

Erik Erikson's Psychosocial stages (Psychodynamic)

- **Stage 1:** Trust Vs. Mistrust - (1st year)
- **Stage 2:** Autonomy Vs. Shame and doubt - (2nd year)
- **Stage 3:** Initiative Vs. Guilt - (Preschool)
- **Stage 4:** Industry Vs. Inferiority - (Elementary)
- **Stage 5:** Identity Vs. Role Confusion - (Adolescence)
- **Stage 6:** Intimacy Vs. Isolation - (Early Adulthood)
- **Stage 7:** Generativity Vs. Stagnation - (Middle adulthood)
- **Stage 8:** Integrity Vs. Despair - (Late Adulthood or Death)

Defense Mechanisms

- Unconscious strategies employed by ego
- Rationalization - Invent a reason for justification.
- Sublimation - An unacceptable ID-dominated urge that allows socially acceptable expression.
- Projection - Project unacceptable urges onto another person or object.
- Displacement - Deflect a strong urge onto a "safer" object or person.
- Transference - Client transfers feelings onto the therapist that are not "real".

Freud's Psychosexual stages

- **Stage 1:** Oral - (1st year)
 - Center of pleasure
 - Oral fixation → Excessive chewing or lip biting
- **Stage 2:** Anal - (2nd year)
 - Toilet training
 - Anal fixation → Anal retention = excessively neat
→ Anal expulsion = "slob"
- **Stage 3:** Phallic (genitalia) - (3rd to 6th year)
 - Oedipus complex - boy wants mom
 - Electra complex (Penis envy)- girl wants dad
- **Stage 4:** Latency - (Childhood)
 - Psychological peace
- **Stage 5:** Genital - (adolescent)

Parenting Styles

- **Authoritarian** - Strict structured and values obedience
- **Permissive** - lenient
- **Authoritative** - Reasonably firm and fair

Plaget's Cognitive stages

1. Sensory Motor (1 - 2 years)
 - Here and now
 - Out of "senses/thought"
2. Preoperation year (2 - 7 years)
 - Developed object permanence
 - Language and playing pretend (2 - 4 years)
 - Intuitive reasoning (4 - 7 years)
3. Concrete Operation (8 - 11 years)
 - Can demonstrate logic
 - Categories
 - Dichotomous thinking
 - "Thinking inside of the box"
4. Formal Operation
 - Developed abstract thinking
 - "Thinking outside of the box"