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.

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 became known 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.

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

- 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

- Physiological

  - 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.
  - 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 Western 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.

- 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.

- 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 Bentano 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.

- 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

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 tolerance for conflicting ideas
  - Overemphasis on sex
    - Issues which drove followers away.
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.

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.

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.
- 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.

III. EARLY ALTERNATIVES TO FREUD

B. 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.

- 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

- 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.
III. EARLY ALTERNATIVES TO FREUD

C. Carl Jung

- 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.

- 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.

- 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.

- 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.

- Concerned with thinking, problem solving, remembering and perceiving.
### III. EARLY ALTERNATIVES TO FREUD

**D. Alfred Adler**

- **Alfred 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.

- **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.

- **Worldviews, Fictional Goals, and Lifestyles**
  - The child develops a worldview from early experiences
    - From this worldview come guiding fiction (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.

- **Alfred 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)

- 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.

- 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).

- 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