

UNIVERSITY OF PESHAWAR
DEPARTMENT OF SOCIAL WOK
PhD SCHOLARS IN SOCIAL WORK – SPRING SEMESTER 2020
SW 902 “PSYCHOANALYSIS THEORY AND PRACTICE”
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LECTUER # 1

PSYCHO-ANAYISIS: ITS DEFINITION AND EXPLANATION

30th MARCH 2020

1. In this lesson, we will focus on the definition and explanation of psycho-analysis.
 2. When you get to the end of the lesson, you can test your knowledge with a quiz
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GENERAL DISCUSSION:

- Human life is full of opportunities and Challenges and they face these throughout their life
- Human beings are blessed with resources--- material and non-material
- Human beings utilize these resources to fulfill their needs within their life span
- Throughout this life span human beings do have and experience the feelings of joy, happiness, sorrows, worries, tensions, stresses
- These feelings create the situation which affects the person and makes them depressed, building up the thoughts of being worthless and start living a meaningless life.

PSYCHO-ANALYSIS--- is the combination of two word:

PSYCHO---- Meaning ---- MIND

ANALYSIS---Meaning----INTERPRETATION—ASSESSMENT

Psychoanalysis is a procedure to find out the functioning of the mind of person, his/ her thoughts in the form of behavior disorders due to the conditions they are living in.

DEFINITIONS OF PSYCHOANALYSIS

- It is a systematic structure of theories concerning the relation of conscious and unconscious psychological processes
- Psychoanalysis is the treatment of someone who has mentalproblems by asking them about their feelings and theirpast in order to try to discover what may be causing their condition

- Psychoanalysis is a method of studying the mind and treating psychiatric and emotional disorders based on revealing and investigating the role of the unconscious mind
- It is the treatment of someone who has mental problems by asking them about their feelings and their past in order to try to discover what may be causing their condition

HISTORY OF PSYCHOANALYSIS

Sigmund Freud, introduced psychoanalysis in the late 19th century. **Psychoanalysis** is the branch of psychology that focuses on treating mental disorders by recognizing the relationships between the conscious mind and the unconscious mind.

To fully understand psychoanalysis, you must have a firm grasp of the conscious and the unconscious. The **conscious mind** holds what you are currently aware of, including accessible memories, thoughts, and perceptions. Conversely, the **unconscious mind** contains what the conscious is not aware of, including suppressed desires or emotions and instincts - it is the source of our motivations, most of which, Freud believed, are sexual in nature.

There is also **preconscious**, which holds those thoughts and emotions that are not repressed and are not currently in the conscious, though they are readily available. Freud's theory eventually developed into a three-part system that holds that the human psyche is comprised of:

- **Ego** - lies at the visible surface of your personality - what you show to society. It develops with life experience.
- **Id** - hidden in your unconscious and is driven by the 'pleasure principle' - the demand to fulfill your biological needs immediately.
- **Superego** - also hidden in your unconscious, is made up of the conscience (which helps us distinguish right from wrong) and the ego-ideal (which contains the ideal view of yourself).

POINT TO PONDER

1. Why people have problems in life?
2. How these affect human life?
3. How can people be helped out of stress?

NOTE:

SCHOLARS ARE ADVISED TO WRITE ONE PAGE REFERRING TO THESE POINTS ON THE BASIS OF WHAT THEY HAVE READ IN THE LECTURE.

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