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**Sigmund Freud**

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## **Sigmund Freud**

Various theorists have contributed to different approaches to psychotherapy, including psychodynamic therapies, cognitive therapy, behavior therapy, holistic therapy, and humanistic therapy, among others. This discussion will focus on Sigmund Freud, his psychoanalytic theory of personality development, and his approach to psychotherapy and the diagnosis treated by the therapy.

### **An Overview of Sigmund Freud**

The selected theorist is Sigmund Freud, who lived between 1856 and 1939 (McLeod, 2018). Freud was the founder of psychoanalysis, an approach that explains human behavior and is applied in treating multiple mental illnesses.

### **Information about the Psychoanalytic Theory and its Pertinent History**

Sigmund Freud developed psychoanalytic theory in the late 19th century. It originated from the case of Anna O, whose real name was Bertha Pappenheim. Anna O., who was a patient to Sigmund's teacher, Josef Breuer, suffered from hysteria. Individuals with this condition exhibit several physical symptoms, including convulsions, paralysis, loss of speech, and hallucinations without any apparent physical cause. Breuer treated her condition by helping Anna to recall the memories of traumatic incidents that she had forgotten. Consequently, Anna referred to this therapy as the "talking cure" (Cherry, 2020). Upon discussing Anna's case with Breuer, Freud identified childhood sexual abuse as the primary cause of her hysteria.

### **Sigmund's Approach to Psychotherapy and the Diagnosis Treated by Psychoanalytic Therapy**

Freud's psychoanalytic theory of personality claims that interactions among the key three components of the mind, including the id, ego, and superego, contribute to human behavior (Sibi,

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2020). The structural theory of personality emphasizes the contribution of unconscious psychological conflicts in shaping individuals' personality and behavior. These interactions are applicable in treating neurosis, a mental disorder characterized by irritability, anger, sadness, guilt, worry, hostility, vulnerability, and self-consciousness (Bhandari, 2019).

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### References

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McLeod, S. A. (2018). What are the most interesting ideas of Sigmund Freud? *Simply Psychology*. <https://www.simplypsychology.org/Sigmund-Freud.html>

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