

Defense Mechanisms

- Lying to ourselves when we use these defenses, but we are not aware of doing so.
- If we knew we were lying to ourselves, the defenses would not be so effective.
- If the defenses are working well, they keep threatening or disturbing material out of our conscious awareness.
- As a result, we may not know the truth about ourselves. We may have a distorted picture of our needs, fears, and desires.



Schultz and Schultz (2006)

- Freud believed that all behaviors are defensive. Function of id, ego and super ego.
- Adult personality is firmly crystalized by the first 5 years
- **Fixation:** unable to move from one stage to the next- a portion of libido or psychic energy remains invested in that developmental stage, leaving less energy for the following stages.
- His personality theory pays less attention to later childhood and adolescence, and he was little concerned with personality development in adulthood.
- To Freud, what we are as adults—how we behave, think, and feel—is determined by the conflicts to which we are exposed and with which we must cope before many of us have even learned to read.



Criticism

- Given his upbringing during the middle of the 19th century, parental acceptance of his domination of his sisters, tendency to exaggerate differences between women and men, and his belief that women inhabited the “dark continent” of humanity, it seems unlikely that Freud possessed the necessary experiences to understand women (Feist and Feist, 2009).
- His theories were **not based on experimental investigation** but rather on subjective observations that Freud made of himself and his clinical patients- with subjective judgments. Therefore also cannot be repeated or be subjected to experimental manipulation (Breger, 2000; Crews, 1995, 1996; Sulloway, 1992; Webster, 1995).
- Another criticism of Freud’s research is that it is based on a small and unrepresentative sample of people, restricted to himself and to those who sought psychoanalysis with him. Only a dozen or so cases have been detailed in Freud’s writings, and most of these were of young, unmarried, upper-class women of good education. It is difficult to generalize from this limited sample to the population at large (Schultz and Schultz, 2006).
- Some theorists disagree with Freud’s deterministic picture of human nature, suggesting that we have more free will than Freud acknowledged, and that we can choose to act and grow spontaneously, in at least partial control of our fate (Schultz & Schultz, 2006).

How did Freud Assess his Patients?



- **Free association:** verbalize every thought that comes to mind
- **Dream Analysis**- dreams represent, in symbolic form, repressed desires, fears, and conflicts. So strongly have these feelings been repressed that they can surface only in disguised fashion during sleep. Case of **Little Hans**.
 1. **Manifest content** of a dream is the surface meaning or the conscious description given by the dreamer,
 2. **Latent content** refers to its unconscious material.

Example: Death of a beloved person, anxiety dream is failing an examination in school. According to Freud (1953) By dreaming of failing an examination already passed, the ego can reason, "I passed the earlier test that I was worried about. Now I'm worried about another task, but I'll pass it too. Therefore, I need not be anxious over tomorrow's test." The wish to be free from worry over a difficult task is thus fulfilled.

- **Freudian Slips** – According to Freud, what appears to be ordinary forgetting or a casual lapse in speech is actually a reflection of unconscious motives or anxieties (Freud, 1901). E.g. Freud leaves the store without paying

Psychotherapy

Freudian Psychotherapy



Contemporary Psychotherapy



Parallel Paths of the Simple Male and Female Phallic Phases

Male Phallic Phase

1. *Oedipus complex* (sexual desires for the mother/hostility for the father)
2. *Castration complex* in the form of *castration anxiety* shatters the Oedipus complex
3. *Identification* with the father
4. Strong *superego* replaces the nearly completely dissolved Oedipus complex

Female Phallic Phase

1. *Castration complex* in the form of *penis envy*
2. *Oedipus complex* develops as an attempt to obtain a penis (sexual desires for the father; hostility for the mother)
3. Gradual realization that the Oedipal desires are self-defeating
4. *Identification* with the mother
5. Weak *superego* replaces the partially dissolved Oedipus complex

Schultz and Schultz (2006)

- The so-called phallic character or personality type evidences strong narcissism.
- Although continually acting to attract the opposite sex, these persons have difficulty establishing mature heterosexual relationships. They need continual recognition and appreciation of their attractive and unique qualities. As long as they receive such support they function well, but when it is lacking they feel inadequate and inferior.
- **Male phallic personality:** brash, vain, and self-assured. Men with this personality try to assert or express their masculinity through activities such as repeated sexual conquests.
- **The female phallic personality:** motivated by penis envy, exaggerates her femininity and uses her talents and charms to overwhelm and conquer men.

Psychosexual Stages of Personality Development

Stages	Ages	Characteristics
Oral	Birth–1	Mouth is the primary erogenous zone; pleasure derived from sucking; id is dominant.
Anal	1–3	Toilet training (external reality) interferes with gratification received from defecation.
Phallic	4–5	Incestuous fantasies; Oedipus complex; anxiety; superego development.
Latency	5–Puberty	Period of sublimation of sex instinct.
Genital	Adolescence–Adulthood	Development of sex-role identity and adult social relationships.