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# PSYCHOANALYSIS

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# FREUD'S PSYCHOANALYSIS

- Sigmund Freud was an Austrian neurologist who founded psychoanalysis, a revolutionary theory and therapy that fundamentally shifted psychology's focus toward the unconscious mind.
- His theory of psychosexual development suggested that early childhood has an important role in behavioral and emotional health later in life.
- His theories posit that human behavior is largely driven by repressed desires and childhood experiences, introducing enduring concepts like the id, ego, and superego, psychosexual stages, and the use of talk therapy to uncover inner conflicts.

# FREUD'S ICEBERG THEORY

Thoughts  
Perceptions

Conscious

Memory Stored  
Knowledge

Preconscious

Instincts Fears  
Selfish Motives

Unconscious



# LIFE INSTINCTS AND DEATH INSTINCTS

Freud also believed that much of human behavior was motivated by two driving instincts: Life instincts and death instincts.

Life instincts (Eros) are those that relate to a basic need for survival, reproduction, and pleasure. They include such things as the need for food, shelter, love, and sex.

Death instincts (Thanatos) are the result of an unconscious wish for death, which Freud believed all humans have.<sup>5</sup> Self-destructive behavior was one expression of the death drive, according to Freud. However, he believed that these death instincts were largely tempered by life instincts.

# SIGMUND FREUD'S THEORIES

- Freud's theories were enormously influential but subject to considerable criticism both now and during his life. However, his ideas have become interwoven into the fabric of our culture, with terms such as **Freudian slip** , **repression** and **denial** appearing regularly in everyday language.
- Freud's theories include:
- **Unconscious** Mind is one of his most enduring ideas, which is that the mind is a reservoir of **thoughts**, **memories**, and **emotions** that lie outside the awareness of the conscious mind .

- **Personality:** Freud proposed that personality is made up of three key elements: the **id**, the **ego**, and the **superego**. The ego is the conscious state, the id is the unconscious, and the superego is the moral or ethical framework that regulates how the ego operates. Conflicts and interactions between these parts make up one's personality.
- **Life and death instincts:** Freud claimed that two classes of instincts, life and death, dictated human behavior. Life instincts include sexual procreation, survival, and pleasure; death instincts include aggression, self-harm, and destruction.
- **Psychosexual development:** Freud's theory of psychosexual development posits that there are five stages of growth in which people's personalities and sexual selves evolve. These phases are the **oral stage**, **anal stage**, **phallic stage**, **latent stage**, and **genital stage**.
- **Mechanisms of defense:** Freud suggested that people use defense mechanisms to avoid anxiety. These mechanisms include **displacement**, **repression**, **sublimation**, **regression**, and many more.

# DYNAMIC STRUCTURE OF PERSONALITY

ID	EGO	SUPER EGO
<ul style="list-style-type: none"><li>• BIOLOGICAL ASPECT</li><li>• DEVIL IN MAN</li><li>• BASED ON PLEASURE</li><li>• UNSATISFIED DESIRES RESULTS IN MALADJUSTMENT</li></ul>	<ul style="list-style-type: none"><li>• PSYCHOLOGICAL ASPECT</li><li>• MAN IN MAN</li><li>• BASED ON REALITY</li><li>• REASON FOR ADJUSTMENT</li></ul>	<ul style="list-style-type: none"><li>• SOCIAL ASPECT</li><li>• ANGEL IN MAN</li><li>• BASED ON MORALITY</li><li>• IF MORALITY IS MORE RESULTS IN MALADJUSTMENT</li></ul>

# SIGMUND FREUD'S PSYCHOSEXUAL STAGES

## ORAL STAGE | 0–1 year

- The mouth is the primary source of pleasure (e.g, sucking, eating)
- Fixation can lead to oral habits like smoking or overeating



## ANAL STAGE | 1–3 years

- Focus on bowel and bladder control
- Fixation may lead to obsessive cleanliness or messiness

## PHALLIC/OEDIPAL STAGE | 3–6 years

- Focus on the genitals
- Oedipus complex: Desire for the opposite-sex parent



## LATENCY STAGE | 6–12 years

- Sexual impulses are subdued
- Focus on learning and peer relationships

## ADOLESCENT/GENITAL STAGE

- Sexual instincts mature
- Develops adult sexual interests and relationships



# DREAM ANALYSIS

- Freud believed dreams were a window into the unconscious mind and developed methods for analyzing dream content for repressed thoughts and desires.
- Dreams represent unfulfilled wishes from the id, trying to break through to the conscious. But because these desires are often unacceptable, they are disguised or censored using such defenses as symbolism.
- Freud believed that by undoing the dream work the analyst could study the manifest content (what they dreamt) and interpret the latent content ( what it meant) by understanding the symbols.