

Psychodynamic Approaches

Reading: H & O Chapters 2 & 3

Terms you should know.

Psychodynamic
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Freud's Structural Model

Instinct
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ID
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Pleasure Principle
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Primary Process
Thinking
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Reflex Action
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Wish Fulfillment
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Ego
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Reality Principle
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Secondary Process
Thinking

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Superego

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Cathexis

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Anticathexis

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Catharsis

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Psychosexual Stages

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Oral Period

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Anal Period

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Phallic Period

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Oedipus/Electra Conflict

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Latency Period

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Genital Period

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Fixation

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Anxiety

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Reality Anxiety

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Neurotic Anxiety

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Moral Anxiety

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Defense Mechanisms

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Repression

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Regression

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Reaction Formation

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Rationalization

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Displacement

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Sublimation

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Denial
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Undoing
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Intellectualization
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Identification
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Dreams
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Manifest Content
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Latent Content
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Karl Jung

Ego
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Personal Unconscious
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Complex
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Collective Unconscious
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Archetype
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Persona
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Anima-Animus
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Shadow
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Self
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Psychological Types
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Extroversion vs
Extroversion
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Sensing vs Intuiting
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Thinking vs Feeling
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Self Realization
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Word Association Test
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Concepts you should understand.

1. What are the key characteristics of the psychodynamic approach to personality?
2. Define, and identify the purpose of Freud's three major divisions of the mind and describe their functions.
3. Define and give examples of the major defense mechanisms.
4. In Freud's theory there is the notion of dynamic conflict and tension between the major structures in the mind. What is this conflict/tension and how does it influence our personality?

8. What were the major personal and cultural influences on Jung, and how might these influences have affected his theory?

9. What are the major criticisms of Jung's theory?
 - a. As science?

 - b. As theory?

10. How did Freud and Jung differ in terms of their approaches to the following
 - a. Libido

 - b. Ego

 - c. Unconscious

 - d. Developmental stages

11. Both Freud and Jung developed their concepts as metaphorical representations of personality and its structure. What problems does this cause for their theories from an applied and scientific point of view.

My Experiences #1
The Psychodynamic Mirror.

Name: _____

1. In class we discussed three basic types of anxiety. Think about your own experiences with anxiety. See if you can identify a time when you have experienced each type as a source of anxiety in your life.
 - a. An experience I have had that illustrates Reality Anxiety.

 - b. An experience I have had that illustrates Moral Anxiety.

 - c. An experience I have had that illustrates Neurotic Anxiety.

2. When or how have you used each of the following Defense Mechanisms in your life?
 - a. Rationalization

 - b. Denial

 - c. Projection

3. Identify and describe two major social roles or social masks you assume as you go through your daily life.
 - a. Persona #1

 - b. Persona #2

4. Have you ever been in a situation where you were not sure what role (Persona) you were expected to exhibit? What happened?

5. Do you see yourself as being an Extrovert or an Introvert? Most people are not entirely one or the other, but we may find ourselves as being dominated more by one style or the other. Has this imbalance ever created a problem for you? If so, How?