

FREUD

**‘ANALYSIS OF
PHOBIAS IN A FIVE
YEAR OLD BOY’
(1909)**

AREAS TO LEARN ABOUT:

- Psychodynamic Approach to Psychology
- Psychoanalytic Theory of Personality
- Freud's Psychosexual Stages of Development (including *The Oedipus Complex*)

Introductory Activity:

- What do you know about Freud??
- **Phobias**: describe some of your own phobias. Why do you think you have them?

THE PSYCHODYNAMIC APPROACH

- Initiated by Sigmund Freud (1856-1939)
- Viennese doctor of neurology
- Developed a set of techniques to treat unconscious causes of mental disorders

The term UNCONSCIOUS means:

- Occurring in the absence of conscious awareness or thought: *UNCONSCIOUS resentment; unconscious fears.*

Psychoanalytic Theory:

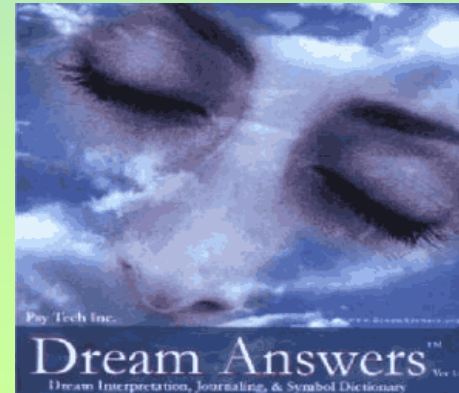
- Explains how personality and abnormality develop from childhood
- Assumptions:
 - *Unconscious processes* - no direct awareness e.g. of influences on behaviour
 - *Psychodynamic conflict* - different parts of mind in constant struggle.

- *Emotional drives* (sexual, aggressive) - behaviour motivated by Psychic energy.
- *Development* (personality shaped over time, particularly during childhood) - relationships, experience/conduct overtime .
- *Psychosexual Stages of Development: (see sheet); these early experiences structure the unconscious mind and future personality.*

• Methods of investigation:

(Aim to get to unconscious mind)

- **Case study**; analysed & interpreted symbolism of everything patients said and did
- **Free association**; thought associations
- **Dream analysis**; decode hidden meanings
- > **Hypnosis**



Evaluating Psychodynamic Theory

Strengths;

- Large impact on psychology & psychiatry
- Drew attention to psychological causes of mental disorder.
- Wide ranging application to life

Weaknesses;

- Vague concepts/little predictive power. **E.G.?**
- Difficult to test scientifically - **why?**
- Unrepresentative samples - **why?**
- Techniques are not fully objective & open to bias

THE PSYCHOANALYTIC APPROACH

- Freud's theory of personality
- Freud suggested that there were three levels of consciousness; iceberg analogy
 1. The Conscious,
 2. The Pre-conscious,
 3. The Unconscious
- Created a structural model to show the dynamic struggle between three aspects of the mind;

The id, ego, and superego. (see diagram)

PSYCHOANALYTIC THEORY OF PERSONALITY

