**CHAPTER 2-FREUD'S PSYCHOANALYTIC THEORY**

**CHAPTER OUTLINE**

I. Psychoanalysis: theory of personality development, functioning, and change which places heavy emphasis on the role of biological factors in the determination of behavior.

II. The Role of Conscious, Preconscious, and Unconscious Forces in Personality:

A. **conscious forces**-refers to those ideas and sensations of which we are aware. It operates on the surface of personality and plays a relatively small role in human personality.

B. **preconscious forces-** contains those experiences that are unconscious but that could become conscious with little effort.

C. **unconscious forces**-operates on the deepest level of personality. It consists of those experiences and memories of which we are not aware. Such mental states remain out of awareness because making them conscious would create tremendous pain and anxiety for us.

III. Instincts as Driving Forces in Mental Life:

A. Instincts have four basic characteristics:

1. a ***source*** in some bodily deficit;

2.an ***aim*** gratification of the need;

3.an ***impetus*** that propels the person to act;

4.an ***object*** through which the instinct achieves its aim.

B. Kinds of Instincts:

1. **life instincts**- each person has instinctive urges that seek to preserve life. Each of us is motivated to satisfy our hunger, thirst, and sexual needs. Without food and water, we could not survive.

a. libido-the psychic and pleasurable feelings associated with gratification of the life instincts.

2. **death instincts**-the motivation by human beings to return to an inorganic state of balance that preceded life, in which there is no painful struggle to satisfy biological needs.

IV. Structural Theory of Personality-three constructs were postulated (id, ego, superego) that described the ways in which these parts of personality originated and interacted with one another to dynamically to influence behavior.

A. **id**-the original aspect of personality, rooted in the biology of the individual; consists of unconscious sexual and aggressive instincts. The id is amoral and unconcerned with the niceties and conventions of society.

1. pleasure principle-indiscriminate seeking of pleasure and the avoidance of pain.

B. **ego**- organized aspect of id, formed to provide realistic direction for the person’s impulses.

1. Ego defense mechanisms are procedures to reduce or remove painful anxiety.

a. **compromise Formation**-use of contradictory behaviors to attain some satisfaction of an undesirable impulse.

b. **denial**- a person’s refusal to perceive an unpleasant event in external reality.

c. **displacement**-unconscious attempt to obtain gratification for id impulses by shifting them to substitute objects.

d. **fixation**-defensive attachment to an earlier stage of development; stymies development toward maturity.

e. **identification**-taking on the characteristics of another person as a means of relieving anxieties.

f. **intellectualization**-isolating thoughts about painful events from their feelings about them.

g. **projection**-attribution of undesirable, personal characteristics to others to ward off anxiety.

h. **rationalization**-use of plausible, but inaccurate excuses to relieve anxiety.

i. **reaction formation**-conversion of an unacceptable impulse into its opposite.

j. **regression**-person reverts to infantile behavior to reduce distress.

k. **repression** -unpleasant memories are situated in the unconscious to keep them from reaching consciousness and causing pain.

l. **sublimation**-form of displacement in which a socially acceptable goal replaces one that is unacceptable.

m. **suppression**-the individual’s active and conscious attempt to stop anxiety-provoking thoughts by simply not thinking about them.

n. **undoing**-way of making amends for a socially unacceptable act by performing a socially acceptable act that nullifies the misdeed.

C. **Superego**-agency which describes the individual’s internalization of societal values.

1. **conscience**-punitive aspect of the superego; violation of the conscience makes the person feel guilty or ashamed.

2. **ego-ideal**-positive aspect of the superego, comprising the standards of perfection taught to the child by the parents.

V. Theory of Psychosexual Development

A. **oral stage**-first pregenital stage of psychosexual development, in which primary gratifications center around the mouth.

1. **oral aggressive**-an individual who becomes fixated because of under-indulgence during feeding.

a. oral aggressive character-As an adult, this person is characterized by envy, manipulation of others, and suspiciousness.

2. **oral receptive**-an individual who becomes fixated because of overindulgence during feeding.

a. oral receptive character-As an adult, this person is characterized by gullibility, admiration for others, and excessive dependence.

B. **anal stage**- Second pregenital stage of psychosexual development, in which primary gratification centers around the anal cavity.

1. anal character-child is locked in a power struggle for control with parents; if parents are too harsh and demanding, child may develop traits of defiance, obstinacy, and stinginess.

C. **phallic stage**-Third pregenital stage of psychosexual development, in which main gratifications are derived from manipulation of the genitals.

1. phallic character-An individual fixated at the phallic stage who, later in life, needs to prove continually his or her sexual adequacy.

D. **latency stage**-period during which libidinal energy lies dormant and the primary focus is on the development of interests and skills through contact with childhood peers and teachers.

E. **genital stage**-final stage of psychosexual development, in which an attempt is made to conduct a mature love relationship with a member of the opposite sex.

1. genital character-A mature, healthy individual who is sexually developed and capable of relating to members of the other sex.

VI. Therapeutic Assessment Techniques:

A. **free association**-technique in which the therapist encourages patients to report, without restriction, any thoughts that occur to them.

B. **dream analysis**-procedure used to probe the unconscious through interpretation of the patient’s dreams.

C. **transference**-feelings presumed to have originally directed toward the parent(s) are now directed toward the therapist.

VII. Evaluative Comments:

A. **comprehensiveness**-highly comprehensive theory; extremely broad scope.

B. **precision and testability**-not very precise and very difficult to test adequately.

C. **parsimony**-too simplistic and reductionistic.

D. **empirical validity**-support for the theory is mixed; empirical support for the theory of psychosexual development is satisfactory; for the theory of therapy, the support is not very good.

E. **heuristic value**-very high; has generated and, in some quarters, continues to generate new theorizing and research.

F. **applied value**-has very high applied value; used by investigators in many disciplines to understand personal development in the family.