

THE PSYCHOANALYTIC TECHNIQUE

psychoanalysis

- In psychoanalysis the individual expresses freely his thoughts, emotions, and dreams as they come into their field of consciousness
- The analyst sits with the client in silence and tries to interpret the meaning of the client's more or less hidden mental content

psychoanalysis

- psychoanalysis is interested in exploration of the unconscious mind in order to cure.
- first developed by Sigmund Freud.
- **Psychoanalysis** is a set of psychological and psychotherapeutic theories and associated techniques.

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- The basic tenets of psychoanalysis include:
- a person's development is determined by often forgotten events in early childhood besides inherited traits
- human attitude, mannerism, experience, and thought is largely influenced by irrational drives that are rooted in the unconscious
- it is necessary to bypass psychological resistance in the form of defense mechanisms when bringing drives into awareness

psychoanalysis

- conflicts between the conscious and the unconscious, or with repressed material can materialize in the form of mental or emotional disturbances, for example: [neurosis](#), neurotic traits, [anxiety](#), [depression](#) etc.
- liberating the elements of the unconscious is achieved through bringing this material into the conscious mind (via e.g. skilled guidance, i.e. therapeutic intervention).

- Freudian psychoanalysis refers to a specific type of treatment in which the analytic patient verbally expresses his or her thoughts, including free associations, fantasies, and dreams.
- The analyst infers the unconscious conflicts causing the patient's symptoms and character problems, and interprets them for the patient to create insight for resolution of the problems.
- The analyst confronts and clarifies the patient's pathological defenses, wishes and guilt.

- Through the analysis of conflicts, including those contributing to resistance and those involving transference onto the analyst of distorted reactions, psychoanalytic treatment can hypothesize how patients unconsciously are their own worst enemies:
- how unconscious, symbolic reactions that have been stimulated by experience are causing symptoms.
- Freudian psychoanalysis relies on the concept that it is only after having a cathartic (e.g. healing) experience can a person be "cured" and aided

- **Free Associations Method** - This method replaced hypnosis in Freud's therapy. It consists in gathering the free associations provided by the patient during the cure. These associations points to the inner conflicts and repressed drives included in neurotic symptoms.
- **Interpretation of Freudian Slips and Mistakes** - This is a remarkable contribution of Freud to the exploration of the unconscious. For most of us the so-called "faulty acts" - as for instance lapses and slips of all kinds - have no contextual significance for our psychic life. Freud is the first scientist to detect the significance of slips and mistakes, starting from the premise, acknowledged in practice, of the determinism of all our psychic processes

- Dream interpretation in psychoanalysis is a tool aiding in the discovery of psychic contents - latent ideas linked with repressed emotions and drives - within the unconscious mind, contents pathologically manifest in neurotic symptoms

SIGMUND FREUD

The Interpretation of Dreams

THE FIRST OF THE GREAT WORKS OF PSYCHOANALYSIS
THE FOUNDATION

Translated by James Strachey
with the collaboration of Anna Freud
and the Hogarth Press
London and New York



- **Analysis/Interpretation of Symbols** - Symbols occur in dreams, fantasies, fairy tales and other such psychical and cultural products, and they may be interpreted in the same way as dreams. Freud claims that most of such symbols are sexual.