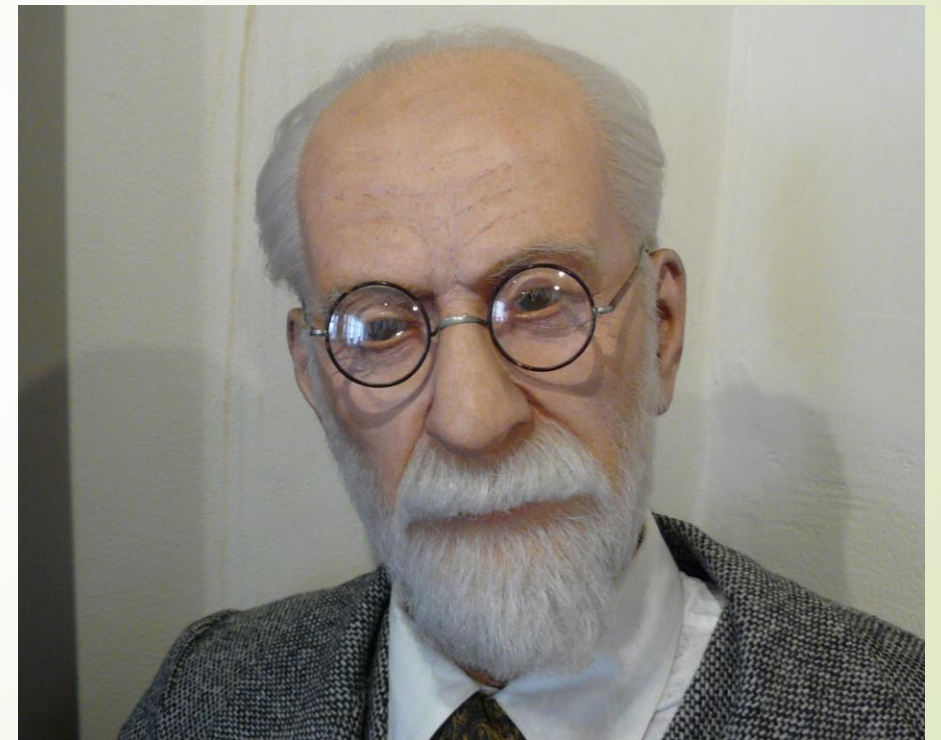


SIGMUND Freud: PSYCHOANALYSIS

1. Austrian Neurologist
2. Founder of Psychoanalysis
3. University of Vienna
4. Known for: Theories of id, ego, super ego
Oedipus Complex, Repression, Defense
Mechanism, Stages of Psychosexual
Development
5. Spouse: Martha Bernays
6. Children: 6
7. Parents: Jacob Freud and Amalia
Nathanson
8. Award: Goethe Prize (1930)



**SIGMUND FREUD 1856-
1939**

1. From ancient history to the present time, people have searched for some magic panacea or potion to lessen pain or to enhance performance. One such search was conducted by a young, ambitious physician who came to believe that he had discovered a drug that had all sorts of wonderful properties. Hearing that the drug had been used successfully to energize soldiers suffering from near exhaustion, this physician decided to try it on patients, colleagues, and friends. If the drug worked as well as he expected, he might gain the fame to which he aspired.
2. After learning of the drug's successful use in heart disease, nervous exhaustion, addiction to alcohol and morphine, and several other psychological and physiological problems, the doctor decided to try the drug on himself. He was quite pleased with the results. To him, the drug had a pleasant aroma and an unusual effect on the lips and mouth.
3. More importantly, however, was the drug's therapeutic effect on his serious depression. He wrote that the next time he saw his fiancée he

- 4. The young doctor wrote a pamphlet extolling the benefits of the drug, but he had not yet completed the necessary experiments on the drug's value as an analgesic. Impatient to be near his fiancée, he delayed completion of his experiments and went off to see her. During that visit, a colleague—and not he completed the experiments, published the results, and gained the recognition the young doctor had hoped for himself. These events took place in 1884; the drug was cocaine; the young doctor was **Sigmund Freud**.

- **Overview of Psychoanalytic Theory**

- Freud, of course, was fortunate that his name did not become indelibly tied to cocaine. Instead, his name has become associated with **psychoanalysis**, the most famous of all personality theories.
- Interesting: First, sex and aggression as cornerstone to psychoanalysis; second, the theory was spread beyond its Viennese origins by an ardent and dedicated group of followers, many of whom romanticized Freud as a nearly mythological and lonely hero; third, Freud's brilliant command of language enabled him to present his theories in a stimulating and exciting manner.
- Freud's understanding of human personality was based on his experiences with patients, his analysis of his own dreams, and his vast readings in the various sciences and humanities.

Biography of Freud

1. When Freud was about a year and a half old, his mother gave birth to a second son, Julius, an event that was to have a significant impact on Freud's psychic development. Sigmund was filled with **hostility toward his younger brother** and harbored an unconscious wish for his death. When Julius died at 6 months of age, Sigmund was left with feelings of guilt at having caused his brother's death.
2. When Freud reached middle age, he began to understand that his wish did not actually cause his brother's death and that children often have a death wish for a younger sibling. This discovery purged Freud of the guilt he had carried into adulthood and, by his own analysis, contributed to his later psychic development (Freud, 1900/1953).
3. In 1885, he received a traveling grant from the University of Vienna and decided to study in Paris with the famous French neurologist Jean-Martin Charcot. He spent 4 months with Charcot, from whom he learned the **hypnotic technique** for treating hysteria, a disorder typically characterized by paralysis or the improper functioning of certain parts of the body. Through hypnosis, Freud became convinced of a psychogenic and sexual origin of hysterical symptoms.
4. Josef Breuer taught Freud about **catharsis**, the process of removing hysterical symptoms through "talking them out." While using catharsis, Freud gradually and laboriously discovered the free association technique, which soon replaced hypnosis as his principal therapeutic technique.

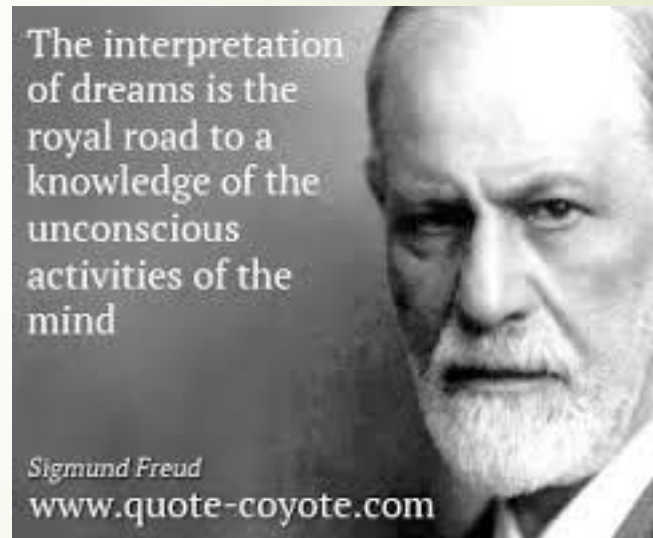
5. Disappointed in his attempts to gain fame and afflicted with feelings of professional opposition due to his defense of cocaine and his belief in the sexual origins of neuroses, Freud felt the need to join with a more respected colleague- Josef Breuer. Breuer agreed to publish with Freud Studies on Hysteria (Breuer & Freud, 1895/1955). In this book, Freud introduced the term “**psychical analysis**,” and during the following year, he began calling his approach “**psycho-analysis**.”

6. During the late 1890s, Freud suffered both professional isolation and personal crises. He had begun to analyze his own dreams, and after the death of his father in 1896, he initiated the practice of analyzing himself daily. During this period, **Freud regarded himself as his own best patient**. In August of 1897, he wrote to Fliess, “the chief patient I am preoccupied with is myself. . . The analysis is more difficult than any other. It is, in fact what paralyzes my psychic strength” (Freud, 1985, p. 261).

7. Freud’s official biographer, Ernest Jones (1953, 1955, 1957), believed that Freud suffered from a severe psychoneurosis during the late 1890s, although Max Schur (1972), Freud’s personal physician during the final decade of his life, contended that his illness was due to a cardiac lesion, aggravated by addiction to nicotine. In any event, at midlife, Freud was suffering from self-doubts, depression, and an obsession with his own death.

8. Despite these difficulties, Freud completed his greatest work, **Interpretation of Dreams** (1900/1953), during this period. This book, finished in 1899, was an outgrowth of his self-analysis, much of which he had revealed to his friend Wilhelm Fliess. The book contained many of Freud's own dreams, some disguised behind fictitious names.

- 9. Almost immediately after the publication of *Interpretation of Dreams*, his friendship with Fliess began to cool, eventually to rupture in 1903. This breakup paralleled Freud's earlier estrangement from Breuer, which took place almost immediately after they had published *Studies on Hysteria* together.
- 10. **Why did Freud have difficulties with so many former friends?** Freud himself answered this question, stating that "it is not the scientific differences that are so important; it is usually some other kind of animosity, jealousy or revenge, that gives the impulse to enmity. The scientific differences come later" (Wortis, 1954, p. 163).



- 11. He wrote several important works that helped solidify the foundation of psychoanalysis, including **On Dreams** (1901/1953), written because *Interpretation of Dreams* had failed to capture much interest; **Psychopathology of**
- **Everyday Life** (1901/1960), which introduced the world to Freudian slips; **Three Essays on the Theory of Sexuality** (1905/1953b), which established sex as the cornerstone of psychoanalysis; and **Jokes and Their Relation to the Unconscious** (1905/1960), which proposed that jokes, like dreams and Freudian slips, have an unconscious meaning. These publications helped Freud attain some local prominence in scientific and medical circles.
- 12. In 1902, Freud invited a small group of somewhat younger Viennese physicians to meet in his home to discuss psychological issues. Then, in the fall of that year, these friends—**Freud, Alfred Adler, Wilhelm Stekel, Max Kahane, and Rudolf Reitler** formed the Wednesday Psychological Society with Freud as discussion leader. In 1908, it became the Vienna Psychoanalytic Society.



- 13. Although Jung was a welcome addition to the Freudian circle and had been designated as the “Crown Prince” and “the man of the future,” he, like Adler and Stekel before him, eventually quarreled bitterly with Freud and left the psychoanalytic movement.
- 14. The years of World War I were difficult for Freud. He was cut off from communication with his faithful followers, his psychoanalytic practice dwindled, his home was sometimes without heat, and he and his family had little food. After the war, despite advancing years and pain suffered from 33 operations for cancer of the mouth, he made important revisions in his theory. The most significant of these were the elevation of aggression to a level equal to that of the sexual drive, the inclusion of repression as one of the defenses of the ego; and his attempt to clarify the female Oedipus complex, which he was never able to completely accomplish.
- 15. What personal qualities did Freud possess? Freud was a sensitive, passionate person who had the capacity for intimate, almost secretive friendships. Most of these deep emotional relationships came to an unhappy end, and Freud often felt persecuted by his former friends and regarded them as enemies.

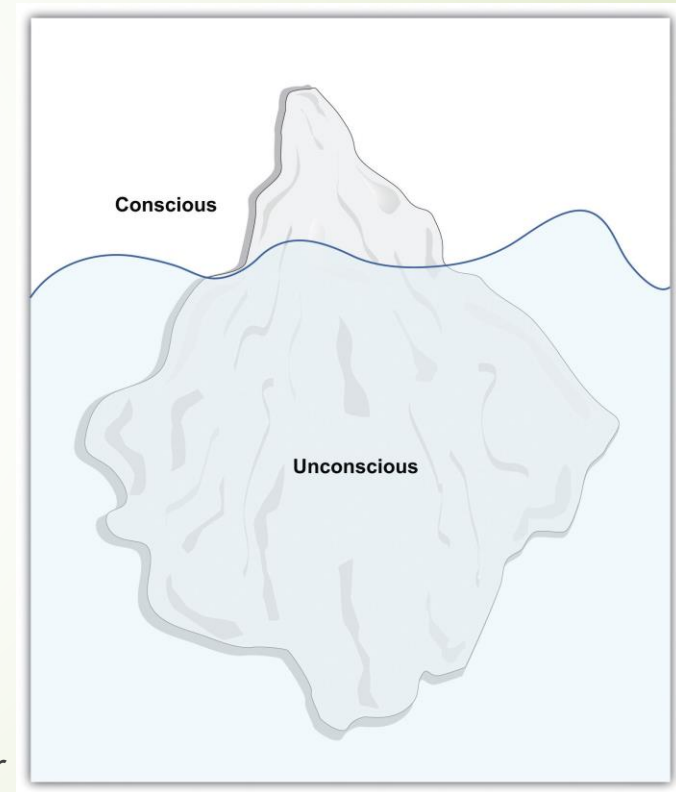


- 16. Until he was well past 50, all these relationships were with men. Interestingly, Freud, the man who seemed to be constantly thinking of sex, had a very infrequent sex life himself.
- 17. After Anna, his youngest child, was born in 1895, Freud, not yet 40 years old, had no sexual intercourse for several years. Much of his sparse sexual life stemmed from his belief that use of a condom, coitus interruptus, as well as masturbation were unhealthy sexual practices.
- 18. Because Freud wanted no more children after Anna was born, sexual abstinence was his only alternative (Breger, 2000; Freud, 1985).
- 19. In addition to balancing his emotional life between an intimate friend and a hated enemy, Freud possessed an outstanding talent as a writer, a gift that helped him become a leading contributor to 20th-century thought.

➤ Levels of Mental Life

Freud's greatest contribution to personality theory is his exploration of the **unconscious**, **preconscious** and **conscious**.

- The **unconscious** contains all those drives, urges, or instincts that are beyond our awareness but that nevertheless motivate most of our words, feelings, and actions. For Freud, the unconscious is the explanation for the meaning behind dreams, slips of the tongue, and certain kinds of forgetting, called repression. Dreams serve as a particularly rich source of unconscious material.
- Not all unconscious processes, however, spring from repression of childhood events. Freud believed that a portion of our unconscious originates from the experiences of our early ancestors that have been passed on to us through hundreds of generations of repetition. He called these inherited unconscious images our **phylogenetic endowment** (Freud, 1917/1963, 1933/1964).
- Unconscious drives may appear in consciousness, but only after undergoing certain transformations. A person may express either erotic or hostile urges, for example, by teasing or joking with another person.



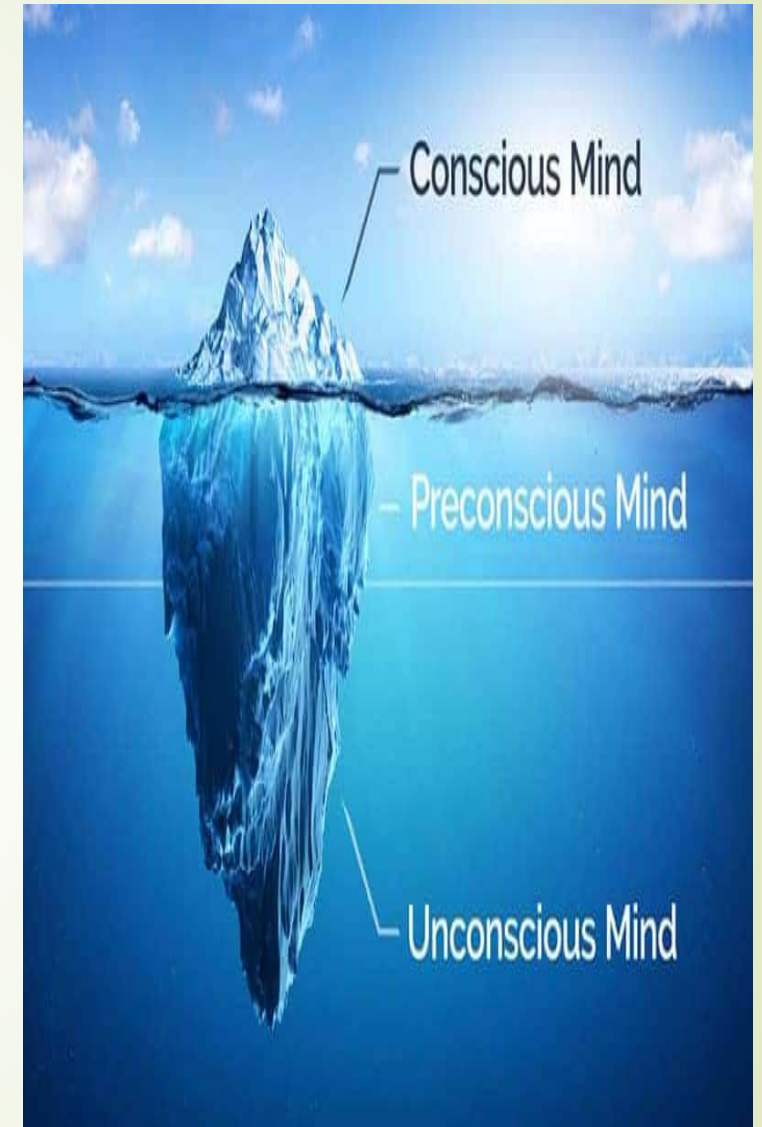
Preconscious

The preconscious level of the mind contains all those elements that are not conscious but can become conscious either quite readily or with some difficulty (Freud, 1933/1964).

- They are not in your awareness but could recall them by directing your inner awareness such as home address, recent conversation etc. At the moment, one is not conscious on it but capable of becoming conscious.

➤ Conscious

- Consciousness, which plays a relatively minor role in psychoanalytic theory, can be defined as those mental elements in awareness at any given point in time.

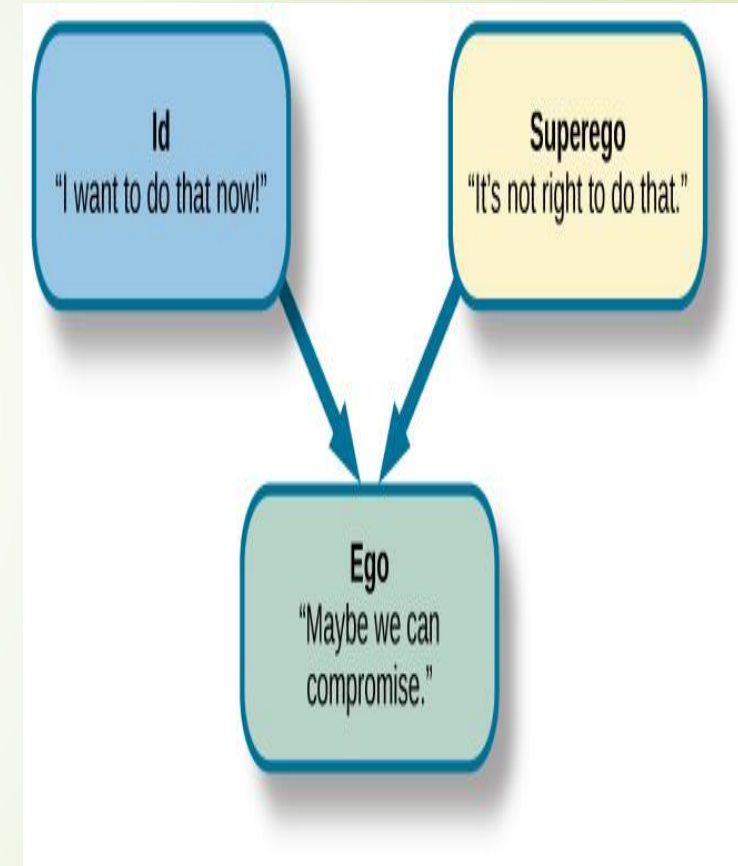


➤ Provinces of the Mind

To Freud, the most primitive part of the mind was **das Es**, or the “it,” which is almost always translated into English as **id**; a second division was **das Ich**, or the “I,” translated as **ego**; and a final province was **das Über-Ich**, or the “over-I,” which is rendered into English as **superego**.

➤ The Id

- It is the not-yet-owned component of personality. The id has no contact with reality, yet it strives constantly to reduce tension by satisfying basic desires. Because its sole function is to seek pleasure, we say that the id serves the **pleasure principle**. A **newborn infant** is the personification of an id unencumbered by restrictions of ego and superego.
- Besides being unrealistic and pleasure seeking, the id is illogical and can simultaneously entertain incompatible ideas. For example, a woman may show conscious love for her mother while unconsciously wishing to destroy her. These opposing desires are possible because the id has no morality; that is, it cannot make value judgments or distinguish between good and evil. However, the id is not immoral, merely amoral. All of the id’s energy is spent for one purpose—to seek pleasure without regard for what is proper or just (Freud, 1923/1961a, 1933/1964).



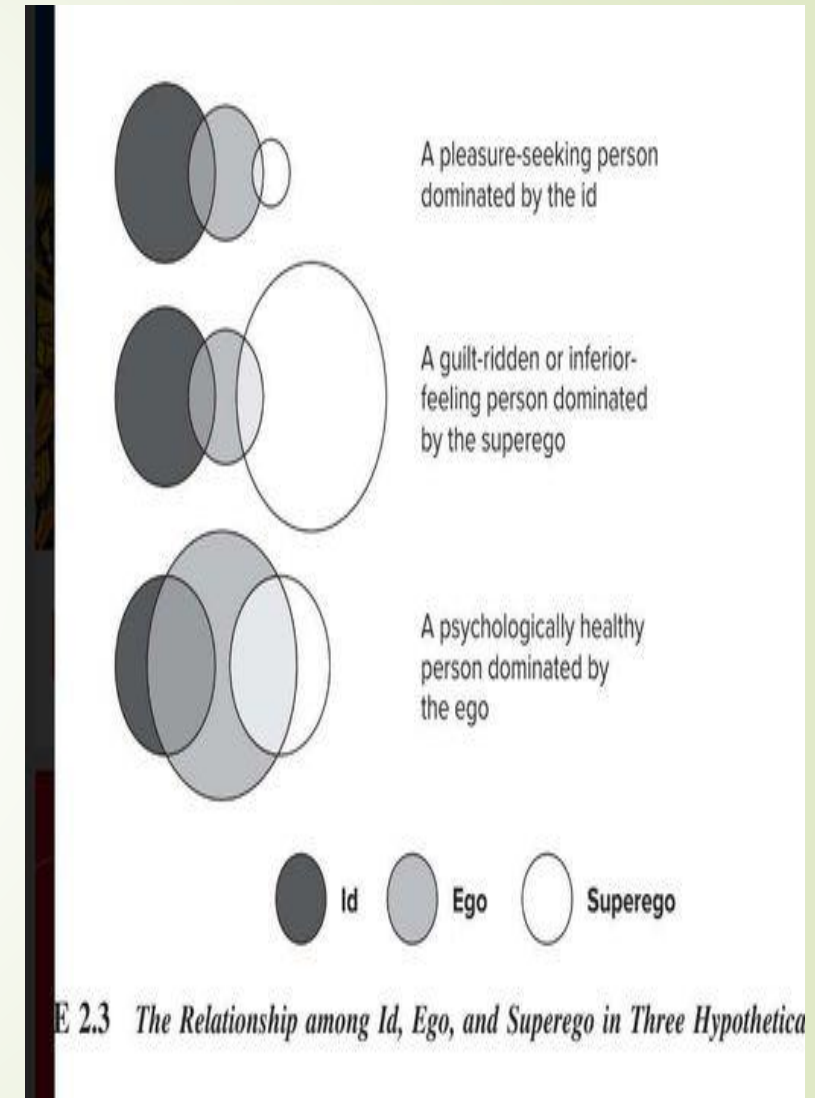
In review, the id is primitive, chaotic, inaccessible to consciousness, unchangeable, amoral, illogical, unorganized, and filled with energy received from basic drives and discharged for the satisfaction of the pleasure principle.

➤ The Ego

- The ego, or I, is the only region of the mind in contact with reality. It is governed by the **reality principle**. As the sole region of the mind in contact with the external world, the ego becomes the decision-making or executive branch of personality. **It is the realistic part that mediates between the desires of the id and super ego.**
- As children begin to experience parental rewards and punishments, they learn what to do in order to gain pleasure and avoid pain. At this young age, pleasure and pain are ego functions because children have not yet developed a conscience and ego-ideal: i.e., the super ego
- As children reach the age of 5 or 6 years, they identify with their parents and begin to learn what they should and should not do. This is the origin of the superego.

➤ The Superego

- It is the **ethical component** of the personality and provides the moral standards by which the ego operates.
- In Freudian psychology, the superego, or above-I, represents the moral and ideal aspects of personality and is guided by the moralistic and idealistic principles as opposed to the pleasure principle of the id and the realistic principle of the ego.
- The superego has two subsystems, the conscience and the ego-ideal. The conscience results from experiences **with punishments** for improper behavior and tells us what we should not do, whereas the ego-ideal develops from experiences with rewards for proper behavior and tells us **what we should do**.
- A well-developed superego acts to control sexual and aggressive impulses through the **process of repression**.
- **Guilt** is the result when the ego acts—or even intends to act—contrary to the moral standards of the superego. Feelings of **inferiority** arise when the ego is unable to meet the superego's standards of perfection. Guilt, then, is a function of the conscience, whereas inferiority feelings stem from the ego-ideal (Freud, 1933/1964).



➤ Dynamics of Personality

According to Freud, “a person who has a strong ego, which can **balance** the demands of the id and the super ego, has a healthy personality.

- **Drives** - German word Trieb to refer to a drive or a stimulus within the person. Freud’s official translators rendered this term as instinct, but more accurately the word should be “drive” or “impulse.” Drives operate as a constant motivational force. As an internal stimulus, drives differ from external stimuli in that they cannot be avoided through flight. According to Freud (1933/1964), the various drives can all be grouped under two major headings: sex or Eros and aggression, distraction, or Thanatos. Freud used the word **libido** for the sex drive, but energy from the aggressive drive remains nameless.

➤ Sex

- The aim of the sexual drive is pleasure, but this pleasure is not limited to genital satisfaction. Freud believed that the entire body is invested with libido. Besides the genitals, the mouth and anus are especially capable of producing sexual pleasure and are called **erogenous zones**.

The flexibility of the sexual object or person can bring about a further disguise of Eros. **First, the erotic object can easily be transformed or displaced.** For example, an infant prematurely forced to give up the nipple as a sexual object may substitute the thumb as an **object of oral pleasure.**

- Infants are primarily self-centered, with their libido invested almost exclusively on their own ego. This condition, which is universal, is known as **primary narcissism.**
- As the ego develops, children usually give up much of their primary narcissism and develop a greater interest in other people.
- During puberty, however, adolescents often redirect their libido back to the ego and become preoccupied with personal appearance and other self-interests. This pronounced secondary **narcissism** is not universal, but a moderate degree of self-love is common to nearly everyone (Freud, 1914/1957).
- **A second manifestation of Eros is love**, which develops when people invest their libido on an object or person other than themselves. Children's first sexual interest is the person who cares for them, generally the mother. Obviously, love and narcissism are closely interrelated. Narcissism involves love of self, whereas love is often accompanied by narcissistic tendencies, as when people love someone who serves as an ideal or model of what they would like to be.

Two other drives that are also intertwined are sadism and masochism. **Sadism** is the need for sexual pleasure by inflicting pain or humiliation on another person. Masochism becomes a perversion when Eros becomes subservient to the destructive drive. Masochists experience sexual pleasure from suffering pain and humiliation inflicted either by themselves or by others.

➤ Aggression

- The aim of the destructive drive, according to Freud, is to reduce an organism to an inorganic state. Because the ultimate inorganic condition is death, the final aim of the aggressive drive is destruction. As with the sexual drive, aggression is flexible and can take a number of forms, such as teasing, gossip, sarcasm, humiliation, humor, and the enjoyment of other people's suffering. The aggressive tendency is present in everyone and is the explanation for wars, atrocities, and religious persecution.
- For example, commandments such as "Love thy neighbor as thyself" are necessary, Freud believed, to inhibit the strong, though usually unconscious, drive to inflict injury on others. These precepts are actually reaction formations.



➤ Anxiety

- In defining anxiety, Freud (1933/1964) emphasized that it is a felt, affective, unpleasant state accompanied by a physical sensation that warns the person against **impending danger**.
- The ego's dependence on the id results in neurotic anxiety; its dependence on the superego produces moral anxiety; and its dependence on the outer world leads to realistic anxiety.
- **Neurotic anxiety** is defined as apprehension about an unknown danger. The feeling itself exists in the ego, but it originates from id impulses. Experience neurotic anxiety in the presence of a teacher, employer, or some other authority figure because they previously experienced unconscious feelings of destruction against one or both parents.
- **Moral anxiety** experience anxiety as an outgrowth of the conflict between realistic needs and the dictates of their superego. Moral anxiety, for example, would result from sexual temptations if a child believes that yielding to the temptation would be morally wrong.
- **Realistic anxiety**, is closely related to fear. It is defined as an unpleasant, nonspecific feeling involving a possible danger. For example, we may experience realistic anxiety while driving in heavy, fast-moving traffic in an unfamiliar city, a situation fraught with real, objective danger.
- **Defensive behaviors** therefore, serve a useful function by protecting the ego against the pain of anxiety.

➤ Defense Mechanisms

The purpose in establishing defense mechanisms—to avoid dealing directly with sexual and aggressive impulses and to defend itself against the anxiety that accompanies them (Freud, 1926/1959a).

- **Repression** – is an active effort of the ego to push threatening material out of consciousness.
- **Reaction Formation** - Repressed impulse may become conscious is through adopting a disguise that is directly opposite its original form.
- **Displacement** – involves channeling our impulses to non threatening objects.
- **Fixation** – When the next step becomes too anxiety provoking, the ego may resort to the strategy of remaining at the present, more comfortable psychological stage.
- **Regression** – It is going back to acting like a child when the present stage is stressful.
- **Projection** – It is attributing an unconscious impulse to other people instead of to ourselves.
- **Introjection** – It is a projection involves placing an unwanted impulse onto an external object.
- **Sublimation**- It is the repression of the genital aim of Eros by substituting a cultural or social aim.
- **Rationalization** – creating false but credible justifications.
- **Daydreaming** – bringing to reality some fantasies.

Defense Mechanism	Description	Example
Repression	Unknowingly placing an unpleasant memory or thought in the unconscious	Not remembering a traumatic event such as being sexually abused as a child
Regression	Reverting back to an immature behavior from an earlier stage of development	Throwing temper tantrums as an adult when you don't get your way
Displacement	Redirecting feelings or actions from the intended source to a safer, substitute target	Taking your anger towards your boss out on family members by yelling at them in place of your boss
Sublimation	Replacing socially unacceptable impulses with socially acceptable behavior	Channeling aggressiveness into playing football
Reaction Formation	Overacting in the opposite way to one's true feelings	Being overly protective of an unwanted child
Projection	Attributing one's own unacceptable feelings and thoughts to others and not yourself	Accusing your boy/girlfriend of cheating on you because you have thought about cheating on him/her
Rationalization	Justifying actions, thoughts, or unwanted outcomes with excuses or faulty logic	Blaming the teaching style of a professor for why you failed an exam

PSYCHOSEXUAL STAGES OF HUMAN DEVELOPMENT

STAGE		PART OF THE BODY	CONFLICTS, EXPERIENCES	ADULT TRAITS ASSOCIATED WITH PROBLEMS AT THIS STAGE
Oral (birth to 1 year)		Mouth	Weaning Oral gratification from sucking, eating, biting	Optimism, gullibility, dependency, pessimism, passivity, hostility, sarcasm, aggression
Anal (1 to 3 years)		Anus	Toilet training Gratification from expelling and withholding feces	Excessive cleanliness, orderliness, stinginess, messiness, rebelliousness, destructiveness
Phallic (3 to 5 or 6 years)		Genitals	Oedipal conflict Sexual curiosity Masturbation	Flirtatiousness, vanity, promiscuity, pride, chastity
Latency (5 or 6 years to puberty)		None	Period of sexual calm Interest in school, hobbies, same-sex friends	
Genital (from puberty on)		Genitals	Revival of sexual interests Establishment of mature sexual relationships	

- To Freud, the first 4 or 5 years of life, or the **infantile stage**, are the most crucial for personality formation. This stage is followed by a 6- or 7-year period of latency during which time little or no sexual growth takes place. Then at puberty, a renaissance of sexual life occurs, and the genital stage is ushered in. Psychosexual development eventually culminates in **maturity**.
- **Oral Phase**-Infants obtain life-sustaining nourishment through the oral cavity, but beyond that, they also gain pleasure through the act of sucking. The sexual aim of early oral activity is to incorporate or receive into one's body the **object-choice**, that is, the **nipple**. During this oral-receptive phase, infants feel no ambivalence toward the pleasurable object and their needs are usually satisfied with a minimum of frustration and anxiety. These anxieties are generally accompanied by feelings of ambivalence toward their love object (mother), and by the increased ability of their budding ego to defend itself against the environment and against anxiety (Freud, 1933/1964).
- Infants' defense against the environment is greatly aided by the emergence of teeth. At this point, they pass into a second oral phase, which Freud (1933/1964) called the **oral-sadistic period**. During this phase, infants respond to others through biting, cooing, closing their mouth, smiling, and crying. Their first autoerotic experience is thumb sucking, a defense against anxiety that satisfies their sexual but not their nutritional needs.



As children grow older, the mouth continues to be an erogenous zone, and by the time they become adults, they are capable of gratifying their oral needs in a variety of ways, including sucking candy, chewing gum, biting pencils, overeating, smoking cigarettes, pipes and cigars, and making biting, sarcastic remarks.





Anal Phase – Because this period is characterized by satisfaction gained through aggressive behavior and through the excretory function, Freud (1933/1964) called it the sadistic-anal phase or, more briefly, the anal Phase of development.

- This period, the toddlers are toilet trained. People with anal aggressive personality tend to be sloppy., disorganized and generous to a fault. They maybe cruel, destructive and prone to committing vandalism and graffiti. They are products of lenient toilet training. On the other hand, the anal receptive personality grew up with strict parents, compelling and punishing them in the toilet training process. They tend to be especially clean, perfectionist, dictatorial, very stubborn and stingy.
- **Phallic Phase-** This stage is marked for the first time by a dichotomy between male and female development, a distinction that Freud (1925/1961) believed to be due to the anatomical differences between the sexes. Penis or clitoris become the most important erogenous zones.
- Freud (1924/1961, p. 178) took Napoleon's remark that "History is destiny" and changed it to "**Anatomy is destiny.**" This dictum underlies Freud's belief that physical differences between males and females account for many important psychological differences.

Oedipus Complex (1925/1961) believed that preceding the phallic stage an infant boy forms an identification with his father; that is, he wants to be his father. Later he develops a sexual desire for his mother; that is, he wants to have his mother. These two wishes do not appear mutually contradictory to the underdeveloped ego, so they are able to exist side by side for a time.

- When the boy finally recognizes their inconsistency, he gives up his identification with his father and retains the stronger feeling—the desire to have his mother. The boy now sees his father as a rival for the mother's love. He desires to do away with his father and possess his mother in a sexual relationship. This condition of rivalry toward the father and incestuous feelings toward the mother is known as the simple male **Oedipus complex**. The term is taken from the Greek tragedy by Sophocles in which Oedipus, King of Thebes, is destined by fate to kill his father and marry his mother.
- At this stage, children develop sexual attraction to the opposite sex parent. Sexual identity is the concern of this stage. Girls, upon seeing male genitals are said to develop penis envy, coupled with feelings of inferiority and jealousy. Boys develop castration anxiety, the fear that their father will discover their thoughts and cut off their penis., Girls upon seeing the male genitals , will develop penis anxiety and feelings of inferiority and jealousy.

Latency Period - Freud believed that, from the 4th or 5th year until puberty, both boys and girls usually, but not always, go through a period of dormant psychosexual development. This latency stage is brought about partly by parents' attempts to punish or discourage sexual activity in their young children. If parental suppression is successful children will repress their sexual drive and direct their psychic energy toward school, friendships, hobbies, and other nonsexual activities.

- Continued latency is reinforced through constant **suppression** by parents and teachers and by internal feelings of shame, guilt, and morality. The sexual drive, of course, still exists during latency, but its aim has been inhibited. The **sublimated libido** now shows itself in social and cultural accomplishments. During this time children form groups or cliques, an impossibility during the infantile period when the sexual drive was completely **autoerotic**.
- **Genital Period** - Puberty signals a reawakening of the sexual aim. Overcoming the latency period, direct sexual energy is expressed towards another person rather than self. In this stage, association with one gender or the other is made, seeking out pleasure through sexual contact with others. Overcoming sexual desire to the opposite sex parent in the phallic stage, sexual contact is now focused on either the opposite or same sex people approximately in the same age bracket. Actual physical stimulation of the genitals by another person is sought to gain sexual pleasure.

Maturity - Freud alluded to but never fully conceptualized a period of psychological maturity, a stage attained after a person has passed through the earlier developmental periods in an ideal manner.

- Unfortunately, **psychological maturity seldom happens**, because people have too many opportunities to develop pathological disorders or neurotic predispositions.



“Our therapy works by transforming what is unconscious into what is conscious, and it works only in so far as it is in a position to effect that transformation” (Freud, 1917/1963, p. 280).



SEVEN TECHNIQUES INTO THE REALMS OF THE UNCONSCIOUS

Dream Analysis

- Freud used dream analysis to transform the manifest content of dreams to the more important latent content. The manifest content of a dream is the surface meaning or the conscious description given by the dreamer, whereas the latent content refers to its unconscious material. The Freudian therapist may be filled with valuable clues about our unconscious thinking. Freudian dream symbols are sexual.
- NB
- An exception to the rule that dreams are wish fulfillments is found in patients suffering from a traumatic experience. Dreams of these people follow the principle of repetition compulsion rather than wish fulfillment. These dreams are frequently found in people with posttraumatic stress disorder who repeatedly dream of frightening or traumatic experiences (Freud, 1920/1955a, 1933/1964).
- For example, the phallus may be symbolized by elongated objects such as sticks, snakes, or knives; the vagina often appears as any small box, chest, or oven; parents appear in the form of the president, a teacher, or one's boss; and castration anxiety can be expressed in dreams of growing bald, losing teeth, or any act of cutting (Freud, 1900/1953, 1901/1953, 1917/1963).

In interpreting dreams, Freud (1917/1963) ordinarily followed one of two methods. The first was to ask patients to relate their dream and all their **associations** to it, no matter how unrelated or illogical these associations seemed. Freud believed that such associations revealed the unconscious wish behind the dream. If the dreamer was unable to relate association material, Freud used a second method—dream symbols—to discover the unconscious elements underlying the manifest content. The purpose of both methods (associations and symbols) was to trace the dream formation backward until the latent content was reached. Freud (1900/1953, p. 608) believe that dream interpretation was the most reliable approach to the study of unconscious processes and referred to it as the “royal road” to knowledge of the unconscious.

- Dreams of the death of a beloved person also originate in childhood and are wish fulfillments. If a person dreams of the death of a younger person, the unconscious may be expressing the wish for the destruction of a younger brother or sister who was a hated rival during the infantile period. When the deceased is an older person, the dreamer is fulfilling the Oedipal wish for the death of a parent. If the dreamer feels anxiety and sorrow during the dream, it is because the affect has been reversed.
- In summary, Freud believed that dreams are motivated by **wish fulfillments**. The latent content of dreams is formed in the unconscious and usually goes back to childhood experiences, whereas the manifest content often stems from experiences of the previous day.

- **Freudian Slips** - Freud believed that many everyday slips of the tongue or pen, misreading, incorrect hearing, misplacing objects, and temporarily forgetting names or intentions are not chance accidents but reveal a person's unconscious intentions.
- Freud, however, insisted that these faulty acts have meaning; they reveal the **unconscious intention of the person**: "They are not chance events but serious mental acts; they have a sense; they arise from the concurrent actions—or perhaps rather, the mutually opposing action—of two different intentions" (Freud, 1917/1963, p. 44).
- The fact that most people strongly deny any meaning behind their parapraxes was seen by Freud as evidence that the slip, indeed, had relevance to unconscious images that must remain hidden from consciousness. A young man once walked into a convenience store, became immediately attracted to the young female clerk, and asked for a "sex-pack of beer." When the clerk accused him of improper behavior, the young man vehemently protested his innocence. Examples such as this can be extended almost indefinitely.

It was mythical, seen only through shutters in dingy industrial areas of Europe.
It was magical, no-one could estimate the power it possibly held.
It was whispered that the world at large would never experience it.
But fortunately, it can*!

THE FREUDIAN SLIP



at the National Student Drama Festival
(*Surely not! **Yes indeed!)

The Holbeck Studio
(*Can such a place withstand the power of it? **Absolutely!)

Thursday 10th April, 9.15pm
Friday 11th April, 2.30pm, 6.30pm, 9.00pm
(*The Freudian Slip? **You heard me the first time.)

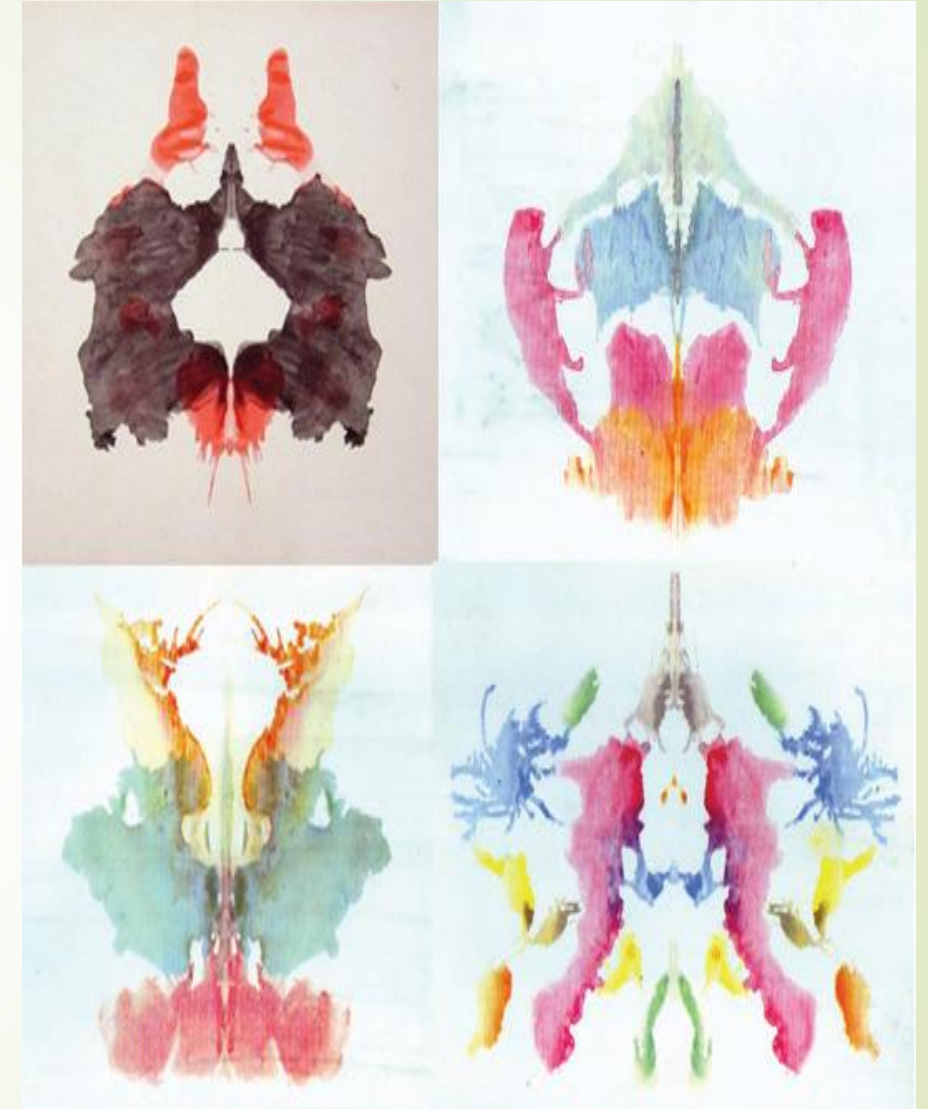
Phone 01723 357870 for tickets
(*They sell tickets to The Freudian Slip? **Well, what price would you put on mental freedom?)

Expansion Of Mind GUARANTEED!**

* (experience it, that is)
** (or at least, *stomachily* predicted)

Free Association -is a technique that was popularized by Sigmund Freud, with the idea that if people talk without censoring themselves, they will uncover meaningful (and often repressed) thoughts, feelings, and memories. The technique is basically the foundation of psychoanalysis.

- **Projective Tests** – It is a personality test in which subjects are shown ambiguous images and asked to interpret them. The subjects are to project their own emotions, attitudes, and impulses onto the image; and then use these projections to explain an image, tell a story, or finish a sentence. Ex. The Rorschach Inkblot Test, Thematic Apperception Test (TAT) or picture interpretation technique, the RISB-the Rotter Incomplete Sentence Blank like sentence completion test. The projective tests uncover feelings, desires, and conflicts that are hidden from conscious awareness.





- **Hypnosis** – Freud believed that ego is put into suspended state. During a sleep hypnotic trance, a hypnotist could bypass the ego's censoring process and get directly to the unconscious. Hypnosis is the pipeline to the unconscious.
- **Symbolic behavior** – Many of our behaviors maybe seen as symbolic gestures of unconscious thoughts. Behaviors acted out symbolically poses no threat to the ego because they are not perceived for what they are, but these actions do not allow the expressions of unconscious desire.
- **Accidents**- Freud viewed that many apparent accidents are actions from unconscious impulses. A reckless driver maybe looking for an accident to satisfy their unconscious desire to harm themselves.

EVALUATION OF THE THEORY

USEFULNESS OF THE THEORY	EVALUATION
Generates Research	The assumptions of Freud, though difficult to test have generated studies that are either directly or indirectly linked to Psychoanalytic theory. Therefore, this Freudian theory is average on generating research.
Falsifiability	Freudian theory, especially on that of dreams, seemed impossible to falsify. An example of which is when a person dreams, she might be merely just dreaming or engaging in wish fulfillment which is difficult to distinguish, hence making the Classical Psychoanalytic Theory very low on falsifying hypothesis.
Organizes knowledge	Freud's personality theory had inconsistent data, especially its emphasis on the unconscious that seemed to be simply logical extensions of his basic assumptions. For this reason, psychoanalysis is rated moderate on organizing knowledge.
Guides Action	Undeniably, Freudian Theory has guided trained practitioners in psychoanalytic therapy. However, this approach no longer dominates theoretical

USEFULNESS OF THE THEORY	EVALUATION
Internal Consistency	Psychoanalysis is an internally consistent theory. However, Freud fell short in operationally defining several terms. These include the terms id, ego, super ego, conscious among others as well as the different stages of psychosexual development. Due to this, researchers must originate their own definition of these terms.
Parsimony	Psychoanalysis is a very comprehensive theory. Which considers the complexity of human personality. However, this theory is simple and is assessed as cumbersome due to the very unique ideas of Freud specifically on the psychosexual stages.