

ANNA O



[Anna O's Life and Impact on Psychology](#)

FREUD WORKED WITH BREUER DURING HER TREATMENT IN 1880-82

CASE STUDY: ANNA O

SUFFERED FROM HYSTERIA WHILST CARING FOR DYING FATHER. SYMPTOMS INCLUDED:

- ANXIETY, PARALYSIS,
- AMNESIA, HALLUCINATIONS
- FEAR OF DRINKING

BREUER TREATED ANNA O BY HAVING HER TALK ABOUT HER PROBLEMS. SHE DUBBED THIS THE “TALKING CURE”.

FREUD ADAPTED THIS TECHNIQUE WHEN TREATING HIS OWN PATIENTS INTO WHAT HE CALLED “FREE ASSOCIATION” IN THE 1890’S