

PSYCHOANALYSIS
CHAPTER 2
Sigmund Freud

CHAPTER OUTLINE

The Case of Barb

47-year-old Caucasian female who has been divorced twice
Reported that she is depressed, experiences mood swings, and has bouts of crying and panic attacks

Relevant History

Mother left home at age 10
History of physical and sexual abuse
Married and divorced twice
Attempted suicide three times

Background

Founder: Sigmund Freud
Grew up in Vienna, Austria
Went to medical school and became a doctor
Furthered his education by getting his doctor in psychiatry
His youngest daughter, Anna, became his intellectual heir
His ideas laid the foundation for the profession and practice of psychology

Basic Philosophy

Pessimistic view of human nature
Dominant force is the innate sexual instinct
Emphasis on unconscious drives

Human Motivation

Primary motivation for humans is intrapsychic conflict

Central Constructs

Instinct Theory

Life instinct: Eros
Death instinct: Thanatos

Topographic Model: The Iceberg Approach

Conscious thought
Unconscious thought
Preconscious thought

Structural Model: The Big Three

Id
Ego
Superego

Repression

Pushing “unacceptable” material to the unconscious, and keeping it there
Always involved in the formation of symptoms
Can lead to a person becoming stuck or “fixated” at a particular psychosocial stage

Symptoms as Symbols

Psychic conflict

Unacceptable sexual impulses
Symptoms serve as a defense against “unacceptable wishes”

Defense Mechanisms

Identification
Displacement
Projection
Reaction Formation
Sublimation
Regression

Theory of the Person and Development of the Individual

Key Developmental Stages

Oral stage
Anal stage
Phallic stage
Latency
Genital stage

Health and Dysfunction

Healthy Personality

Able to love and work
Demonstrates minimal levels of repression
Able to bring unconscious conflicts to the conscious and see them as sources of current behavior

Dysfunctional Personality

Unresolved unconscious conflicts
Due to unsuccessful resolution of 1 or more psychosexual stages

Realistic Anxiety

An appropriate affective reaction to real danger

Neurotic Anxiety

Fear that libidinal drives will be expressed and danger could result

Moral Anxiety

Fear of punishment by the superego

Types of Dysfunction

Hysteria (conversion disorder)
Phobias
Depression
Psychoses

Nature of Therapy

Assessment

Formal assessment is used to gather information about the nature of the client's defenses and unconscious conflicts

Clients project their unconscious material onto an ambiguous stimuli

Overview of the therapeutic atmosphere

Personality of the therapist is banished
Use of the analytic couch

Roles of Client and Counselor

Client reveals everything that comes to mind
Counselor decides what is “real” vs. “not real” and correctly interprets the client's unconscious material

Goals of Therapy

- Help client uncover and resolve unconscious conflicts
- Strengthen the ego

Process of Therapy

- Insight
- Resistance
- Transference
- Countertransference

Phases of Therapy

- Opening Phase
- Development of Transference
- Working Through
- Resolution of Transference

Therapeutic Techniques

- Free Association
- Interpretation
- Analysis of the Resistance
- Dream Analysis
- Analysis of the Transference

Evaluation of the Theory

- Qualities of the Theory
 - Precision and testability
 - Empirical support
- Research Support
 - Outcome research
 - Theory-testing research

Issues of Individual and Cultural Diversity

- Pros
 - Modern offshoots appear to devalue women less
- Cons
 - Focus of change is on the individual, not the environment
 - Females are highly motivated by penis envy
 - Clearly rooted in European values

TEST ITEMS

Short Answer Questions

1. Describe Freud's view of female development. Why is the process more difficult for women than men, according to psychoanalytic theory?
2. State the fundamental rule of psychoanalysis and describe the theoretical rationale upon which it rests.
3. Pick a defense mechanism, describe it, and give a client example.
4. Describe the stages of psychoanalysis.

5. What are the strengths and weaknesses of psychoanalysis in terms of working with clients from diverse backgrounds?
6. Discuss research on outcomes of transference interpretations in psychodynamic therapy.

Multiple Choice Questions

1. For Freud, the MOST important motivator of human behavior is:
 - a. self-actualization
 - b. self-esteem
 - c. anxiety
 - d. conflict

2. The MOST powerful source of human behavior, according to Freud, is
 - a. the unconscious
 - b. conscious thought
 - c. moral anxiety
 - d. early learning

3. About instincts, Freud believed
 - a. that they must be repressed
 - b. that they are directed towards preservation of the organism
 - c. that they must be expressed
 - d. b and c

4. The following, according to Freud, has no real contact with reality
 - a. id
 - b. superego
 - c. ego
 - d. repression

5. Which of the following structures have NO unconscious aspect?
 - a. id
 - b. ego
 - c. superego
 - d. all have unconscious aspects

6. Repression:
 - a. is involved in symptom formation
 - b. uses psychic energy
 - c. does not always result in symptoms
 - d. all of the above

7. Which of the following is/are true about defense mechanisms?
 - a. they are conscious
 - b. they only discharge a little instinctual energy
 - c. they lead to extreme manifestations
 - d. b and c

8. A goal of psychoanalysis is to

- a. shore up defenses
- b. strengthen the ego
- c. increase projection
- d. a and b

9. Neurotic anxiety is

- a. fear of libido
- b. fear of the superego
- c. fear of ego
- d. fear of Sigmund Freud

10. David believes that he is possessed by the spirit of a hyper-intelligent alien being, and that the government has discovered this possession and is out to get him. In Freud's view, David is probably displaying

- a. moral anxiety
- b. projection
- c. fantasy
- d. all of the above

11. The role of the analyst is BEST characterized as that of

- a. sage
- b. teacher
- c. fellow traveler
- d. doctor

12. Susan, the analyst, looks forward to her 10:00am client on Fridays. She spends a lot of time reading about issues relevant to this client's presentation, and views this client as being special. Susan is probably experiencing

- a. countertransference
- b. transference
- c. sublimation
- d. burnout

13. Classic psychoanalysis is

- a. well supported by research.
- b. mixed in terms of research support.
- c. not supported by research.
- d. known for cultural diversity.

14. The primary purpose of proper training analysis is

- a. to prevent countertransference
- b. to make sure that the therapist knows her theory
- c. to examine parallel processes between client and counselor
- d. to ensure the continuation of psychoanalytic psychotherapy

15. Susan is an analyst who is working with her client Chloe. Susan asks Chloe to "free associate" and tell her everything that comes into her mind. Chloe does not disclose everything that she is thinking because she does not feel that it is relevant to the session. Chloe has:

- a. violated the Fundamental Rule of Psychoanalysis

- b. assumed the role of the analyst
- c. taken the “back seat”
- d. completed her formal assessment

16. Which of the following is true regarding the id and the ego?

- a. The goal of the id is to seek pleasure and avoid pain and the goal of the ego is to satisfy the id and keep the individual safe.
- b. Topographically, the id represents unconsciousness and the ego represents consciousness.
- c. The id neutralizes pressure that the individual experiences from the environment and the ego provides a moral guide for the individual.
- d. The id operates according to secondary process and the ego operates according to primary process.

17. Hoglend and colleagues (2007) found that transference interpretation in psychodynamic therapy was:

- a. not critical to improvement.
- b. more related to outcome for less dysfunctional clients.
- c. more related to outcome for more dysfunctional clients.
- d. a and c

18. Mary sought counseling because she feels very lonely. When Mary’s therapist began exploring the source of Mary’s loneliness, Mary disclosed that several times, people have told her that they have a hard time dealing with her “constantly chewing things such as gum, hard candy, pencils and pens.” Mary’s counselor, who is a well-trained analyst, believes that Mary is fixated in the Oral Stage of psychosexual development. Given this information, which of the following may be true?

- a. Mary’s sexual drive was not satisfied from birth to age 1.
- b. Mary received too little Erotogenic stimulation as an infant.
- c. Mary received too much anal stimulation as an infant.
- d. a and b

19. Dean’s wife Jean is constantly reminding Dean to pick up after himself at home. Jean also gets upset because Dean frequently volunteers his time and sometimes their money to their friends and other people in the community who are in need. The result of Dean’s generosity is that Dean spends less time at home and often they do not have enough money to cover their monthly expenses. According to Freud:

- a. Dean’s parents had rigid rules about toilet training and rarely praised him for success.
- b. Dean was not breast fed.
- c. Dean’s parents offered extreme amounts of praise for his success in toilet training.
- d. Dean never resolved his Oedipal complex

20. Nancy goes to the gym every day and pounds on a punching bag. Which defense mechanism is she using?

- a. identification with the aggressor
- b. projection
- c. displacement
- d. none of the above

21. What is the relative importance of behavior in psychoanalytic theory?
- Much behavior is driven by and related to unconscious motives.
 - The therapist notices that the client is more likely to perform desired behaviors when appropriately reinforced.
 - The client is aware that his or her Realistic Anxiety drives his/her behavior.
 - a and c
22. The most important thing the analyst does is
- help the client act out her unconscious impulses
 - interpret the client's transference
 - assist the client in making peace with his mother
 - changes the client's defense mechanisms
23. Match the phrase, **Guided by the pleasure principle**, with the letter of the appropriate word
- Superego
 - Id
 - Ego
 - None of the above
24. Match the phrase, **Guided by the reality principle**, with the letter of the appropriate word:
- Id
 - Superego
 - Ego
 - None of the above

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