



“I have no desire at all to leave psychology hanging in the air with no organic basis. But, beyond a feeling of conviction [that there must be such a basis], I have nothing, either theoretical or therapeutic, to work on, and so I must behave as if I were confronted by psychological factors only.

-Freud, Sept 22, 1898

Freud: The Man

- Born in 1856 in Moravia to an impoverished, Jewish trader.
- Freud had lifelong anxiety about money.
- Freud always saw himself as an outsider because of his Jewish heritage.
- Law and Medicine were the two professions open to Jews. Freud chose to study medicine.
- He specialized in Neuroscience and wanted an academic research position, but chose instead to go into practice.

Freud: The Man

- Opened a practice and married Martha Bernays.
- Began treating woman with hysteria as if the disorder were neurological (using “electrotherapy”).
- “Seduction Hypothesis”: Freud first believed the women’s problems were the result of sexual molestation.
- This was rejected by the intellectual community and Freud began to formulate his theory on childhood sexuality.

Structures of the Personality

- Id
 - original aspect of personality
 - consists of unconscious sexual and aggressive instincts.
 - Libido
 - Operates according to the Pleasure Principle
 - amoral and unconcerned with the niceties and conventions of society.

Structures of the Personality

- Superego
 - describes the individual's internalization of societal values.
 - conscience - punitive aspect of the superego; violation of the conscience makes the person feel guilty or ashamed.
 - ego-ideal - positive aspect of the superego, comprising the standards of perfection taught to the child by the parents

Structures of the Personality

- Ego
 - formed to provide realistic direction for the person's impulses.
 - Mediator
 - Reality Principle
 - Uses defense mechanisms to reduce anxiety

Defense Mechanisms

- rationalization:
 - use of plausible, but inaccurate excuses to relieve anxiety.
- reaction formation:
 - conversion of an unacceptable impulse into its opposite.
- compromise formation:
 - use of contradictory behaviors to attain some satisfaction of an undesirable impulse.
- displacement :
 - unconscious attempt to obtain gratification for id impulses by shifting them to substitute objects.

Defense Mechanisms

- denial:
 - a person's refusal to perceive an unpleasant event in external reality.
- suppression:
 - the individual's active and conscious attempt to stop anxiety - provoking thoughts by simply not thinking about them.
- undoing:
 - way of making amends for a socially unacceptable act by performing a socially acceptable act that nullifies the misdeed.

Defense Mechanisms

- intellectualization
 - isolating thoughts about painful events from their feelings about them.
- projection
 - attribution of undesirable, personal characteristics to others to ward off anxiety.
- regression :
 - person reverts to infantile behavior to reduce distress.

Defense Mechanisms

- repression:
 - unpleasant memories are situated in the unconscious to keep them from reaching consciousness and causing pain.
- sublimation:
 - form of displacement in which a socially acceptable goal replaces one that is unacceptable.

Theory of Psychosexual Development

- Oral stage - primary gratifications center around the mouth.
 - oral aggressive - an individual who becomes fixated because of under indulgence during feeding.
 - oral aggressive character - as an adult, this person is characterized by envy, manipulation of others, and suspiciousness.
 - oral receptive - an individual who becomes fixated because of overindulgence during feeding.
 - oral receptive character - as an adult, this person is characterized by gullibility, admiration for others, and excessive dependence.

Theory of Psychosexual Development

- Anal stage - primary gratification centers around the anal cavity.
 - anal retentive character - an individual who becomes fixated because of overly harsh toilet training
 - obstinate, stingy, excessively orderly
 - anal expulsive character - an individual who becomes fixated because of too relaxed toilet training
 - messy, disorganized, resist authority figures

Theory of Psychosexual Development

- Phallic stage - main gratifications are derived from manipulation of the genitals.
 - Males:
 - Oedipal complex
 - Castration Anxiety
 - Phallic character: Fixation leads to vanity and egotism, needs to prove continually his sexual adequacy.
 - Females:
 - Penis Envy
 - “Castrating females”

Theory of Psychosexual Development

- Latency stage:
 - period during which libidinal energy lies dormant
- Genital stage:
 - an attempt is made to conduct a mature love relationship with a member of the opposite sex.
 - genital character - a mature, healthy individual who is sexually developed and capable of relating to members of the other sex.

Evaluative Comments

- Comprehensiveness –
 - highly comprehensive theory; extremely broad scope.
- Precision and Testability –
 - not very precise and very difficult to test adequately.
- Parsimony –
 - too simplistic and reductionistic

Evaluative Comments

- Empirical Validity
 - support for the theory is mixed
- Heuristic Value
 - very high; has generated and, in some quarters, continues to generate new theorizing and research.
- Applied Value
 - has very high applied value; used by investigators in many disciplines to understand personal development in the family.