

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 # 2
HISTORY OF PSYCHO-ANALYSIS
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1. In this lesson, we will focus on the History of psycho-analysis.
 2. When you get to the end of the lesson, you can test your knowledge by writing one page on what you have learnt (in your own words)
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INFORMATION ABOUT SIGMOND FREUD:

- Freud was born in 1856.
- He enrolled at the medical school at the University of Vienna in 1873.
- He concentrated initially on biology, doing research in physiology for six years under the great German scientist and thereafter specializing in neurology.
- He received his medical degree in 1881
- In 1885-86, Freud spent the greater part of a year in Paris, where he was deeply impressed by the work of the French neurologist Jean Charcot who was at that time using hypnotism to treat hysteria and other abnormal mental conditions.
- Freud got married in 1886. Freud had six children—the youngest of whom, Anna, also became a psychoanalyst
- Freud set up a private practice in the treatment of psychological disorders, which gave him much of the clinical material that he based his theories and pioneering techniques on Psycho-analysis.

FREUD'S PROFESSIONAL CARRIER AS FOUNDER OF PSYCHOANALYST:

- Freud continued to work alone to develop and refine the theory and practice of psychoanalysis.
- In 1900, he published *The Interpretation of Dreams*, which is generally regarded as his greatest work.
- This was followed in 1901 by *The Psychopathology of Everyday Life*.
- In 1905 by *Three Essays on the Theory of Sexuality*.
- Freud's psychoanalytic theory was initially not well received—when its existence was acknowledged at all it was usually by people who were, as Breuer had foreseen, scandalized by the emphasis placed on sexuality by Freud

- The first International Psychoanalytical Congress was held in 1908 and Freud's importance began to be generally recognized.
- In 1909, Freud was invited to give a course of lectures in the United States, which were to form the basis of his 1916 book *Five Lectures on Psycho-Analysis*.
- From this point on Freud's reputation and fame grew enormously, and he continued to write prolifically until his death, producing in all more than twenty volumes of theoretical works and clinical studies.
- He critically revised his views and making fundamental alterations to his most basic principles when he considered that the scientific evidence demanded it—this was most clearly evidenced by his advancement of a completely new tripartite (*id*, *ego*, and *super-ego*) model of the mind in his 1923 work *The Ego and the Id*.
- Freud formulated and developed the idea that many neuroses (phobias, hysterical paralysis and pains, some forms of paranoia, and so forth) had their origins in deeply traumatic experiences which had occurred in the patient's past but which were now forgotten—hidden from consciousness.
- The treatment was to enable the patient to recall the experience to consciousness, to confront it in a deep way both intellectually and emotionally, and in thus discharging it, to remove the underlying psychological causes of the neurotic symptoms.
- Sigmund Freud, the father of psychoanalysis, was a physiologist, medical doctor, psychologist and influential thinker of the early twentieth century
- Freud proposed that much of what humans feel, think, and do is outside awareness, self-defensive in its motivations, and unconsciously determined.
- Freud also followed Plato in his account of the nature of mental health or psychological well-being, which he saw as the establishment of a harmonious relationship between the three elements which constitute the mind
- It also reflects conflicts grounded in early childhood that plays out in complex patterns of seemingly paradoxical behaviors and symptoms.

- Freud view point is that the mind possesses a number of ‘defense mechanisms’ to attempt to prevent conflicts from becoming too acute, which are:
 1. *Repression* (pushing conflicts back into the unconscious)
 2. *Sublimation* (channeling the sexual drives into the achievement socially acceptable goals, in art, science, poetry, and so forth)
 3. *Fixation* (the failure to progress beyond one of the developmental stages)
 4. *Regression* (a return to the behavior characteristic of one of the stages).
- After a life of remarkable vigor and creative productivity, he died of cancer while living in England in 1939

FREUD’S ACHIEVEMENTS:

Psychoanalysis may be conveniently introduced in terms of three achievements by Freud:

- A) Psychoanalysis as a method
- B) Psychoanalysis as a theory of Neurosis
- C) Psychoanalysis as a theory of Normal Mind

A) PSYCHOANALYSIS AS A METHOD:

- It is a method of determining the general pattern or structure of personality
- As a method attempt is made to elucidate repressed and unconscious mental impulses in a patient

- Let the patient speak it out, freely and fully as possible by encouraging him/her to say whatever comes to mind
- If it is handled successfully then it leads to Emotional Catharsis which gives relief from guilt and anxiety
- Free Association in Psychoanalysis helps the client in recalling some incidence or desire of his/ her earlier life experiences which had been crucial in producing illness
- During Free Association, the client experience s resistance in recalling process
- The Analyst assist the client in recalling the things and eventually they speak the repressed desires or incidents
- It is the procedure of long sessions
- Hence the focus is on Resistance and Transference – To increase the insight of the client

B) PSYCHOANALYSIS AS A THEORY OF NEUROSIS:

In this two theories are closely connected, which are :

1. Psycho-pathological symptoms formation
2. Psycho-sexual development of personality

PSYCHO-PATHOLOGICAL SYMPTOMS:

- These are in the form of slip of pen, slip of tongue, mishearing, mislaying, forgetting a familiar name
- These conditions seem to an accident on the psychological side even if the physiological explanation has been found

- Analysis of each individual's slips will disclose a particular motive at work

PSYCHO-SEXUAL DEVELOPMENT OF PERSONALITY:

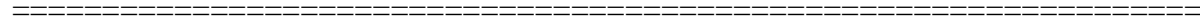
- Personality is defined as a unique perceptions and motivation which characterizes a specific individual
- Personality is expressed through facial expressions, gestures and Complexity of habits
- Early foundation of personality is ascribed to motives and emotions
- The Social aspects of personality includes habitual ways of interacting with other people
- The most stimulating and comprehensive theory of personality development was proposed by Sigmund Freud
- Freud showed that child goes through complete series of stages in quest of pleasure (satisfaction of motives)
- Freud treats personality development as an inevitable progress through certain stages, regardless to the importance of environment

C) PSYCHO-ANALYSIS AS A THEORY OF NORMAL MIND:

In this theory Psycho-analysis is based upon crucial assumptions :

- Normal and abnormal functioning stand in a continuous relationship to one another
- Basic principles of Normal and Neurotic mental functioning are held to be identical

- It helps to understand one's thinking process



POINTS TO PONDER:

- (a) Freud's Psychoanalysis theory is a scientific one
- (b) Psychoanalysis is a treatment for neurotic illnesses.

NOTE:

AFTER GOING THROUGH THE LECTURE, WRITE ONE PAGE ON WHAT YOU HAVE LEARNT.