

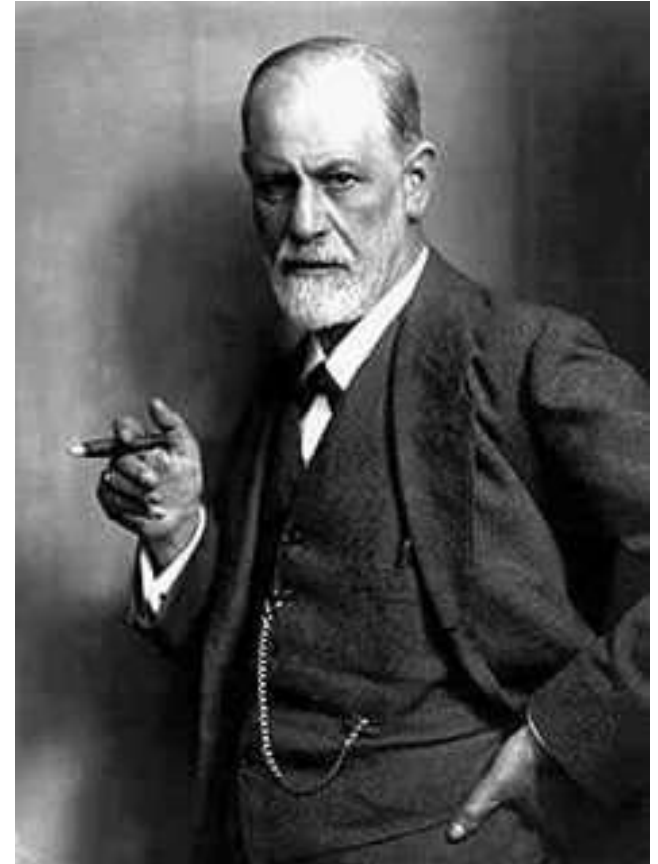
Psychoanalytic Theory of Personality

- Sigmund Freud
- Levels of Awareness
- Components of Personality
- Defense mechanisms
- Psychosexual stages
- Criticisms and take home message

Sigmund Freud

(1856-1939)

- Jewish background, though avowed atheist
- Lived in Vienna until Nazi occupation in 1938
- Had medical background-wanted to do “neurophysiological research”
- Private practice with specialty in neurology
- Josef Breuer and Anna O.
- Private practice in nervous and brain disorders

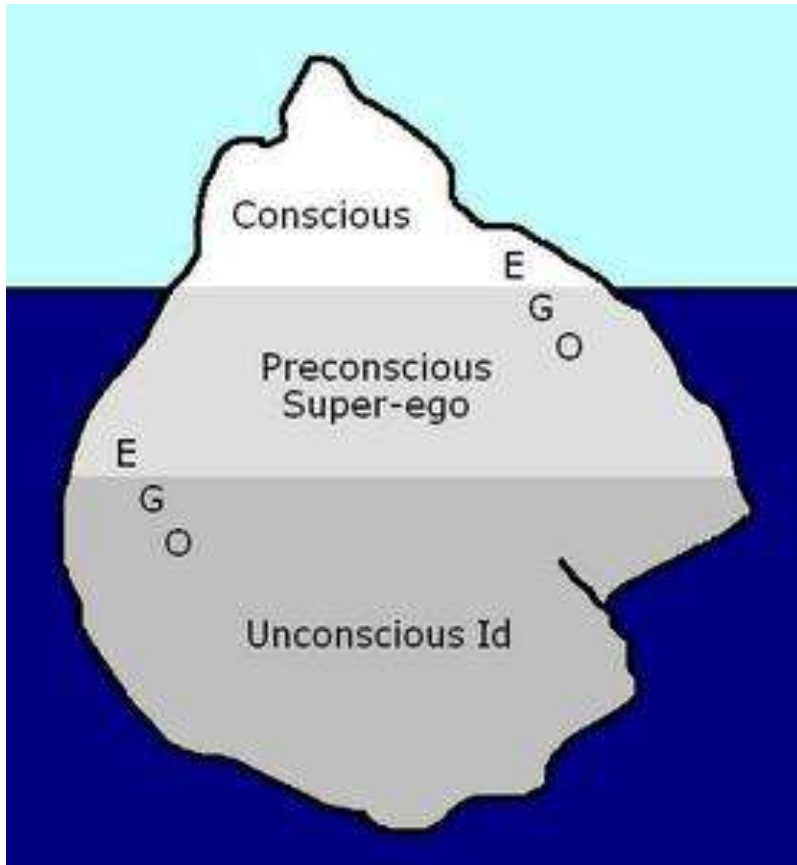


Freud (cont.)



- Early 1900s published many works--
 - Interpretation of Dreams (1900)
 - The Psychopathology of Everyday Life (1901)
 - 1905 concept of sexual drive being most powerful personality component
- 1906 Psychoanalytic Society formed
- Many works burned in Nazi occupation (starting 1933)
- Left Austria, fled to England 1938
- Died of jaw cancer 1939

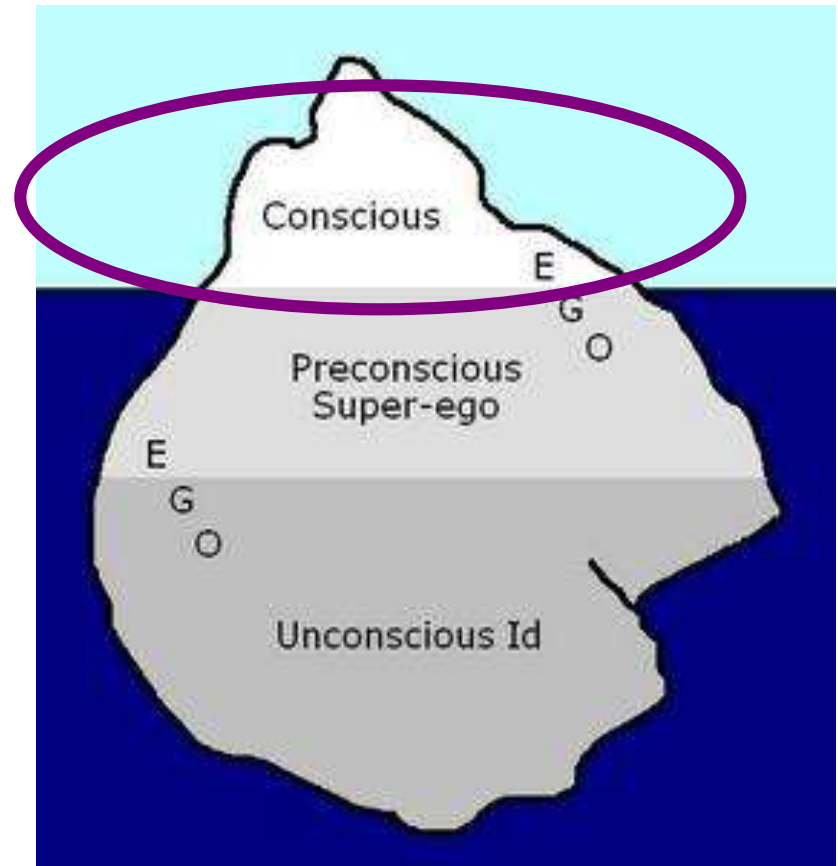
3 Levels of Awareness



- Conscious
- Preconscious
- Unconscious

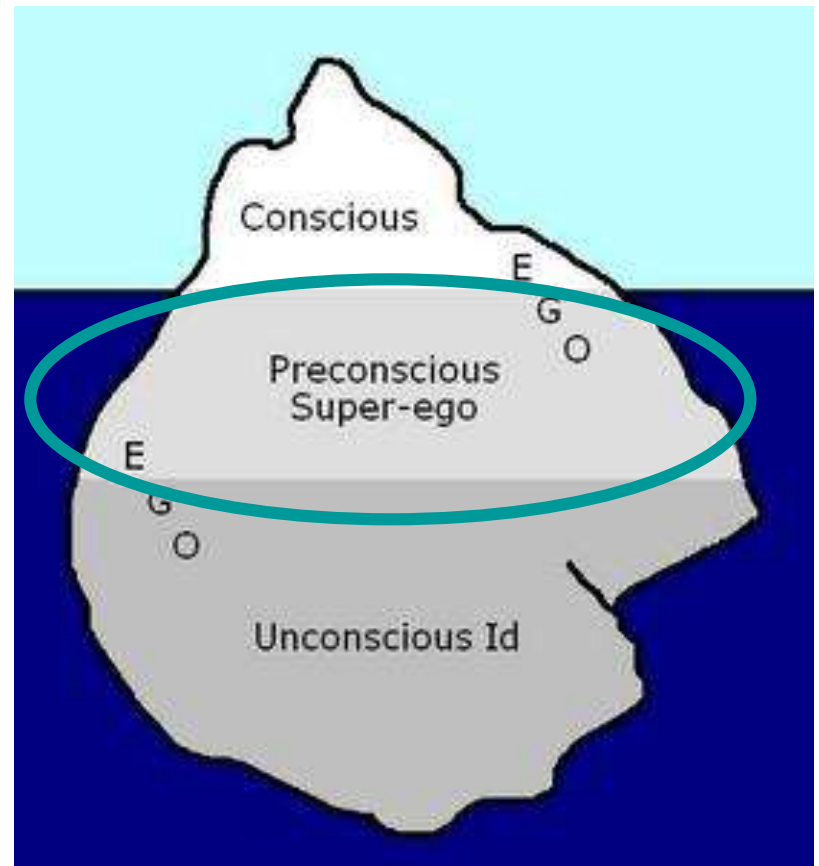
Conscious

- Current contents of your mind that you actively think of
- What we call working memory
- Easily accessed all the time



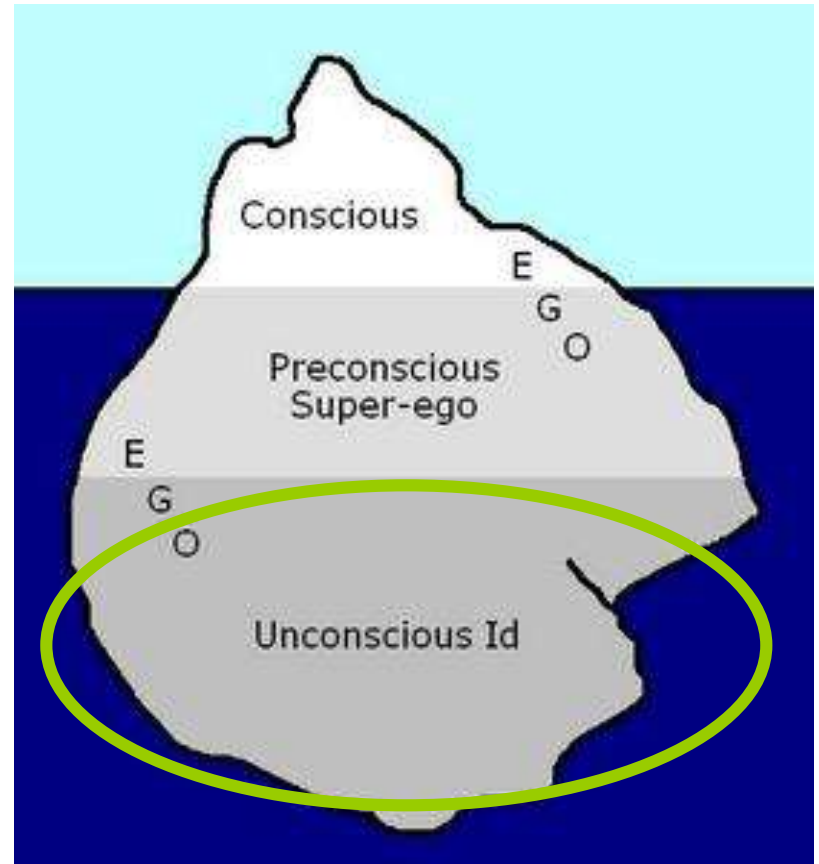
Preconscious

- Contents of the mind you are not currently aware of
- Thoughts, memories, knowledge, wishes, feelings
- Available for easy access when needed

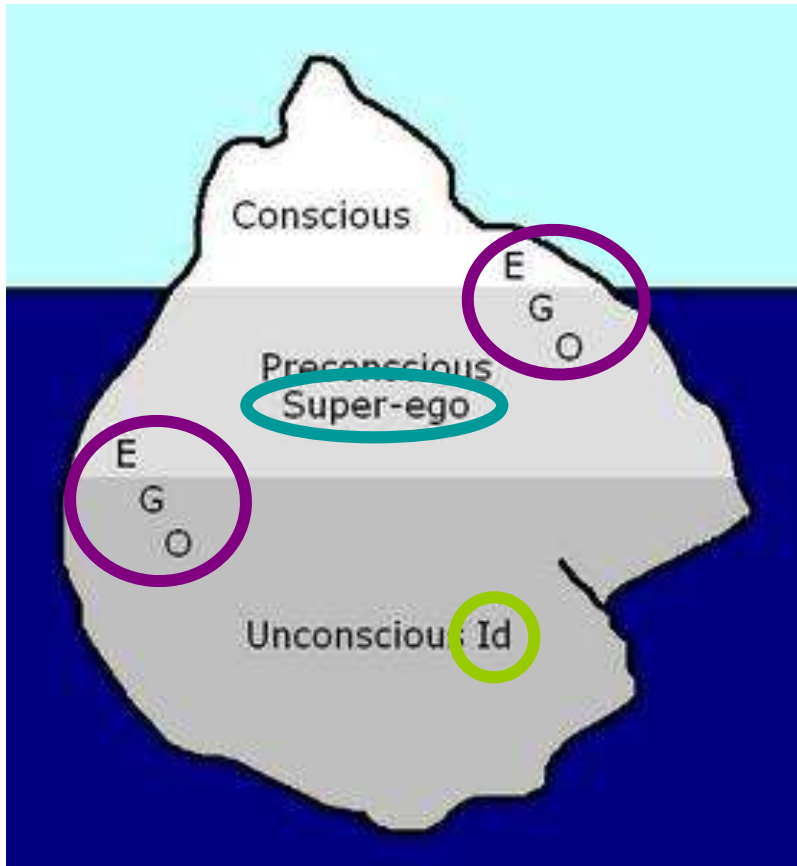


Unconscious

- Contents kept out of conscious awareness
- Not accessible at all
- Processes that actively keep these thoughts from awareness



Freudian Components of Personality



- The Id
- The Ego
- The Superego

Id

- Resides completely at the **unconscious** level
- Acts under the **pleasure principle**
 - immediate gratification, not willing to compromise
 - Generates all of the personality's energy

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

Ego

- Resides in all levels of awareness
- Operates under “reality principle”
- Attempts negotiation between **Id** and **Superego** to satisfy both realistically



Superego

- The moralist and idealistic part of the personality
- Resides in **preconscious**
- Operates on “**ideal principle**”
 - Begins forming at 4-5 yrs of age
 - initially formed from environment and others (society, family etc)
 - Internalized conventions and morals
- Essentially your “**conscience**”



Conflicts of Personality Components

- Conflicts between the **Id**, **Superego** and **Ego** arise in **unconscious** mind
- Can't be reached bc in **unconscious**
- Come out in various ways
 - Slips of tongue (“Freudian slip”)
 - Dreams
 - Jokes
 - Anxiety
 - **Defense Mechanisms.....**

Denial

QuickTime™ and a
decompressor
are needed to see this picture.

- Refusal to accept external realities because too threatening to enter awareness

Repression

- Internal impulses and memories too threatening so bared from entering awareness

QuickTime™ and a decompressor are needed to see this picture.

Projection

QuickTime™ and a
decompressor
are needed to see this picture.

- Attribute unacceptable thoughts or impulses onto others (***project*** these inappropriate thoughts etc onto others)

Displacement

QuickTime™ and a
decompressor
are needed to see this picture.

- Shifting attention from one target that is no longer available to a more acceptable or “safer” substitute

Sublimation



- Healthiest defense mechanism
- Compromise
- Takes socially unacceptable impulses and turns them into something positive & acceptable

Reaction Formation

QuickTime™ and a
decompressor
are needed to see this picture.

- Converting unacceptable and dangerous impulses into something positive to reduce anxiety

Rationalization

- Explaining an unacceptable behavior in a way that overlooks present shortcomings or failures

QuickTime™ and a decompressor are needed to see this picture.

Regression

- Reverting to behavior that is characteristic to an earlier stage of development when confronted with stress or anxiety

QuickTime™ and a
decompressor
are needed to see this picture.

<http://beta.sling.com/video/show/28111/27/Sick-Baby-Barney>

Psychosexual Development

- Stages of development in which conflict over **Id's** impulses plays out
- **Ego** must control these impulses
- If not resolved, psychological issues can emerge later in life

Psychosexual Stages

- Oral Stage (0-18 months)
 - Pleasure centering around the mouth (sucking, biting etc)
 - Focus: weaning- becoming less dependent
 - Not resolved? aggression or dependency later in life-- fixation with oral activities (smoking, drinking, nail biting etc.

Psychosexual Stages

- Oral (0-18 months)
- Anal (18-35 months)
 - Fixation on bowel and bladder elimination
 - Focus: search for control
- Not resolved? anal retentive (rigid and obsessive personality) or anal expulsive (messy and disorganized personality)

Psychosexual Stages

- Oral (0-18 months)
- Anal (18-35 months)
- Phallic (3-6 years)
 - Focus: genital area and difference btwn males and females
 - Electra Complex or Oedipus Complex

Complexes in the Phallic Stage

- Oedipus Complex (boys)
 - Unconscious sexual desires towards mother, father is competition
 - Simultaneously fears the dad- “castration anxiety”
- Electra Complex (girls)
 - Unconscious sexual desires towards father and mother is completion
 - Penis envy
- Resolution?
 - Kid identifies with same sex parent

Psychosexual Stages

- Oral (0-18 months)
- Anal (18-35 months)
- Phallic (3-6 years)
- Latency (6 yrs to puberty)
 - Sexual interest is repressed
 - Kids play with same sex others-- until puberty

Psychosexual Stage

- Oral (0-18 months)
- Anal (18-35 months)
- Phallic (3- 6 years of age)
- Latency (6 yrs to puberty)
- Genital (puberty and beyond)
 - Sexual urges awaken
 - If developed “properly” develop these urges towards opposite sex members with fixation on the genitals

Freud: criticisms and critiques

- He studied very few people so not representative sample
- Process of psychoanalysis interviewing-exhibit preconceived notions and biases
- His measures/methods were untreatable
- Definitions don't lend themselves to experimentation
- One's personality is fixed and unchanging
- Obsessed with sex and aggression