Chapter 14 Psychoanalysis: Dissenters and Descendants

Dr. Rick Grieve
PSY 495
Western Kentucky University

Dissenters and Descendants

- Psychoanalysis after the founding
  - Like Wundt, Freud did not enjoy a long monopoly on his new system of psychotherapy
    - 20 years after he founded the movement, it splintered into competing factions led by analysts who disagreed with Freud on major points
- The Neo-Freudians and Ego Psychology
  - Not all theorists and practitioners who followed Freud in the psychodynamic tradition felt the need to abandon or change his system
  - There is a sizeable group even today who adhere to the central premises in his system

Dissenters and Descendants

- Ana Freud (1895-1982)
  - Daughter of Sigmund
  - Devoted her life to the development and extension of psychoanalytic theory and its application to the treatment of emotionally disturbed children
  - Child analysis
    - Introduction to the Technique of Child Analysis (1927)
      - Approach to therapy with children that took into account their relative immaturity and the level of their verbal skills
      - Came up with play therapy and in-home observation
  - Ego Therapy
    - Became the primary American form of psychoanalysis from 1940s-1970s
Dissenters and Descendants

- Carl Jung (1875-1961)
  - Very metaphysical
    - At a young age, he turned from reason to his dreams, visions, and fantasies
    - At critical times, Jung resolved problems and made decisions based on what his unconscious told him through his dreams
  - Did not adopt Freud’s practice of putting clients on a couch
    - Instead sat face to face with them in comfortable chairs
  - Became interested in Freud’s work in 1900 when he read *The Interpretation of Dreams*
    - While a follower of Freud, he was never an uncritical one

Dissenters and Descendants

- Carl Jung (1875-1961)
  - Had a mid-life crisis at 38
    - Resolved this like Freud did by analyzing his unconscious
      - Looked at his dreams and fantasies
        - From this analysis came Analytical Psychology
    - Analytical Psychology
      - Best comparison is to Freud’s theory
      - No Oedipus complex
      - Theory focused on inner growth instead of social relationships
      - Regarded the libido as a generalized life energy, of which sex was only a part

Dissenters and Descendants

- Carl Jung (1875-1961)
  - Collective Unconscious
    - Two levels of the unconscious mind
      - Personal unconscious
        - The reservoir of material that once was conscious but has been forgotten or suppressed
        - Contains memories, impulses, wishes, faint perceptions, and other experiences
        - Grouped into complexes
      - Collective unconscious
        - The deepest level of the psyche containing inherited experiences of human and pre-human species
Carl Jung (1875-1961)

Collective Unconscious

Archetypes
- Inherited tendencies within the collective unconscious that dispose a person to behave similarly to ancestors who confronted similar situations
- Experience archetypes as emotions associated with significant life events such as birth, adolescence, marriage, and death or with extreme reactions to danger
- Jung found common archetypal symbols in cultures that were so widely separated in time and location that there was no possibility of direct influence

Dissenters and Descendants

Persona: the mask each of us wears when we come into contact with other people

Anima/animus: each person exhibits some of the characteristics of the opposite sex, anima represents feminine characteristics in males and animus represents masculine characteristics in females

Self: most important archetype, integrates and balances all aspects of the unconscious, provides the personality with unity and stability, drives toward self-actualization

Introversion and Extraversion

Extravert directs libido outside of the self to external events and people

Introvert directs libido inward

Psychological Types
- Personality differences are expressed not only by the introversion and extraversion attitudes but also through four functions:
  - Thinking
  - Feeling: subjective process of weighing and valuing
  - Sensing: conscious perception of physical objects
  - Intuiting: perceiving in an unconscious way
Dissenters and Descendants

- Carl Jung (1875-1961)
  - Psychological Types
    - Thinking and feeling are rational modes of responding as they involve the cognitive processes of reason and judgment.
    - Sensing and intuiting are nonrational.
    - Within each pair of functions, only one is dominant at a given time.
    - Jung’s personality theory has three dimensions:
      - Introversion-extraversion
      - Thinking-feeling
      - Sensing-intuiting
    - Lead to 8 different personality types.
  - Word-Association Test
    - Analyst reads a list of words and client says 1st thing that comes to mind.

Social Psychological Theories: The Zietgeist Strikes Again

- Alfred Adler (1870-1937)
  - Individual Psychology
    - Human behavior is defined by social, not biological, forces.
    - Social interest:
      - An innate potential to cooperate others to achieve personal and societal goals.
      - Develops in infancy through learning experience.
    - Minimized the role of sex in motivating behavior.
    - Focused on conscious, not unconscious, determinates for behavior.
    - Emphasized unity and consistency of personality.
    - Inferiority feelings:
      - We are motivated toward behavior by feelings of inferiority.
      - Inferiority comes from the infant’s helplessness and dependence on others.
      - Children want to overcome these feelings of inferiority but the feelings also serve a purpose—they motivate us as better ourselves.

- Alfred Adler (1870-1937)
  - Inferiority feelings cont.
    - Feelings of inferiority work to the advantage of the individual and society by leading to continuous improvement.
    - If, in childhood, feelings of inferiority are met with pampering or rejection, the result can be abnormal compensatory behaviors.
    - This could lead to an inferiority complex:
      - Condition that develops when a person is unable to compensate for normal inferiority feelings.
      - Renders person incapable of coping with life’s problems.
Social Psychological Theories: The Zeitgeist Strikes Again

Alfred Adler (1870-1937)

- Individual Psychology
  - Style of Life
    - Striving for superiority is universal, however, each person works toward that goal in a unique manner.
    - Style of life involves the behaviors with which we compensate for real or imagined inferiority.
    - Fixed by age 4 or 5 and becomes difficult to change after.
    - Provides the framework within which all later experiences are dealt with.
  - Creative Power of the Self
    - We have the capacity to determine our own personality in accordance with our unique style of life.
    - We get certain abilities and experiences through heredity and environment, but the way we actively use and interpret these experiences provides the basis for our personality and our attitude toward life.

- Birth Order
  - Oldest, middle, and youngest children, because of their position in the family, have varying social experiences that result in different attitudes toward life and ways of coping.
  - Oldest child
    - Receiving a lot of attention until future children are born.
    - Become insecure and hostile, authoritarian and conservative, manifest a strong interest in maintaining order.