

Sigmund Freud (1856-1939)

Mentored By

Josef Breuer

- A close friend, mentor and collaborator of Sigmund. Pioneered experimental treatment of Anna O.
- Contributed the concept and method of **catharsis** to cure symptoms - lead to psychoanalysis

Reading Darwin inspired him to learn medicine

Influences

Jean-Martin Charcot

- *Lyell argued that earth has undergone geological changes*
- Darwin argued that biological changes also occurred.
- "father of French neurology and one of the world's pioneers of neurology" who specialized in hypnosis
- Freud learnt hypnosis from Charcot hoping to learn about unconscious to solve hysteria
- Freud later turned away from hypnosis as a potential cure for mental illness, instead favouring free association and dream analysis.
- This came to be known as the "talking cure" and its goal was to locate and release powerful emotional energy that had initially been rejected or imprisoned in the unconscious mind.
- Charcot insisted cause of hysteria was strictly physical though Freud thought otherwise

Wilhelm Fliess

- One of the few willing to listen to Freud
- All humans are born bisexual but through psychological development become **monosexual** while the bisexuality remains in a **latent** state.

Personal History

Jew - prevented from acquiring university position and began private practice at home

Medically trained, intended to become medical scientist. Specialized in neurology.

Viennese - sexual repression of the society at his time may have led to emphasis on sexuality as cause for individual dysfunction

Worked in isolation - reacted with defiance to hostile reception to his theories. Felt he was leading a crusade against conventions

Armchair theorist - non-empirical (based on personal experiences), qualitative, inductive

Believes society is the cause of his sick patients but did not suggest or think how society may improve (contrast with Chicago School) but sought to cure his patients individually

Careful listener - most important attribute in his psychoanalytic theory

Believe adult hysteria is caused by child sexual abuse

Fell out with most of his followers

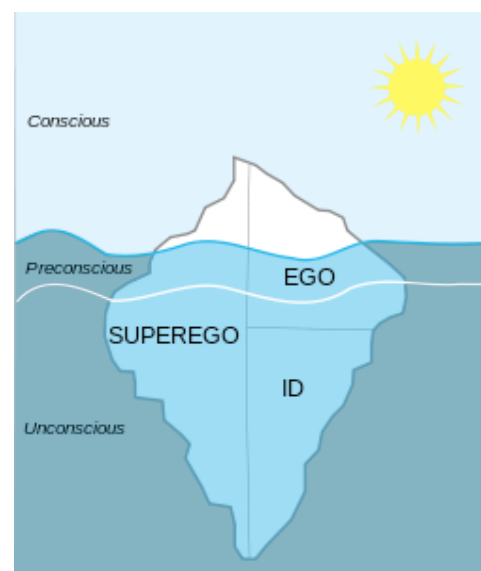
Methods of Analysis

- Hypnosis - became dissatisfied when it removed symptoms but did not cure
- Talking cure (catharsis) - purging of an individual strong emotions through vicarious means. Seen as useful release for built-up emotions, prevent from "boiling over". Symptoms removed when patient recalled forgotten, unpleasant events from subconscious
- Case study through indepth interviews - few but detailed
- Free association - letting them say what they want, hoping to learn about traumatic events that were repressed into subconscious. Encouraging and non judgmental
- Dream analysis - began by keeping his own dream diary. Dreams as a fulfillment of wishes. Vicarious expression of a repressed, unacceptable and usually sexual wish
- Analysis of jokes - insight into fears and ideas
- Analysis of parapraxis - Revealing one's true intentions, not merely accidental
- Self-analysis - Reserved last half hour of every workday analysing his own thoughts, dreams and memories. This resulted in several components of his theory, including dream analysis. Dealt with his own neurosis with the death of his father (Dream analysis)
- Transference - Psychoanalyst takes over features of another person (a form of temporary identification). Thought to be necessary before a patient could be cured as it helped them work out their troubled personal relationships of the past. Part of process of recovering from neurosis

Key Theories

I. Tripartite Model of Personality

- Id
 - a) Direct opposition to superego
 - b) Subconscious part of the brain:
 - Contains libido: basic drives and instincts, pleasures, desires
- Ego
 - a) Mediates between id and superego, and the external world
 - b) Role to find balance between primitive drives (id) and morals and reality(superego)



- ★ Allows some of id's desires to be expressed, provided consequences are marginal
- ★ Uses defensive mechanism(e.g.denial, regression, repression, sublimation) against 'punishments' from superego

- c) Main concern with individual's safety
- Superego
 - a) Direct opposition to id
 - b) Conscious part of the brain:
 - (1) Acts as conscience, sense of morality, prohibition of taboos
 - c) Suppresses primitive desires of id
- Healthy functioning determined to a great extent by resolutions of conflict between id-superego

2. Wish Fulfillment

*** (built on by **William Schramm** as to why people used mass media for news or entertainment)*

- Pleasure Principle - dominates unconscious, made up of wishes and desire of mainly sexual nature (like id) Which can be destructive to individual as they are usually uncivilized
- Reality principle - operates mainly at conscious level. Logical, organized ideas. Many assist the individual in reaching goals of pleasure principle
- Eros and thanatos as competing drives (sex and death) Behaviour may represent a compromise

3. Stages of Personality Development

- ★ Three pregenital stages, each inhibited by certain event
 - a) Oral:sucking and eating vs eruption of teeth
 - b) Anal: elimination of waste vs toilet training
 - c) Phallic:sexual organs vs inhibition by adult society
- ★ Prolonged latency period: sexual desires seem to disappear
- ★ Adolescent period: Pregenital impulse reactivated
- ★ Genital stage of maturity: Heterosexual behaviour typically begins

4. Defence Mechanisms

- Repression: pushing bad experiences into subconscious
- Sublimation: conversion of bad experiences to something else
- Fixation: staying fixed at a stage of development
- Regression: moving backwards in stage of development

5. Mind in conflict as a source of neuroses

Impact

1. Popularised and receptive in America
 - After his lectures at Clark University in 1909
 - WWI gave boost to psychoanalysis as means of treating servicemen
 - Rise of Hitler and migration of European psychoanalysts to America
2. Early American sociologists borrowed Freudian concepts
 - inferiority complex, repression, sublimation, transference and **wish fulfillment**
 - they rejected his research methods, preferring quantitative survey interviews
3. Individualistic thought inspired other individual level communication
 - Festinger's cognitive dissonance
 - Hovland persuasion studies
4. Combined with Marxist theory to give Critical School
 - Adorno's study on prejudice in *The Authoritarian Personality* uses psychoanalytic theory, though investigated with means of quantitative psychology

Issues

1. **American Psychology** (Wilhem Wundt) vs *Psychoanalysis*
 - Method-centred (in laboratory studies using scientific method) vs problem-centred (fixing neurosis)
 - **Quantitative** vs *qualitative* - influenced by natural sciences, psychology was eager to gain acceptance as academic discipline
 - Psychoanalysis draws on childhood events to explain adult neurosis
 - Uses normal adults (centre of bell curve) vs clinical population (ends of curve, neurotic patients)
2. Criticism
 - Qualitative data which are small in number: Published only 6 detailed case histories, of which 2 discontinued treatment after a few months
 - Considered non-scientific by contemporary standards: did not use diagnostic test or any quantitative methods
 - Did not take notes while patients talked, data consisted of what he remembered
 - Hypothesis not tested but induction and interpretation used
 - Freud's demonstration of psychoanalysis were largely unsuccessful: patients did not recover fully
 - Lack firm scientific evidence
 - Wrong and dangerous: diagnosed pregnant woman as hysterical; fail to recognize symptoms

3. Opposition (Palo Alto Group)

- Founded by Gregory Bateson: anthropological orientation. Interest in culture and social context, more than individual
- Influenced by
 - Wiener Cybernetics (feedback)
 - Systems theory: cannot study individual component like natural sciences
 - Whole is greater than sum of parts
- Interactionist communication
 - vs intrapsychic Freudian models
 - Focuses on individual's communication relationships with others as means of understanding individual's behaviour
 - Studies network of r/s between a focal individual and other individuals
 - Almost a social movement
- Shift in focus from internal dynamics to social networks
- "One cannot not communicate" intentional or not
- Rejected Freudian thinking: did not believe unconscious should be made conscious. Argues it is continually manifested in communication, need to go further than behavioural data to comprehend
- Schizophrenia due to inability to metacommunicate
 - Inability to negotiate a doublebind situation. Need ability to rise to higher level of abstraction to reframe paradox

Freud's research influenced:

1. Lasswell's attempt to relate psychoanalysis to political science
2. Clark Hull's behaviour theory borrowed concepts such as frustration, aggression, regression and repression
3. Hovland's persuasion studies through mentor Hull