. Traumatic family event (discovery of a secret, divorce, etc.).

## **2. Psychodynamic Family Therapy**

This form of psychodynamic therapy is practiced in the context of a family, whether that family is comprised of two adults in a romantic relationship, a parent and child(ren), siblings, grandparents and grandchildren, a traditional nuclear family, or any combination of these family members.

This therapy is usually relatively long-term (versus the shorter term family therapy based on CBT or IPT) and often is instigated by chronic problems in the family. This therapy focuses on unconscious processes and unresolved conflicts but views them in the context of family relationships. The therapist will lead the family members through an exploration of family history, especially any **traumatic family events**. Psychodynamic family therapy can help families to discover and address the deep-seated issues that give rise to family problems, leading to a healthier and happier family dynamic.

## **3. Psychodynamic Art / Music Therapy**

This non-traditional form of psychodynamic therapy involves the expression of feelings and emotions through art or music. Like other types of psychodynamic therapy, this therapy is non-directive and non-structured, allowing the client to lead the session. It does not require any artistic or musical talent or ability, only that clients are able to use music or art to express themselves.

clients can actually create art or music in the session. It doesn't have to be "good" art or music, it only needs to convey the thoughts or feelings of the clients in a way that makes sense to them.

Through art and/or music, the therapist and client can build an understanding and form an important bond. They may find that art and music are better methods of deep communication than talking.

This type of therapy may be particularly well suited for those who are shy or otherwise find it difficult to talk, as well as clients who are experiencing crippling anxiety or fear which music or art can help to soothe.

### **Psychodynamic psychotherapy Tools and Techniques:**

Psychodynamic therapy relies less on exercise and activities than most types of therapy. But there are some important tools in the Psychodynamic tool box that allow the therapist to delve deep into the unconscious mind with their client's.

The Five Tools and techniques are Below:

1. Psychodynamic Diagnostic Manual (PDM)
2. Rorschach Inkblots
3. Freudian Slip
4. Free Association
5. Dream Analysis

#### **Psychodynamic Diagnostic Manual**

It is based on current neuroscience and treatment. **Carey** (2006) points out that many of the concepts in the **PDM** are adapted from the **classical Psychoanalytic** tradition of psychotherapy. The **PDM** indicates that the **Anxiety disorders** may be traced to the "four basic danger situations" described by **Sigmund Freud (1926)**.

- As the loss of a significant other
- The loss of love
- The loss of body integrity
- The loss of affirmation by one's own conscience

#### **Rorschach Inkblots**

The original Rorschach inkblots were developed in the early 1900s by psychologist Hermann Rorschach. His work resulted in a set of 10 inkblot images that can be presented to a client with the intention of observing and projecting based on their reactions to the images. To conduct the Rorschach test, the therapist will present each inkblot to the client individually and ask the client to describe what they see. They are free to use the image as a whole, a piece of the image, or even the blank space surrounding the image to form an interpretation.

The important part of this test is the process of interpretation and description undertaken by the client, rather than any specific content seen in the inkblots. As such, the use of this test requires a highly trained professional to conduct, score, and interpret.

### **Freudian Slip**

A “Freudian slip” is also known as a slip of the tongue or, more formally, paraphrases. These slips refer to instances when we mean to say one thing but accidentally let “slip” another, specifically when deeper meaning can be attributed to this slip.

For example:

You might call it a Freudian slip when someone intends to say “That is your best idea yet!” but accidentally says “That is your breast idea yet!” You may assume that this individual has a certain anatomical feature in mind.

Most modern psychologists agree that Freudian slips are generally just “slips,” it’s hard to argue that a slip of the tongue can’t occasionally reveal an interesting connection in the speaker’s mind.

### **Free Association:**

**Free association** is a technique used in psychoanalytic therapy to help patients learn more about what they are thinking and feeling. ... Freud used **free association** to help his patients discover unconscious thoughts and feelings that had been repressed or ignored.

### **Dream Analysis:**

Dreams represent wish fulfillments, unconscious desires, and conflicts. Dreams contain both manifest and latent content.

- **Manifest** content includes information from the dream as the dreamer remembers it.
- **Latent** content represents the repressed, symbolic meaning embedded within the dream.

During dream analysis, the person in therapy shares the manifest content of the dream with the therapist. After specific symbols are pulled from the manifest content, the therapist utilizes **Free Association** to facilitate the exploration of repressed material.

### **Role of Psychodynamic psychotherapist:**

The role of the therapist in psychodynamic therapy is to work with the client to

discover the bases for their symptoms.

The therapist plays this role by encouraging the client to talk about the emotions

they are feeling and helping the client to identify recurring patterns in their thoughts, emotions, and behaviors.

One of the most important roles of the therapist is to probe the client's past.

Discussion of the client's childhood and early life experiences these experiences

have a significant impact on the client's current issues.

The therapist observes how the client interacts within the therapeutic relationship and add their own insight into the client's relationship habits to the discussion.

## Difference between psychoanalytic & Psychodynamic

**Psychoanalytic:** Psychoanalytic refers to the perspective and theoretical ideas that were originated by Sigmund Freud.

**Psychodynamic:** Psychodynamic refers to the ideas and perspective that came from Sigmund Freud and his followers.

### Characteristics of Psychoanalytic and Psychodynamic

#### Theories

**Psychoanalytic:** Psychoanalysis is solely founded by Sigmund Freud.

**Psychodynamic:** Psychodynamic theories are founded by Freud and his followers.

#### Focus

**Psychoanalytic:** Psychoanalysis focuses on the psyche, unconscious, dreams, etc.

**Psychodynamic:** Psychodynamic approach also focuses on the human mind and personality and tries to broaden the understanding.

#### Contribution

**Psychoanalytic:** The main contributor or the founder was Sigmund Freud.

**Psychodynamic:** Sigmund Freud, Carl Jung, Alfred Adler, Melanie Klein, John Bowlby and Mary Ainsworth are some psychologists who have contributed to the development of Psychodynamic approach.