

Lecture 14: The Rise and Fall of Psychoanalytic Theory

I. INTRODUCTION

A. Introduction

- The rise and fall of Psychoanalytic theory may be the most complicated of them all.
 - The story involves some serious *scientific, socio-cultural, and interpersonal* concerns.
 - The story covers approximately 70 years, two world wars, and multiple continents.
 - The scientific story addresses the implosion of a theory which became untestable.
 - A VERY Popperian story.
 - Psychoanalysis has become a theory for Humanities (e.g., literary criticism) rather than Sciences.

I. INTRODUCTION

A. Introduction

- The socio-cultural concerns involves the impact of psychoanalytic ideas on the culture
 - Freud's theory was picked up in art (novels and movies) and in popular culture which popularized the ideas in the 40s and 50s.
 - But like other fads, it quickly lost its status.
 - The interpersonal concerns involves the range of positive and negative relations
 - There is the loyalty and trust of a father and her daughter and the tension and conflict between a competitive teacher and his students.

I. INTRODUCTION

B. Rise and Fall of Psychoanalytic Theory

- As we will see, psychoanalytic theory had a quick rise.
 - Freud had made a name for himself in Vienna for his work on hysteria
 - He also become know for his trip to Clark University.
- The psychoanalytic movement quickly moved in a number of directions
 - Students moved theory in different directions
 - Ego Psychology (Anna Freud & Horney), Jungian symbolism and Adlerian social relations.

I. INTRODUCTION

B. Rise and Fall of Psychoanalytic Theory

- At its height, the theory of a psychodynamic unconscious was an important contribution
 - It was not addressed by structuralism or functionalism.
 - However, it was not completely unique to psychoanalysis either.
 - It took clinical work to make psychology come to realize the importance of the unconscious.
 - A cognitive unconscious (stripped of its dynamic assumptions) remains a significant theoretical concept.
 - Its downfall is largely due to its untestability and lack of practical utility.

I. INTRODUCTION

C. Antecedents of Psychoanalytic Theory

- Components of theory previously existed.
 - Book makes case that the theory's components of already existed.
 - I am doubtful, as Freud ideas would have still been seen as revolutionary.
 - Notions of unconscious, childhood sexuality, repression, dream analysis seemed very foreign in turn of the century Vienna
 - It was a time of important shifts in ideas in Art, Philosophy, etc.
 - All no doubt contributed to Freud, but Freud put these ideas together in novel ways.

I. INTRODUCTION

C. Antecedents of Psychoanalytic Theory

- Philosophical
 - Leibniz, Goethe, and Herbart
 - Leibniz's monadology proposed levels of awareness from clear to unaware.
 - Goethe (a favorite writer of Freud's) described human existence as consisting of a constant struggle between conflicting emotions and tendencies.
 - Herbart suggested a threshold above which an idea is conscious and below which an idea is unconscious.
 - Schopenhauer and Nietzsche
 - Schopenhauer believed that humans were governed more by irrational desires than by reason.

I. INTRODUCTION

C. Antecedents of Psychoanalytic Theory

- Schopenhauer and Nietzsche
 - He also anticipated Freud's concepts of repression and sublimation.
 - Nietzsche also saw humans as engaged in a perpetual battle between the irrational and the rational.
- Physiological
 - Freud borrowed from Fechner and Helmholtz
 - Fechner's concept of the iceberg to explain consciousness and unconsciousness.
 - Helmholtz's concept of the conservation of energy within humans influenced Freud to postulate a use of psychic energy to be distributed in various ways.

I. INTRODUCTION

C. Antecedents of Psychoanalytic Theory

- Social
 - Turn of the Century Vienna (1890 to 1918) recognized as a unique historico-cultural nexus.
 - Many of the fundamental intellectual and artistic impulses that shaped the modern West emerged from the Vienna at this time
 - In architecture, there was the development of the Modernist movement,
 - Architectural work would culminate in later German *Bauhaus*, whose goal was to liberate architecture from a concern with style.

I. INTRODUCTION

C. Antecedents of Psychoanalytic Theory

- Social
 - In Art there were important new movements.
 - In painting, the Viennese Secessionist school produced, in the works of Gustav Klimt, Egon Schiele, and Oskar Kokoschka, radical departures from artistic tradition in its unabashed exploration of erotic themes.
 - The obsession with the dynamics and the power of sexuality also informed the ideas of Freud
 - Revolutionary impulses emerged in music
 - The twelve-tone system was conceived by Arnold Schönberg and developed further by his students Alban Berg and Anton von Webern.

I. INTRODUCTION

C. Antecedents of Psychoanalytic Theory

- Social
 - In the realm of philosophy, turn-of-the-century Vienna was a rich tapestry of ideas.
 - The father of the Vienna Circle Ernst Mach, was articulating an antimetaphysical "sensualism"
 - Rudolf Carnap was developing logical positivism
 - A young Ludwig Wittgenstein was writing works central to the founding of socio-cultural view.
 - The phenomenology of Franz Brentano was being formulated.
 - The Austrian school of economics was also born, including works of Menger, Wieser, and Boehm-Bawerk.

II. FREUD

A. Introduction

- Sigmund Freud (1856-1939)
 - Freud best known for theories of the unconscious mind, defense mechanisms, and the practice of psychoanalysis
 - Also known for
 - defining sexual desire as the primary motivational energy of human life.
 - The therapeutic techniques of free association, transference, and the interpretation of dreams as sources of insight into unconscious desires.



II. FREUD

A. Introduction

- Sigmund Freud
 - Started medical school in 1873, and worked with Ernst Brücke.
 - In 1874, Brücke proposed *psychodynamics* in coordination with Helmholtz, one of the formulators of the first law of thermodynamics.
 - They supposed that all living organisms are energy-systems governed by the conservation of energy.
 - Freud adopted this dynamic physiology as the starting point of dynamic psychology of the mind and its relation to the unconscious.



II. FREUD

A. Introduction

- Sigmund Freud
 - In 1880, Josef Breuer worked with Anna O. and involved Freud.
 - Using hypnosis, Breuer found that discovering the origin of physical symptoms (typically traumatic experiences) resulted in symptom relief.
 - He called this “cathartic method.”
 - The phenomena which were to be called transference and countertransference, were also observed during this case.
 - Central in psychoanalytic theory



II. FREUD

A. Introduction

- Sigmund Freud
 - Freud studied with Jean-Martin Charcot (1825-1886)
 - An eminent neurologist and physician who treated hysteria with hypnosis, assuming a psychological cause.
 - Development of Free Association:
 - Hypnosis was ineffective in several cases so Freud found another method.
 - Encouraging patients to speak freely about whatever comes to mind worked just as well as hypnosis to uncover memories once you can get past the resistance displayed by the patient.



II. FREUD

B. Hysteria

- Studies in Hysteria published in 1895.
 - Book provides a number of the basic ideas of psychoanalysis.
 - Symptoms of Hysteria
 - Can be symbolic representations of underlying traumatic experiences or conflicts, which are repressed
 - The repressed experiences or conflicts do not go away.
 - Free association seen as the most effective way to make repressed material conscious.



II. FREUD

B. Hysteria

- Unconscious Motivation
 - Freud emphasized the role of sex in unconscious motivation.
- Role of sexual attack in Hysteria (The Seduction Theory)
 - From his work with patients with hysteria.
 - He concluded that sexual attack (seduction) was the basis of hysteria.
- Seduction Theory criticized and he later abandoned the idea.
 - Remains debates about these events!



II. FREUD

C. Analysis of Dreams

- Publishes the Interpretation of Dreams in 1900.
 - Manifest Content
 - What the dream is apparently about
 - Description of the dream
 - Latent Content
 - What the dream is really about
 - The interpretation; what it symbolizes
 - Wish Fulfillment
 - Dreams are symbolic expressions of wishes that dreamers could not satisfy without experiencing anxiety.



II. FREUD

C. Analysis of Dreams

- Dream Work
 - To analyze dreams properly, one must be trained to understand dream work which disguises the wish actually being expressed in the dream.
 - Includes condensation (one element of a dream symbolizes several things in waking life) and displacement (where one dreams about something symbolically similar to an anxiety-provoking event).



II. FREUD

C. Analysis of Dreams

- Oedipus Complex
 - Through Freud's own dream analysis, he confirmed his belief that young males tend to love their mothers and hate their fathers.
 - From this, infantile sexuality became an important ingredient in his general theory of unconscious motivation.
 - Updated the Seduction Theory which assumed there was actual sexual abuse of children by parents.



II. FREUD

D. The Psychopathology of Everyday Life

- Publishes *Psychopathology of Everyday Life* in 1901.
- Parapraxes are relatively minor errors in everyday living
 - Slips of the tongue, forgetting things, losing things, small accidents, and mistakes in writing.
- Humor expresses unacceptable sexual and aggressive tendencies.
 - Although motivated, behavior is usually unconscious and over-determined (more than one cause).



II. FREUD

E. Basic Concepts

- Some critical concepts
 - Early theory
 - Id, Ego and Superego emerged from conscious, unconscious, and preconscious processes.
 - Structure of mind
 - Id, Ego and Superego are structures which develop and function to regulate behavior.
 - Life and Death Instincts
 - Life instincts (eros) includes sex, hunger, and thirst; Death instincts (thanatos) suicide and aggression



II. FREUD

E. Basic Concepts

- Some critical concepts
 - Anxiety
 - Ego deals with anxiety from id (neurotic) and superego (moral)
 - Ego Defenses
 - Repression, displacement, projection, identification, and others
 - Psychosexual Stages
 - At different ages, different erogenous zones.
 - Experiences at the stage could result in the person becoming fixated and affects adult personality.



II. FREUD

F. The Nature of Human Nature

- Critiques and concerns
 - No controlled experimentation
 - Only methodology available was suspect.
 - Definition of Terms
 - Not clear, not quantifiable, and certainly not consistently interpreted.
 - Dogmatism
 - No toleration for conflicting ideas
 - Overemphasis on sex
 - Issues which drove followers away.



II. FREUD

G. Critique

- Freud's view of human nature
 - Freud was basically pessimistic about human nature.
 - To live rational lives involves understanding the workings of our mind and come to grips with the repressed forces that motivate us
 - The basis of religion is the feeling of helplessness and insecurity
 - To overcome this, we create a powerful father figure, which is symbolized in the concept of God.



II. FREUD

G. Critiques and Concerns

- Critiques and concerns
 - Self-fulfilling prophesy
 - Freud found what he was looking for because he was looking for it
 - Length, cost, and limited effectiveness of psychoanalysis
 - Takes too long and too costly for common people and it may not work anyway
 - Lack of falsifiability
 - A good theory must have this characteristic



II. FREUD

H. Contributions

- Contributions
 - Expansion of psychology's domain
 - Every personality theory since is a reaction to some aspect of the theory
 - Psychoanalysis
 - Created a new, unique way to deal with mental disorders
 - Understanding of normal behavior
 - Provided information about normal behavior as well as abnormal behavior



II. FREUD

H. Contributions

- Contributions
 - Connects childhood and adult functioning.
 - Fixation of developmental results in individual differences in adult behavior.
 - Generalization of psychology to other fields
 - Expanded psychology's relevance to all sectors of human existence



III. EARLY ALTERNATIVES TO FREUD

A. Child Analysis

- Melanie Klein (1882 - 1960)
Anna Freud (1895 – 1982)
- Two early psychoanalysts who had a conflict regarding child analysis.
 - Klein focused on pre-Oedipal development.
 - She looked at play as an expression of unconscious conflict
 - Generally the founder of Play therapy
 - Freud's views would be the ones that generally prevailed.



Anna Freud

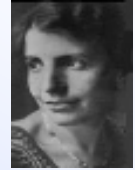


Melanie Klein

III. EARLY ALTERNATIVES TO FREUD

B. Anna Freud

- Anna Freud
 - Significant differences between analyzing children and adults
 - These differences caused Anna to emphasize the ego more in child analysis than when treating adults.
 - The difference is that children do not recall early traumatic experiences as adults do but display developmental experiences as they occur.
 - Anna coined *Developmental Lines* to describe transition from dependence on external controls to mastery of internal and external reality.



Anna Freud

III. EARLY ALTERNATIVES TO FREUD

B. Anna Freud

- Anna Freud
 - The lines are children's adaptation to situational, interpersonal, or personal demands (ego psychology)
 - The lines describe normal development and include transition from:
 - Dependency to emotional self-reliance
 - Sucking to rational eating
 - Wetting/soiling to bladder/bowel control
 - Irresponsibility to responsibility in body management;
 - Egocentricity to companionship
 - Play to work

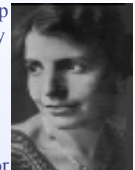


Anna Freud

III. EARLY ALTERNATIVES TO FREUD

B. Anna Freud

- Anna Freud
 - Two new defense mechanisms
 - Altruistic surrender : A person gives up own ambitions and lives vicariously by identifying with another person's satisfactions and frustrations.
 - Identification with the aggressor ; A person adopts the values and mannerisms of a feared person as his or her own.
 - For Anna this is the mechanism that explains the development of the superego.



Anna Freud

III. EARLY ALTERNATIVES TO FREUD

C. Carl Jung

- Carl Jung (1875 - 1961)
 - Main disagreement between Jung and Freud was the libido.
 - Freud, libido was sexual energy and was the driving force of personality.
 - To Jung libidinal energy was a creative and could be applied to the individual's continuous psychological growth
 - Ego was the mechanism by which we interact with the environment
 - Concerned with thinking, problem solving, remembering and perceiving.



III. EARLY ALTERNATIVES TO FREUD

C. Carl Jung

- Carl Jung
 - The Collective Unconscious and the Archetypes
 - Jung's most mystical and controversial concept
 - Distinguished from personal unconscious and reflects the cumulative experiences of humans throughout their entire evolutionary past (Lamarckian)
 - Registers common experiences that humans have had through the eons.
 - They are inherited as predispositions to respond emotionally to certain categories of experience.



III. EARLY ALTERNATIVES TO FREUD

C. Carl Jung

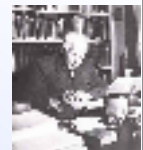
- Carl Jung
 - Jung described two major psychological attitudes that people take in relating to the world:
 - Introversion
 - The tendency to be quiet, imaginative, and more interested in ideas than in personal interaction.
 - Extroversion
 - The tendency to be outgoing and sociable
 - Each person possesses both, but usually assumes one of the two attitudes more than the other.



III. EARLY ALTERNATIVES TO FREUD

C. Carl Jung

- Carl Jung
 - Dreams are a means of giving expression to aspects of the psyche that are underdeveloped.
 - Dream analysis can be used to determine aspects of the psyche not being given adequate expression.
 - Jung believed that the goal of life is to reach self-actualization.
 - Once a person recognizes conflicting forces in his or her personality, the person is in a position to synthesize and harmonize them



III. EARLY ALTERNATIVES TO FREUD

D. Alfred Adler

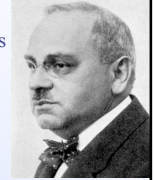
- Adler (1870-1937)
 - Adler believed that physical and mental illness have a physiological origin.
 - People are sensitive to disease in organs that are “inferior” to other organs.
 - One way to adjust to a weakness is through compensation, which is adaptation.
 - Another way is overcompensation, which is the conversion of a weakness to a strength.



III. EARLY ALTERNATIVES TO FREUD

D. Alfred Adler

- Alfred Adler
 - Adler contended that all humans have feelings of inferiority.
 - These feelings motivate people first as children and later as adults to gain power to overcome these feelings.
 - He suggested that people strive for superiority
 - By this, he meant to overcome these feelings by striving to be the best he or she can be – not to have power over other people.



III. EARLY ALTERNATIVES TO FREUD

D. Alfred Adler

- Alfred Adler
 - Worldviews, Fictional Goals, and Lifestyles
 - The child develops a worldview from early experiences
 - From this worldview come guiding fictions (future goals) and
 - From the fictions comes a lifestyle.
 - The lifestyle encompasses activities performed while pursuing goals.
 - For a lifestyle to be truly effective, it must contain considerable social interest.
 - A lifestyle without adequate social interest is a mistaken lifestyle.



III. EARLY ALTERNATIVES TO FREUD

D. Alfred Adler

- Alfred Adler
 - Adler’s theory was quite different from Freud’s even though he began his career with Freud.
 - A serious falling out with Freud.
 - Adler believed that life is inherently meaningless
 - However, one is free to invent meaning and then act “as if” it were true.
 - Adler’s theory emphasized the conscious mind, social rather than sexual motives, and free will.
 - His ideas greatly influenced the humanistic psychologists.



III. EARLY ALTERNATIVES TO FREUD

E. Karen Horney

- Karen Horney (1885 -1952)
 - Horney took issue with Freud.
 - She thought that his notions could not be applied universally, especially for those with whom she worked in depression era America.
 - Person's social experiences determine whether or not he or she will have psychological problems, not intrapsychic conflict.
 - Horney developed a feminine oriented psychoanalysis
 - Males envy the female anatomy rather than females envying the male anatomy.



III. EARLY ALTERNATIVES TO FREUD

E. Karen Horney

- Karen Horney (1885 -1952)
 - Parent-child relation is critical.
 - If parent can consistently and lovingly satisfy the child's needs, the child will become a normal, healthy adult
 - However, if the parents react indifferently, inconsistently, or even with hatred (this is called the basic evil) the child will develop basic hostility towards the parents and this develops into a worldview.
 - If the basic hostility is repressed it becomes basic anxiety (feelings of being lonely and helpless in a hostile world).



III. EARLY ALTERNATIVES TO FREUD

E. Karen Horney

- Karen Horney (1885 -1952)
 - Adjustments to Basic Anxiety
 - Horney proposed that people with basic anxiety (neurotic individuals) develop one of three adjustment patterns.
 - 1) Moving towards people
 - Becoming a compliant person
 - 2) Moving against people
 - Becoming a hostile person, using power
 - 3) Moving away from people
 - Becoming a detached person

