

Chapter 10 – Basics of Psychoanalysis

- Freud Himself
 - Was a medical doctor in Vienna, but had to flee because of Hitler
 - Died in a pessimistic frame of mind
 - Found out as a therapist that when patients talked about their psychological problems, sometimes that by itself was enough to cure them
 - First used hypnosis, but then turned to free association, getting the patient to say the first thing that came to mind
 - Called the talking cure
 - Making thoughts and fears explicit by saying them brings them into the open where the conscious mind can deal with them rationally
- The Key Ideas of Psychoanalysis
 - Psychic Determinism
 - **Psychic Determinism** is the idea that everything that happens has a cause that can be identified in theory
 - This is the root of the psychoanalytic approach
 - Everything that happens in a person's mind and therefore everything a person thinks and does as a specific cause
 - No room for miracles, free will, or accidents
 - Psychoanalysis' purpose is to dig deep in the mind and find the reasons why we do something
 - Points to the fact that many important mental processes are unconscious
 - Internal Structure
 - The mind has an internal structure made of parts that function independently and sometimes conflict with each other
 - The mind is psychological result of the what the brain and body does
 - Three parts: **id, ego, and superego**
 - id = irrational + emotional, ego = rational, superego = moral
 - Psychic Conflict and Compromise
 - Mind is divided into independent parts and these parts can conflict with each other
 - **Compromise formation** is a key tenet of modern psychoanalytic thought
 - The ego's main job is to find a middle course between the competing demands of the id and superego (motivation, morality, practicality)
 - Mental Energy
 - The mind needs psychic energy called **libido** to make it go

- Only a fixed and finite amount is available
 - Currently it is viewed that the mind's capacity for processing info, not energy, is what is actually limited
- Controversy
 - Human nature is largely hidden, and that the motivations that drive many human behaviors are base and irrational
- Psychoanalysis, Life, and Death
 - The life drive is called libido, sometimes called the sexual drive
 - A second fundamental motive is a drive toward death, called **Thanatos**
 - Freud believed that everything contains its own opposite
 - The **doctrine of opposites** states that everything implies its opposite
 - Extremes on any scale may be more similar to each other than either extreme is to the middle
- Psychological Development: "Follow The Money"
 - The stages of psychological development are oral, anal, phallic, and genital
 - Each has three aspects:
 - A physical focus where the energy is concentrated and gratification is obtained
 - A psychological theme related to the physical focus and to the demands on the child from the outside world
 - An adult character type associated with being fixated in that particular stage
 - Oral Stage
 - The only thing that a newborn baby can do is suck
 - The mouth is the first place psychic energy is focused
 - Lasts from birth to 18 months
 - The mouth is the most important place where a baby derives pleasure i.e. eating and drinking
 - The psychological theme is dependency
 - A baby is completely dependent on others for survival
 - The baby is also all id
 - Wanting stuff is the id's specialty
 - If the baby's needs are fulfilled to a reasonable degree then attention and psychic energy move along to the next stage
 - If the needs are not fulfilled, the baby might develop a basic mistrust of other people and never be able to deal adequately with dependency relationships
 - If the needs are fulfilled so quickly and instantly then the baby will develop a worldview that everything will come to

them

- The oral character is the adult personality type that comes from extreme childhood experience
 - Oral character comes in the form of a person who is over independent and never accepts help or passive people who just sit around forever waiting for things to come to them
 - When people change oral characters they go extreme to extreme, not extreme to middle
- Anal Stage
 - The stage where the child learns the word no
 - The stage where a child must be toilet trained
 - The ego is developed in this stage and is used to mediate between what the child wants and what is actually possible
 - The physical focus is on the anus and other elimination organs
 - Lasts from 18 months to 3.5 years
 - The main theme is self-control and obedience
 - The child is able to move around and do things independently
 - Also able to control urges, so authority figures insist the child use these new self-control capacities
 - Two things can go wrong
 - If parents make demands that the child can't meet might result in psychological trauma
 - Or the parents might be too lenient
 - The child has to figure out how much to control himself and how much of his behavior should be controlled by authority
 - Parents were classified as authoritarian (really strict), permissive (Way to lenient) and authoritative (a compromise between the former two)
 - The compromise parents were the best
 - The anal character has a personality organized around control issues
 - They may become obsessive, compulsive, orderly, rigid, and obedient
 - Or they may become unable to do anything on time, have no self-control, be chaotic, and defy authority
- Phallic Stage
 - Begins with the realization that boys and girls are different, specifically that boys have penises and girls don't
 - Goes from 3.5 years to 7