

A school of thought “**Psychoanalysis**” was founded by Sigmund Freud. He was Austrian physician, neurologist and psychologist. Freud was famous as “**Father of Psychoanalysis**”.

In psychology this approach was used to study the influence of the **unconscious** mind on behavior. Freud believed that the human mind was composed of three elements: the id, the ego, and the superego.

Psychoanalysis is defined as a set of psychological theories and therapeutic techniques. The core idea of psychoanalysis is the belief that all people possess unconscious thoughts, feelings, desires, and memories. By bringing the content of the unconscious into conscious awareness, people are then able to experience catharsis and gain insight into their current state of mind. Through this process, people are then able to find relief from psychological disturbances and distress.

### **Definition**

Psychoanalysis is a specific technique or method for the investigation of mind and a therapy inspired by this technique especially the unconscious mind. Psychoanalysis is both an approach to therapy and a theory of personality.

Psychoanalysis also involves a number of different terms and ideas related to the mind, personality and treatment focused on unconscious mind and the main cause of behavior in unconscious mind.

Freud believe that human are motivated by the unconscious, where the Id is found along with the aggression and sex instincts, Because life is about gaining pleasure and avoiding pain.

**Human Nature According to Freud** Our behavior is determined by unconscious motivations, biological and instinctual drives.

### **Instincts**

- Instincts are motivational forces.
- These are two Powerful determinants of our behavior.

### **Life Instincts (Eros)**

It’s maintained the survival of the individual and humankind to engage in life sustaining activities. Identified with libido (Sexual energy) All pleasurable acts.

### **Death Instincts (Thanatos)**

Thanatos drive is one’s unconscious wish to die or to hurt others. Aggressive and aversive behaviors. All unpleasant acts.

### **Structure of Consciousness**

#### **Conscious**

Awareness of our mental process about current thoughts and feelings. This is the part of the mind that holds what you’re aware of. You can verbalize about your conscious experience and you can think about it in a logical. We can say it’s a working memory.

#### **Subconscious**

Mind level below the level of consciousness. This is the home of everything we can recall or retrieve from our memory. When you are not currently aware of thoughts, memories, knowledge, wishes and feelings. It is available all the time for easy access when you needed.

#### **Unconscious**

This part of the mind was not directly accessible to awareness.

According to Freud, the unconscious contains things that may be unpleasant or even socially unacceptable. Because these things might create pain or conflict, they are buried in the unconscious. While these thoughts, memories, and urges might be outside of our awareness, they continue to influence the way that we think, act and behave in negative ways and lead to psychological distress.

Examples;

Anxiety, Sadness, Aggressiveness, Depression, Threatening and Pain etc.

## Structures of Personality

Freud argued that the human mind and personality are made up of three parts.

### The ID (Biological)

It present from birth a primitive part of the personality that demands only pleasure and it wants immediate gratification of needs. (thirst, hunger, sleep, rest, sex).

Id resides completely at the unconscious level acts under the pleasure principle.

### The EGO (Reality of outside the world)

Ego is the part of the personality that is aware of reality and is in contact with the outside world. It is the part that considers the consequences of an action and deals with the demands of the id and superego.

In other words, the ego comes into existence in order to bring the person into contact with experiences that will truly satisfy his/ her needs. When the person is hungry, the ego finds food.

Resides in all levels of awareness operates under “reality principle” Attempts negotiation between Id and Superego to satisfy both realistically.

### The SUPER-EGO (Social Component)

It is governed by the moral principles. It develops from the internalized patterns of reward and punishment that the young child experiences i.e. Depending on the values of the parents, certain things the child does or says are rewarded and encouraged and others not liked are punished or discouraged.

Opposes the id and represents the moral demands of the family and society; it is the moral self or the conscience of the person.

Resides in subconscious operates on “moral principle” contains our social conscience and through the experience of guilt and anxiety when we do something wrong, it guides us towards socially acceptable behavior.

**i.e** If people follow their superego, they will feel proud but if they don't follow, they will feel guilty and anxious.

## Defense Mechanisms

Defense mechanisms are psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings. Sigmund Freud noted a number of ego defenses which he refers to throughout his written works.

Freud believed Ego-defense mechanisms are natural and normal. we use defense mechanisms to protect ourselves from feelings of anxiety or guilt, which arise because we feel threatened, or because our id or superego becomes too demanding.

Defense mechanisms operate at an unconscious level and help ward off unpleasant feelings (i.e., anxiety) or make good things feel better for the individual.

### Repression

Repression is an unconscious defense mechanism used by the ego to keep disturbing or threatening thoughts from becoming conscious.

Thoughts that are often repressed are those that would result in feelings of guilt from the superego. **i.e** Unpleasant event, Sexual abuse, trauma, guilt etc.

This is not a very successful defense in the long term since it involves forcing disturbing wishes, ideas or memories into the unconscious, where, although hidden, they will create anxiety.

Repressed memories may appear through subconscious means and in altered forms, such as dreams or slips of the tongue ('Freudian slips').

## **Projection**

Projection is a psychological defense mechanism proposed by Anna Freud in which an individual attributes unwanted thoughts, feelings and motives onto another person.

In this mechanism, an individual puts the blame of his own failure upon others and some unfavorable factors of his environment. Blaming others for his mistake.

For example,

- If you have a strong dislike for someone, you might instead believe that he or she does not like you.
- You might hate someone, but your superego tells you that such hatred is unacceptable. You can 'solve' the problem by believing that they hate you.

## **Displacement**

Displacement involves taking out our frustrations, feelings, and impulses on people or objects that are less threatening.

Displaced aggression is a common example of this defense mechanism. Rather than express our anger in ways that could lead to negative consequences (like arguing with our boss), we instead express our anger towards a person or object that poses no threat (such as our spouse, children, or pets).

Displacement occurs when the Id wants to do something of which the Super ego does not permit. The Ego thus finds some other way of releasing the psychic energy of the Id. Thus there is a transfer of energy from a repressed object- bursting to a more acceptable object.

For example, If a wife gets angry with Husband and cannot say anything to him, she beats her child.

## **Regression**

Regression is a defense mechanism proposed by Anna Freud whereby the ego reverts to an earlier stage of development usually in response to stressful situations.

Regression functions as form of retreat, enabling a person to psychologically go back in time to a period when the person felt safer.

Anna Freud suggesting that people act out behaviors from the stage of psychosexual development in which they are fixated.

For example, an individual fixated at an earlier developmental stage might cry or sulk upon hearing unpleasant news.

## **Denial**

Denial is probably one of the best-known defense mechanisms, used often to describe situations in which people seem unable to face reality or admit an obvious truth. Refuse to admit that something unpleasant is happening. Denial functions to protect the ego from things with which the individual cannot cope.

Many people use denial in their everyday lives to avoid dealing with painful feelings or areas of their life they don't wish to admit.

Examples

- If a person is diagnosed as having cancer, they will first get shock, then start denying reality saying perhaps that the diagnosis was not proper.
- Smokers may refuse to admit to themselves that smoking is a bad for their health.

## **Sublimation:**

Sublimation is similar to displacement, but takes place when we manage to displace our unacceptable emotions into behaviors which are useful or beneficial purpose and socially acceptable, rather than destructive activities, (causing great and irreparable damage).

Freud believed that sublimation was a sign of maturity that allows people to function normally in socially acceptable ways.

Many great artists and musicians have had unhappy lives and have used the medium of art of music to express themselves. Sport is another example of putting our emotions.

Examples

Anger –Kick boxing -- some people, poem writing, engage in social services etc.

## **Psychotherapy**

- An intensive, long-term psychotherapeutic procedure.
- Requires long sessions over extended periods, may be years.
- Involves a special relationship between the therapist and the patient.
- Target to explore unconscious motivation, conflicts, desires.

## **Therapeutic Techniques** (Interventions used in Psychotherapy)

### **Free association**

- Repressed memories and feelings through free association as well as to examine the repressed wishes released in dreams.
- The patient is asked to talk aloud and say whatever comes to his mind without considering whether or not it is relevant. The patient is asked to reveal even the most undesirable and strong thoughts that have been repressed.

### **Dream Analysis** (Dreams in Freudian Approach)

Dream analysis is a therapeutic technique best known for its use in psychoanalysis. Sigmund Freud viewed dreams as “the royal road” to the unconscious and developed dream analysis, or dream interpretation, as a way of tapping into this unconscious material.

Dreams are held to be reflections of reality, sources of divination, curative experiences, or evidence of unconscious activity. Dreams reflect unconscious needs, desires, and impulses.

In psychoanalytic theory, dreams represent wish fulfillment, 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.

### **Manifest content**

The obvious, apparent part: what a dream appears to be the dreamer.

### **Latent content**

The dream’s true meaning, which is usually disguised or distorted by dream work.

### **Catharsis**

Interpretation method to explore unconscious motivation, conflicts, desires. Which leads to emotional release called catharsis. Therapy, at that stage, involved putting the patient in a hypnotic state, where he recalled the traumatic experiences.

### **Goal of Therapeutic Techniques**

The goal of therapeutic techniques may be to help the client uncover these unconscious defense mechanisms and find better, healthier ways of coping with anxiety and distress.

### **What Conditions Can Psychoanalysis Treat?**

Psychoanalysis may be used to treat a number of different psychological conditions. Some of the concerns that can be treated using psychoanalytic therapy include:

- Obsessive-compulsive disorder
- Depression
- Psychosomatic disorders
- Phobias
- Anxiety
- Relationship issues
- Sexual problems