

Chapter 14 Psychoanalysis: Dissenters and Descendants

Dr. Rick Grieve

PSY 495

Western Kentucky University

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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 lead 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

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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

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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

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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

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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

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Dissenters and Descendants

- 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

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Dissenters and Descendants

- Carl Jung (1875-1961)
 - Collective Unconscious
 - Archetypes
 - Most frequent archetypes
 - **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
 - **Shadow**: our darker self, most animalistic part of personality, contains immoral, passionate, and unacceptable desires and activities
 - **Self**: most important archetype, integrates and balances all aspects of the unconscious, provides the personality with unity and stability, drives toward self-actualization

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Dissenters and Descendants

- Carl Jung (1875-1961)
 - 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
 - Conceptual process that provides meaning and understanding
 - Feeling: subjective process of weighing and valuing
 - Sensing: conscious perception of physical objects
 - Intuiting: perceiving in an unconscious way

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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

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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 to better ourselves

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Social Psychological Theories: The Zietgeist Strikes Again

- Alfred Adler (1870-1937)
 - Individual Psychology
 - 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

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Social Psychological Theories: The Zietgeist 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 to 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

Social Psychological Theories: The Zietgeist Strikes Again

- Alfred Adler (1870-1937)
 - Individual Psychology
 - 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
 - Receives a lot of attention until future children are born
 - Become insecure and hostile, authoritarian and conservative, manifest a strong interest in maintaining order

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