

The Psychodynamic Perspective

Class notes

Review and polishing

Notes in red are review, those in black are new material which you should integrate into your current knowledge of the perspective.

One of the limitations of the cognitive model is that it does not explain the motivation of our behaviour. (Glassman).

Freud

- **Psychic Determinism**: all behaviour has a cause, and that cause is found in the mind.
- Mental constructs: **id, ego, superego**.
- Human behaviour is based on **biologically based innate drives**
- **Continuity of normal and abnormal behaviour**.
- **The unconscious**
- **The case study method** (clinical observations) - and its **limitations**.
- **Free association**
- **Catharsis**
- **Repression**
- **Manifest vs. latent content**
- **Wish fulfillment**
- **Little Hans**
- **Pleasure principle**
- *The Interpretation of Dreams*
- *Beyond the Pleasure Principle*
- *Civilization and its Discontents*
- **Overall pessimism of the perspective**

- *Anxiety: a negative emotional state associated with a threat to the self which arises when the ego is faced with an influx of stimuli which it cannot cope as a result of either external danger or demands of the id or superego.*
- Neurosis and psychosis
- The Reality principle
- Psychosexual development
- Oedipal/Elektra Conflict
- Castration anxiety
- Penis envy
- Defense mechanisms
- Identification
- Individuation
- Fixation
- Papapexes (verbal slippage).
- Study by Michael Motley (1985) - limitations of Freudian parapex theory.
- Projective tests (Rorshach, TAT)
- Assessment: falsifiability, construct validity, historical reconstruction, cross-cultural relevance, androcentrism.
- Eyseneck's: Spontaneous Remission
- Skinner's Explanatory fiction

Neo-Freudians

Two basic paths away from Freud

- I. Ego Psychology: promoted by Anna Freud. Emphasized mechanisms used by the ego to deal with the world. Erikson.
- II. Object Relations: focused on the relations between individuals and those to whom there are significant emotional ties. Attachment theory is a

central premise of this model. (Bowly, Harlowe, Ainsworth, Horney, Kohut).

Carl Jung

- Ego vs. persona
- Collective unconscious
- Archetypes: animus, anima, shadow
- Psychosynthesis
- Amplification
- Introversion vs. extroversion

Alfred Adler

- Inferiority complex vs. superiority complex
- Compensation
- Striving for superiority
- Birth order
- Style of life: unique for each person. A way of adapting and interacting which is an expression of the person's life history and goals.

Karen Horney

- Basic Anxiety
- Real vs. ideal self
- *Moving Toward People, Moving Against People, and Moving Away From People.*

Erik Erikson

- Psychosocial development
- Psychohistory

Erik Fromm

With freedom, according to Fromm, comes an overwhelming sense of aloneness and an inability to exert individual power. He argued that we use several different techniques to alleviate the anxiety associated with our perception of freedom, including automaton, conformity, authoritarianism, destructiveness, and individuation.

Automation: conforming with others to overcome anxiety associated with freedom.

Authoritarianism: Following an entity outside of the self and perceived greater than the self is the main feature of authoritarianism. As the individual feels alone and powerless, he gains strength from the belief that there is a greater power beyond himself.

Destructiveness: an attempt to destroy those we perceive as having the power. Because of our desire for power, we may feel that this finite resource must be taken from those who possess it. There are many ways to attempt this destruction, including the alignment with hate groups, religious extremism, or even patriotism. While our actions are often antisocial, cruel, and misguided, we rationalize them by claiming a sense of duty, a god given order, or the love of country.

Individuation: He argued that true power comes from individuality and freedom and doing what you want to do rather than what you are suppose to do is the only way to achieve individuation; the ability to be yourself and embrace the power associated with true freedom.