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- Freud was the founding father of psychoanalysis, a method for treating mental illness and also a theory which explains human behavior.
- Psychoanalysis is often known as the talking cure. Typically Freud would encourage his patients to talk freely (on his famous couch) regarding their symptoms and to describe exactly what was on their mind.

Unconscious mind

- Freud (1900, 1905) developed a [topographical model](#) of the mind, whereby he described the features of mind's structure and function. Freud used the analogy of an iceberg to describe the three levels of the mind.
- On the surface is consciousness, which consists of those thoughts that are the focus of our attention now, and this is seen as the tip of the iceberg.
- The preconscious consists of all which can be retrieved from memory. The third and most significant region is the unconscious. Here lie the processes that are the real cause of most behaviour.
- Like an iceberg, the most important part of the mind is the part you cannot see.

- The unconscious mind acts as a repository, a 'cauldron' of primitive wishes and impulse kept at bay and mediated by the preconscious area. For example, Freud (1915) found that some events and desires were often too frightening or painful for his patients to acknowledge, and believed such information was locked away in the unconscious mind. This happens through the process of [repression](#).



Id:

Instincts



Ego:

Reality



Superego:

Morality

- Freud (1923) later developed a more [structural model](#) of the mind comprising the entities id, ego and superego (what Freud called “the psychic apparatus”). These are not physical areas within the brain, but rather hypothetical conceptualizations of important mental functions.
- Freud assumed the id operated at an unconscious level according to the pleasure principle (gratification from satisfying basic instincts). The **id** comprises two kinds of biological instincts (or drives) which Freud called Eros and Thanatos.

- **Eros**, or life instinct, helps the individual to survive; it directs life-sustaining activities such as respiration, eating and sex (Freud, 1925).
- The energy created by the life instincts is known as **libido**.
- In contrast, **Thanatos** or death instinct, is viewed as a set of destructive forces present in all human beings (Freud, 1920).
- When this energy is directed outward onto others, it is expressed as aggression and violence. **Freud believed that Eros is stronger than Thanatos, thus enabling people to survive rather than self-destruct.**

Id

- Reservoir of psychic energy
- Threat of discomfort is discharged in two ways:
- Reflex action:-an inborn involuntary act that reduces tension immediately
- Primary process:- discharge tension by forming mental images for wish fulfilment
- Eg. dreams

ego

- The **ego** develops from the id during infancy. The ego's goal is to satisfy the demands of the id in a safe and socially acceptable way.
- In contrast to the id the ego follows **the reality principle as it operates in both the conscious and unconscious mind.**
- **Enables to differentiate between self and non-self /mental images and real objects**

- Reality principle operates on the basis of **secondary process**
- **The reality principle aims to prevent the discharge of tension until an object that is appropriate for the satisfaction of the need is discovered**
- **Secondary process is realistic thinking**
- **Ego makes a plan for satisfaction**
- **of the need**

ego

- **Ego- Executive of the personality**
- **Planning/ thinking**
- **Balances the demand of id & super ego**
- **Comparison with a man on the horseback of the id**
- **the Horse is stronger than the rider but rider controls it**
- **If not reined or checked ,it throws the rider to the ground**

superego

- The **superego** develops during early childhood (when the child identifies with the same sex parent) and is responsible for ensuring moral standards are followed.
- **The superego operates on the morality principle and motivates us to behave in a socially responsible and acceptable manner**
- **Traditional values/morals are acquired**
- **Internal moral judge**

Super ego

- 2 subsystems-
- The conscience:-Whatever the parents tell the child is wrong and punish him are incorporated into the conscience.
- Makes the individual feels guilty for bad action
- Ego ideal:-This incorporates whatever the parents approve and appreciate/reward
- Feeling of pride

- **Functions of Super ego:-**
- **1. inhibit the expression of the amoral social impulses of the id**
- **2. persuade the ego to in accordance with moral considerations rather than real ones**
- **3. strive for perfection**

- The basic dilemma of all human existence is that each element of the psychic apparatus makes demands upon us that are incompatible with the other two. Inner conflict is inevitable.
- For example, the superego can make a person feel guilty if rules are not followed.
- When there is conflict between the goals of the id and superego, the ego must act as a referee and mediate this conflict.
- The ego can deploy various [defense mechanisms](#) (Freud, 1894, 1
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Dynamics of personality

- Powerful innate forces motivates behvr
- Instincs-Triebe-drive
- Psychic determinism- all behavior is determined by psychic forces
- Identification- the diversion of energy from id to the ego and super ego
- Cathexis
- Anti cathexis

Mechanism	Description	Example
Repression	Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious.	During the Oedipus complex aggressive thoughts about the same sex parents are repressed
Denial	Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it.	For example, smokers may refuse to admit to themselves that smoking is bad for their health.
Projection	This involves individuals attributing their own unacceptable thoughts, feeling and motives to another person.	You might hate someone, but your superego tells you that such hatred is unacceptable. You can 'solve' the problem by believing that they hate you.
Displacement	Satisfying an impulse (e.g. aggression) with a substitute object.	Someone who is frustrated by his or her boss at work may go home and kick the dog,
Regression	This is a movement back in psychological time when one is faced with stress.	A child may begin to suck their thumb again or wet the bed when they need to spend some time in the hospital.
Sublimation	Satisfying an impulse (e.g. aggression) with a substitute object. In a socially acceptable way.	Sport is an example of putting our emotions (e.g. aggression) into something constructive.

Dream Analysis

- **Freud (1900) considered dreams to be the *royal road to the unconscious*** as it is in dreams that the ego's defenses are lowered so that some of the repressed material comes through to awareness, albeit in distorted form.
- Dreams perform important functions for the unconscious mind and serve as valuable clues to how the unconscious mind operates.

- Freud distinguished between the **manifest content** of a dream (what the dreamer remembers)
- the **latent content**, the symbolic meaning of the dream (i.e. the underlying wish).
- The manifest content is often based on the events of the day.
- The process whereby the underlying wish is translated into the manifest content is called **dream-work**.