

Personality

Psychodynamic Approaches



What We Will Cover in This Section

- Introduction.
- Freud.
- Jung.



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Themes

1. **PSYCHO (Mind) DYNAMIC (Moving)**
2. **Competing pressures.**
3. **Unconscious vs. Conscious.**
4. **Focus on basic desires as primary motivators.**

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Themes

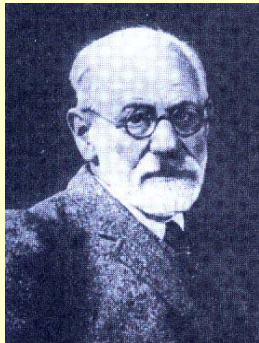
5. Emphasis on the influence of early experiences.
6. Focus on the **DEFENSE** against pain and threat.
7. Highly metaphorical.
8. Grew out of need to explain abnormal behavior.
9. Psychological health depends on the **BALANCE** of many forces.

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Freud

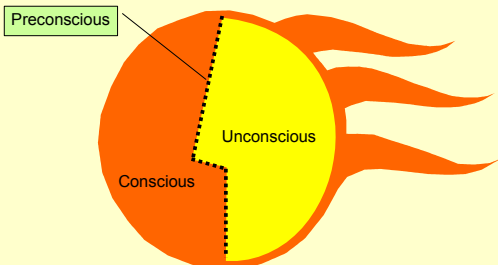


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Freud's Basic Structural Model



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Basic Instincts

- **Eros.**
 - A life impulse or drive to maintain life and reproduce.
 - This is results in a sexual drive (Libido).
- **Thanatos.**
 - A death impulse or drive.
 - The source of aggression.
 - Provides the ultimate resolution of all life's tension and conflict.

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The ID

- Present at birth.
- Resides in the unconscious.
- Driven by the Pleasure Principle.
- Does not take reality into account.
- Immediate gratification.



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The ID: How it operates.

- **PRIMARY PROCESS Thinking.**
- **REFLEX ACTION.**
Automatic response to some action.
- **WISH FULFILLMENT**
Generating the mental image of the desired object, activity, or event will satisfy the Id's need.

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The Ego



- Develops between 2-4 years.
- Match Id's needs with the real world.
- In the Conscious.
- Wants immediate need satisfaction.
- No moral sense.

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The Ego: How it Operates

- **REALITY PRINCIPLE**
 - Gratify impulses in a realistic way
 - Get what you want without damage.
- **SECONDARY PROCESS Thinking**
 - Match the Id's image to the real world object.
 - Looks for immediate need satisfaction.
 - No moral sense.

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The Superego

- Develops between 4-5 years.
- Is a super conscience.
- Perfectionistic.
- Dictates how we ought to behave.
- Based on experience.



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The Superego: How it Operates

- **EGO-IDEAL**
 - Development of the ideas of behaviors that are *good*.
 - Strive for these *good* behaviors.
- **Rules.**
 - Inhibit Id impulses, not postpone them.
 - Force the Ego to operate from moral considerations, not rational ones.
 - Force the person to strive for perfection.
 - Judgmental: **GUILT -> ANXIETY**

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Id, Ego, Superego: Interaction

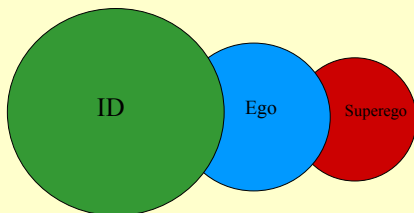
- **The Ego mediates the competing demands of the Id and Superego.**
- **EGO STRENGTH**
 - The Ability of the Ego to function effectively despite the demands of the Id and Superego.
 - A weak Ego loses control and one of the other two tends to dominate.

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Possible Interaction #1

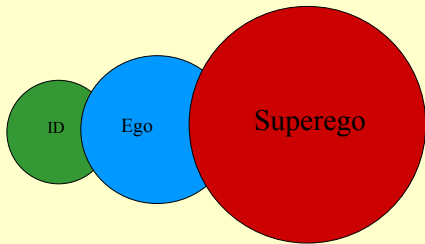


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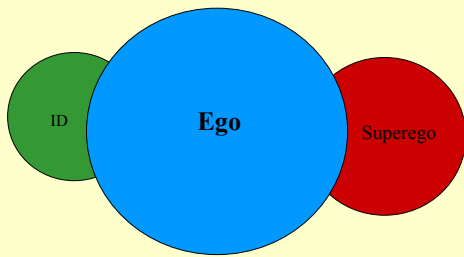
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Possible Interaction #2



Possible Interaction #3



Psychic Energy

A fixed amount of energy that provides the 'battery' to energize us.

- **Is never lost.**
- **Powers all of our activities.**

Psychic Energy: How it Operates

• Cathexis

- Linking Psychic Energy to some thought or mental process.
- If a lot of Energy is linked to a thought, it becomes a strong, unconscious longing.
- When the need is met, the Energy is released (Catharsis).

• Anticathexis

- Energy tied to preventing irrational, immoral, or unacceptable thoughts.

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Development



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Psychosexual Stages, Part 1

1. Oral Stage (0 – 1.5 years).
2. Anal Stage (1.5 - 3 years).
3. Phallic Stage (3 – 4 years).
 - Oedipus/Electra conflict

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Psychosexual Stages: Part 2

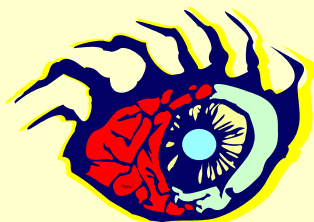
4. Latency Period (6 – puberty).
5. Genital Period (puberty +)
6. Fixation
 - Strong conflict.
 - Locks person in one of these stages.
 - Ties up Psychic Energy.
 - Prevents maturation.

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Anxiety



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Anxiety in Freud's System

- **REALITY ANXIETY**
 - Real, objective sources of danger in the environment.
- **NEUROTIC ANXIETY**
 - Fear the Id impulses will overwhelm the ego and cause the person to do something that will be punished.
- **MORAL ANXIETY**
 - Fear the that person will do something contrary to the desires of the Superego.

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Defense Mechanisms, Part 1

- 1. Repression**
Pushing unacceptable, anxiety producing thoughts into unconscious.
- 2. Regression**
Retreat into an earlier stage or more infantile behavior.
- 3. Reaction Formation**
Expression of feelings opposite to those experienced (usually aggression).

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Defense Mechanisms, Part 2

- 4. Rationalization**
Self-justifying explanations for certain behavior that normally would be unacceptable.
- 5. Displacement**
Diversion of aggressive, hostile, or sexual impulses onto an acceptable object.
- 6. Sublimation**
Converting anxiety-producing impulses into socially acceptable ones.

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Defense Mechanisms, Part 3

- 7. Denial**
Person does not acknowledge an anxiety producing situation.
- 8. Identification**
Person affiliates psychologically with a person, group, or situation seen as being illustrious.

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Psychodynamics in Daily Life



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Daily Life

- **Everything happens in the Unconscious.**
- **Ego manages day-to-day living so Ego and Superego's desires are met but we don't get hurt.**
- **Ego represses thoughts that lead to neurotic or moral anxiety.**

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Parapraxes

- **Forgetting**
- **Slips of the tongue.**
- **Accidents.**
- **Dreams.**
 - **Manifest content.**
 - Actual images the dreamer has.
 - Driven by Id's Wish Fulfillment.
 - **Latent content.**
 - Unconscious thoughts, feelings, and wishes that give rise to the manifest content.
 - **Symbols mask the unacceptable latent content.**

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Research: Motley (1985)

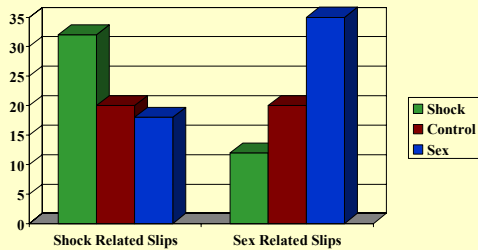
- Studied slips of the tongue.
- Participants asked to memorize word lists.
 - *Sappy hex.*
 - *Sham dock.*
- Group A was threatened with shock.
- Group B was shown picture of sexy female.
- Group C exposed to neutral stimulus.

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Motley Results



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Measurement and Assessment

- Projective techniques.
- Dream analysis.
- Free association.



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Inkblot Test



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Thematic Apperception Test



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Issues and Concerns

1. How to test?

- Ambiguous terms
- Hard to operationalize.

2. Tautological model.

- Explains but does not predict.

3. Constantly modified.

- Metaphorical language.

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Issues and Concerns

4. How it was developed.

- Sample
 - Used case study.
 - Small sample.
 - Freud chose who to see.

5. Confused correlation with causation.

6. Many assumptions.

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Issues and Concerns

5. Measurement.

- Free associate long enough and you will find what you are looking for.
- Power of suggestion.

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Impact

- First comprehensive theory of personality.
- Pointed out impact of
 - Unconscious.
 - Irrational.
- Addressed some basic issues.
 - Early childhood influences on later life.
 - Children are not small adults.
 - Do we really understand ourselves.
 - Anxiety as a motivator.

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Thought Question

Does and amoeba have an ID?



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Postview #1*

Individual Differences

People differ in their ego defense mechanisms which control expression of primitive desires and forces.

Adaptation & Adjustment

Mental health involves the ability to love and work. Psychoanalysis helps to overcome unconscious conflicts.

Cognitive Processes

Conscious experience cannot be trusted because of unconscious distortions.

* Adapted from Cloninger, S. (2000). *Theories of Personality* 3rd Upper Saddle River, Prentice Hall

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Postview #2*

Biological Influences

Sexual motivation is the basis of personality. Hereditary differences may influence the level of sexual drive.

Social Influences

All societies lead to repression of basic desires. Traditional religion is actually a defense mechanism.

Child Development

Experience in first five years is critical for personality development. The Oral, Anal, and Phallic stages are critical.

Adult Development

Few changes in adult personality.

* Adapted from Cloninger, S. (2000). *Theories of Personality* 3rd Upper Saddle River, Prentice Hall

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Carl Jung



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The End

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