

General Introduction to Psychoanalysis: Notes

#Schoolwork/CE

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Notations

| this kind of block for all quotations or additional notes

<!--This for all comments/thoughts on the book/language itself-->

Clinical Examples, **Examples/Case study**, Clinical **Background**, **Review**, **Analogy** and **Exceptions** and other words implying a smaller subdivision than the third-order title will be bolded and used in text and lists.

Vocabulary are linked to the nomenclature section.

0: Nomenclature

Anxiety Fulfillment: While dreams can fulfill wishes, they can also serve to express and alleviate anxiety. Freud proposed that anxiety-provoking or distressing experiences and emotions could be transformed into symbolic representations in dreams, allowing the dreamer to process and cope with their fears and anxieties. Dreams may act as a form of psychological defense mechanism, helping to discharge or reduce anxiety by converting it into symbolic imagery. **Chap 13**

Auto-erotic: sexual arousal or gratification achieved by oneself, without the involvement of another person **Chap 21**

Castration complex: the castration complex arises from the fear of losing or having one's genitals removed as punishment for one's forbidden desires. In the context of the Oedipus complex, boys experience unconscious sexual desires for their mothers and perceive their fathers as rivals for their mother's affection. The fear of punishment by the father, often perceived as a threat to castrate the child for harboring incestuous desires, leads to anxiety and conflict. **Chap 13**

Dreams: Conscious cognitive activities during REM sleep. Expressing β and θ characters in the Fourier-transformed EEG graph.

Dream-work: The process that changes the latent into the manifest dream Chap 11

Ego: Moderator between superego and id

Eros: The pursuit of life-sustaining and life-enhancing activities, creativity, and the formation of emotional bonds and relationships.

Homosexual: a paraphiliac disorder in which only a partner of the same sex arouses the patient Chap 20

Id: drives our needs and desires (need for food, water, social interactions, and sex)

Libido: The state ego is when the superego disappears. Including sexual desires, Eros, and self-preserving actions. 9: Dream Censor

Localized: a purely psychological process that has nothing to do with sexuality. Chap 22

Object of Love: the person or thing toward which one's romantic or affectionate feelings are directed, often central to one's emotional attachment and desires. Chap 21

Obsession: a unconscious fixation of an idea 16: Psychoanalysis and Psychiatry

Oedipus-complex: a stage of psychosexual development in which a child experiences unconscious feelings of desire for the parent of the opposite sex, along with feelings of rivalry or hostility toward the parent of the same sex. Chap 21

Punishment fulfillment: This concept refers to dreams in which the dreamer experiences punishment or guilt for unconscious desires or impulses that are deemed unacceptable by the individual's conscience or societal norms. In these dreams, the dreamer may be subjected to symbolic punishments or experience feelings of guilt or shame, reflecting internal conflicts and moral judgments. Punishment fulfillment dreams can serve as a means of moral or ethical self-regulation, allowing the dreamer to reconcile conflicting impulses and maintain a sense of moral integrity.

Secondary Treatment: the separation of individual dream-segments 11: The Dream Work

Sexual Sadism: deriving sexual pleasure from causing physical or psychological pain or suffering to others during sexual activity. Chap. 20

Sexual Masochism: deriving sexual pleasure or arousal from experiencing pain, humiliation, or suffering inflicted by oneself or others during sexual activities. Chap. 20

Superego: The restrictions of moral and community guidelines.

Suppression: the effort to prevent certain thoughts, emotions, or desires from entering into awareness or expression. Chap. 19

Transference: the unconscious redirection of feelings and desires from one person or situation to another, often resembling past relationships or experiences. Chap. 19

Traumatic Fixation: an unresolved psychological attachment to past trauma, influencing behavior, emotions, and thought patterns in the present.

Traumatic Neuroses: a psychological condition marked by anxiety, depression, and other symptoms resulting from exposure to a traumatic event or series of events.

Wish fulfillment: the act of imagining the fulfillment of a wish

PART I. The Psychology of Errors

1: Introduction

Psychoanalysis: the study of neurological diseases with psychology

The Difficulties

1. A psychoanalysis session is not a visual demonstration like an anatomical specimen or the precipitate in a chemical reaction. It is the study of the mind itself through words.
2. A psychoanalytic session can not be summarized.

- Details like the structure of sentences or parapraxes are important
 - There is, therefore, only oneself to depend on when diagnosing.
- | This does not mean that a diagnosis can be made with just a consultation session.

The Displeasing Assertions

1. Psychic processes are in themselves **unconscious** and those that are conscious are merely isolated acts and parts of the total psychic life.
 - The mechanism behind dream analysis
2. All libido can be explained as **sexual**(studies of evolutionary psychology and biology). In clinical situations, it is sometimes not necessary.
 - It is the suppression of these desires by society that led to psychiatry issues and neurosis.

<!--not widely agreed on-->

The psychology of errors

TODO: COMPLETE NOTES UP TO CHAPT 7

PART II. The Dream

8: Dreams of Childhood

Characters of Infantile Dreams

1. No analytical tools. Infantile dreams are straightforward.
 - | **Ex** “A boy of 22 months is to present a basket of cherries as a birthday gift. He does so very unwillingly, although they promise him that he will get some of them himself. The next morning he relates to his dream, “Hermann eat all cherries.”
2. Infantile dreams are intelligible, significant, psychic acts.
3. Dream distortion is lacking in infantile dreams. Manifest and latent contents are merged.

Infantile patients lack sexual awareness, i.e. no desire to disguise dreams. Note that it does not mean children lack sexual desire.

4. Infantile dreams are reactions to experiences.
5. Dreams' values are of a release of stimulus.
6. Wish is a dream's source. Dreams are the gratification of an unfulfilled wish.
 - Dreams map thoughts to experiences.
 - ◆ *I see my brother in a closet* \leftrightarrow *I wish that my brother were close-pressed*
 - Dreams are reversible, sort of like a bijection.
7. Dreams can be traced like errors. A stimulating word acts like the original phrase in an error. Both also express a wish.
8. Daydreams occur because of a very strong urge to fulfill an unfilled wish.
 - “The pig dreams of acorns, the goose of maize. Of what does the hen dream? Of millet.”

Generalization of Infantile Dream Analysis

Dreams are the **gratification of an unfulfilled wish**.

Dreams' two main characteristics:

- Wish fulfillment
- Hallucinatory experience

Causes:

- Hunger **Ex** Of prisoners
- Thirst **Ex** After highly seasoned food
- Physical Stimulus **Ex** Sexual arousal

Conclusion

Dreams of infantile characters are straightforward and contain no distortion. These provide a basic template for how to analyze the latent content of a dream. The next chapter elaborates on how to connect the latent and the manifest by decoding the censored contents of dreams.

9: The Dream Censor

Distortion of a Dream ...

Ethical Problems ...

10: Symbolism in the Dream

Dreams are distorted by the censor, which can be disturbing to analytical work

Aside from dream censor, there are other distortions

Distortions:

- Symbols
- Censors
- Error in recalling

Another path of interpretation: symbolic interpretation

Symbolisms

Symbolic interpretation is an ancient technique

- Pros:
 - Symbolisms are independent of the patients
 - ▮ Translations can be done with only the dream and nothing else known
 - Avoids tedious cross-examination with the patient
 - It looks like magic(doge
- Cons:
 - It is an ancient trick, and classical analysis is not guaranteed to work

Symbolic interpretations are deeper than classical dream analysis. They are no magic tricks.

“The nature of the symbol relationship is a comparison”

- Distortions in dreams
 - Exaggeration
 - ◆ Parents as king/queens
 - ◆ Children as little animals/vermin
 - Abstraction
 - ◆ Birth as emergence from water
 - ◆ Death as a long journey

Sex Symbols

Most symbolizations are of sexual characteristics.

This might be very unsettling but it is valid according to evolutionary psychology. Also, psychology is an academic subject so there's nothing to be ashamed of. THIS IS ALSO THE CORE OF PSYCHOANALYTIC DREAM INTERPRETATION

Male genitals are represented by

1. Cylindrical objects **Ex** *sticks, umbrellas, poles, trees, etc*
2. Penetration into the body **Ex** *knives, daggers, lances, swords, etc*
3. Objects that eject fluids **Ex** *faucets, fountains, etc*
4. Elongate capable objects **Ex** *hanging lights, collapsible pencils, etc*
5. Elements floating against gravity **Ex** *balloons, airplanes, etc*
6. Reptiles & fishes **<!--how come?-->**

Ex a flying dream → sexual arousal as the stimulant

Female genitals are represented by

1. Objects capable of being filled **Ex** *pits, caves, rooms, ships, etc*
2. Portals/holes **Ex** *doors, entrances, etc*
3. Materials & tools **Ex** *wood, paper, tables, books*
4. Parts of the body **Ex** *mouth*
5. Invertebrates **Ex** *snails, mussels, etc*
6. Symbols of other sex-related organs **Ex** *apples, peaches, fruits, etc*

Ex eating a fruit → longing for sexual intercourse

Genitals of different genders can be expressed as mixed

Others

1. Abstraction of a beloved one **Ex** *jewel casket, treasure, etc*
2. Abstraction of sexual delights **Ex** *sweets, etc*
3. Abstraction of self-satisfaction **Ex** *piano-playing, sliding, etc**
4. Abstraction of symptoms in paraphilia disorders **Ex** *teeth-pulling, etc*
5. Abstraction of fear to masculine power **Ex** *being threatened with weapons, etc*

Note that not all symbols symbolize sex. Some also symbolize pure gender, ex a cloak symbolizes a man, not masculine power.

Summary ...

11: The Dream-Work

Mastering censorship and symbolic representation is not yet adept in dream distortion (but enough to understand enough)

To understand more:

- Call up the associations of the dreamer
- Supply knowledge of symbolism

Process of dream-work

1. Condensation
 - The manifest dream has a smaller content than the latent one
 - ◆ Certain contents are omitted
 - ◆ Only a fragment of the complex is carried over into the manifest dream
 - ◆ Latent elements that have something in common are collected for the manifest dream and are fused into a whole.
 - ◆ **Ex** “A., is dressed like B., does something that one remembers of C., but in spite of this one is conscious that he is really D. By means of this compound formation something common to all four people is especially emphasized.”
 - Materials offensive and unacceptable should be kept
 - The consequence of condensation is the fact that no simple relations can exist between the elements of one and the other

2. Displacement

- Dream censorship
- Evidences:
 - ◆ The “latent element is not replaced by one of its constituent parts but by something further removed from it”, an allusion
 - ◆ The “psychic accent is transferred from an important element to another that is unimportant”, so the dream is re-centered

3. Translation

- Translation of thoughts into visual images
- “Plastic word representation”
 - ◆ Changing abstractions into concrete words
 - ◆ omitting conjunctions
- Stitching together fragmentary dreams
- Opposite words can be expressed in the same way
 - ◆ **Analogy** ken originally meant both strong/weak
 - ◇ “To express strong the picture of an erect little man was placed after the alphabetical signs, if ken, weak, was meant, the picture of a cowering man followed.”

“It is natural that the manifest dream should lose its importance for us. It must be a matter of indifference to us whether it is well composed or resolved into a series of disconnected single images. Even when its exterior seems to be significant, we know that it has been developed by means of dream distortion and may have as little organic connection with the inner content of the dream as the facade of an Italian church has with its structure and ground plan.”

While doing dream work:

- Must refrain from trying to explain one part of the manifest dream by another
 - Separating individual pieces of the dream is called *secondary treatment*
 - **Exception** Speeches in the dream are imitations and combinations of speeches heard or made by oneself during the day

Summary

Sigmund's work has shown us that dream analysis can be a very powerful tool for investigating the dynamics between the id and the superego. In the following sections, he will also talk about the use of dream-works in the curing of neurosis(non-developmental neuron-cognitive disorders)

“Dream-work is a process of a very peculiar sort, the like of which has hitherto not been discovered in psychic life. These condensations, displacements, regressive translations of thoughts into pictures, are new discoveries which richly repay our efforts in the field of psychoanalysis. You will realize from the parallel to the dream-work, what connections psychoanalytic studies will reveal with other fields, especially with the development of speech and thought. You can only surmise the further significance of these connections when you hear that the mechanism of the dream structure is the model for the origin of neurotic symptoms.”

12: Analysis of Sample Dreams

Dream analysis is not a job to take full occupation in. Sigmund suggested that dream analysis should only be used for fun and should be used along with other examinations in clinical situations. Neurosis, after all, is a very complex type of syndrome.

Dream analysis could be very very very boring. One good example is O. Rank's analysis of a young girl, covering 76 pages.

There are different situations, and it's noteworthy to know which is the best for dream analysis.

1. Brief ones. **Ex** “The dreamer's uncle is smoking a cigarette, although it is Saturday. A woman caresses him as though he were her child.”
 - Uncle can smoke → mother can caresses
 - Under the context, it can be inferred mother shouldn't be caressing.
2. Dreams are generally impossible to analyze before crucial information is given

Clinical Example

On July 13, 1910, toward morning, I dreamed that I was bicycling down a street in Tübingen, when a brown Dachshund tore after me and caught me by the heel. A bit further on I get off, seat myself on a step, and begin to beat the beast, which has clenched its teeth tight. (I feel no discomfort from the biting or the whole scene.) Two elderly ladies are sitting opposite me and watching me with grins on their faces. Then I wake up and, as so often happens to me, the whole dream becomes perfectly clear to me in this moment of transition to the waking state.

- This is a case where symbols are of no use
- Additional information: “I lately fell in love with a girl, just from seeing her on the street, but had no means of becoming acquainted with her. The most pleasant means might have been the Dachshund, since I am a great lover of animals, and also felt that the girl was in sympathy with this characteristic.”

- ◆ The girl is always accompanied by this particular dog
 - ◆ The elderly ladies who simpered at him took the place of the girl
3. The loss of a loved one produces dreams of a special sort
- Death is often **distorted into other symbols**
 - “If thy tooth offend thee, pluck it out,” and betook himself to the dentist. But the latter said, “One does not simply pull a tooth out, one must have patience with it. I shall inject something to kill the nerve. Come again in three days and then I will take it out.”
 - ◆ Father → Teeth
 - ◆ **Disguised sadness**: “It would be a blessed release for him”
 - ◆ Dentist’s words: “Looking badly”
 - ◇ Showing **sexual suppression** during puberty → a factor in the cause for a psychiatric situation
4. Why is there so much unimportant content in our dreams? Or, why is the condensation needed?
- All latent content can be analyzed using sex symbolism. The reason not to analyze everything with it is to avoid mentioning sex with the consultee in a context free of it. Not everyone is a trained psychoanalyst, and not everyone will understand.
 - **Clinical Example** “She is going through the hall of her house and strikes her head against the low-hanging chandelier, so that her head bleeds.”
 - ◆ Sexual symbolist theory: the chandelier symbolizes the male genital
 - ◆ Fear of bleeding or belief of connection between menstrual bleeding and sexual intercourse <!--why?-->
5. **Clinical Example** MORE symbolism....But in a real clinical situation involving psychiatric analysis (first time in the book!)
- “A man who spent the night with a woman describes his partner as one of those motherly natures whose desire for a child irresistibly breaks through during intercourse. The circumstances of their meeting, however, necessitated a precaution whereby the fertilizing discharge of semen is kept away from the womb. Upon awaking after this night, the woman tells the following dream:

“An officer with a red cap follows her on the street. She flees from him, runs up the staircase, and he follows after her. Breathlessly she reaches her apartment and slams and locks the door behind her. He remains outside and as she looks through a peephole she sees him sitting outside on a bench and weeping.””
- The pursuit → the intercourse
 - The locking out → the ejaculation outside the womb
 - The whole dream fulfilled a sex wish
 - One noticeable point is that the grief of the dreamer is transplanted onto the partner in the dream. Therefore, dreams tend to lock the dreamer out of emotions even though they are

egoistic.

6. Another symbolism.

- **Background** The women and the husband has absolutely no background in psychoanalysis
“Then someone broke into her house and she called in fright for a watchman. But the latter had gone companionably into a church together with two ‘beauties.’ A number of steps led up to the church. Behind the church was a hill, and on its crest a thick forest. The watchman was fitted out with a helmet, gorget and a cloak. He had a full brown beard. The two were going along peacefully with the watchman, had sack-like aprons bound around their hips. There was a path from the church to the hill. This was overgrown on both sides with grass and underbrush that kept getting thicker and that became a regular forest on the crest of the hill.”

7. Sexual inability might be portrayed

- “He is going for a walk with his father in some place which must be the Prater,[35] for one can see the rotunda and before it a smaller building to which is anchored a captive balloon, which, however, seems fairly slack. His father asks him what all that is for; he wonders at it himself but explains it to his father. Then they come to a courtyard in which there lies spread out a big sheet of metal. His father wants to break off a big piece of it for himself but first looks about him to see if anyone might see him. He says to him that all he needs to do is to tell the inspector and then he can take some without more ado. There are steps leading from this courtyard down into a pit, the walls of which are upholstered with some soft material rather like a leather armchair. At the end of this pit is a longish platform and then a new pit begins....”
- The dream interpreted that the balloon symbolizes his genitalia. He complains about its slackness is portrayed through the “balloon” symbol.

Original Words:

“The dreamer himself interprets as follows: “The rotunda is my genital, the balloon in front of it is my penis, of whose slackness I have been complaining.” Thus one may translate in more detail, that the rotunda is the posterior—a part of the body which the child regularly considers as part of the genital—while the smaller building before it is the scrotum. In the dream his father asks him what all that is for; that is to say, he asks the object and function of the genitals. It is easy to turn this situation around so that the dreamer is the one who does the asking. Since no such questioning of the father ever took place in real life, we must think of the thought of this dream as a wish or consider it in the light of a supposition, “If I had asked father for sexual enlightenment.” We will find the continuation of this idea in another place shortly. The courtyard, in which the sheet metal lies spread out, is not to be considered primarily as symbolical but refers to the father’s place of business. For reasons of

discretion I have substituted the “sheet metal” for another material with which the father deals, without changing anything in the literal wording of the dream. The dreamer entered his father’s business and took great offense at the rather dubious practices upon which the profits depended to a large extent. For this reason the continuation of the above idea of the dream might be expressed as “if I had asked him, he would only have deceived me as he deceives his customers.” The dreamer himself gives us the second meaning of “breaking off the metal,” which serves to represent the commercial dishonesty. He says it means masturbation. Not only have we long since become familiar with this symbol, but the fact also is in agreement. The secrecy of masturbation is expressed by means of its opposite—“It can be safely done openly.” Again our expectations are fulfilled by the fact that masturbatory activity is referred to as the father’s, just as the questioning was in the first scene of the dream“. Upon being questioned he immediately gives the interpretation of the pit as the vagina on account of the soft upholstering of its walls. I will add arbitrarily that the “going down” like the more usual “going up” is meant to describe the sexual intercourse in the vagina.”

13: Archaic Remnants and Infantilism In the Dream

Back to the conclusion that the dreamworks transform the latent dream into another form of expression.

Deeper studies of dreamworks tell us valuable information about the rather unwon beginnings of our intellectual development.

Dreamworks reveals

- Childhood experiences (Infantilism)
- Phylogenetic desires (Archaic libido)

Remember that infants can learn to speak as young as 1-2 years so actually, there are a lot more archaic remnants not found yet due to memory void.

The memory retains the important and discards the not

Childhood memories → disguise-memories

Psychoanalytic treatment often calls for filling infantile memory gaps

In the same way, we recover missing items

Clinical Example

“The woman, whose dream is interpreted to mean that she would like to see her seventeen-year old daughter dead, discovers under our guidance that she in fact at one time entertained this wish. The child is the fruit of an unhappy marriage, which early ended in a separation. Once, while the child was still in the womb, and after a tense scene with her husband, she beat her body with her fists in a fit of anger, in order to kill the child. How many mothers who to-day love their children tenderly, perhaps too tenderly, received them unwillingly, and at the time wished that the life within them would not develop further; indeed, translated this wish into various actions, happily harmless. The later death-wish against some loved one, which seems so strange, also has its origin in early phases of the relationship to that person.”

Therefore the daughter might have an infantile memory of being beaten

Q: Why should a death wish, so hidden away in the latent memory, be dreamed on?

A: In Freudian psychoanalysis, the human nature is evil, which means that these theses are often dreamed on.

Love:

- Egoism shows itself extremely
- And then it directed itself toward others → Eros

Rivalry

- Originates from sexual/love rivalry
- “I don’t want him! Let the stork take him away again”
- Includes
 - The wish to remove friends of the same sex
 - The wish to remove parents of the same sex
- Oedipus-complex
 - All the time, expressed explicitly during year 1~2
 - The want of one’s parent of the opposite sex
- Castration complex
 - During year 3~6
 - Forms morals and sees the father as an authority figure

Childhood suppresses excessive sexual impulses, but sexual activities are developed/learned without outside influence.

One example of these suppressed impulses is intercourse with family members. There are evolution psychological theories that state that the offspring of family members will be not healthy.

Thus actually infantile consciousness is much more evil than we think.

Summary

The 13th chapter delves into the transformative nature of dreamworks, revealing insights into childhood experiences (infantilism) and primal desires (archaic libido). Memory voids conceal archaic remnants, impacting psychoanalytic treatment aiming to fill infantile memory gaps. The example illustrates hidden death wishes, reflecting Freudian views of human nature's latent evil.

14: Wish Fulfillment

Review Dreamwork consists essentially of the transposition of thoughts into a hallucinatory experience. *The how is a problem of general psychology*

How come there are painful contents in dreams?

1. Dreams are not all successful in their fulfillment.
 - Part of the painful effect of the dream thought is left over to the manifest one
 - The reason that this phenomenon happens is that the latent content may be altered without any correspondence in the accompanying affect expression
2. Wish-fulfillment must bring pleasure but wrongly directed
 - The dreamer casts the wish aside so he experiences no pleasure
 - Experiences show the opposite of the wish

“A good fairy promises a poor couple, husband and wife, to fulfill their first three wishes. They are overjoyed, and determine to choose their three wishes with great care. But the woman allows herself to be led astray by the odor of cooking sausages emanating from the next cottage, and wishes she had a couple of such sausages. Presto! they are there. This is the first wish-fulfillment. Now the husband becomes angry, and in his bitterness wishes that the sausages might hang from the end of her nose. This, too, is accomplished, and the sausages cannot be removed from their new location. So this is the second wish-fulfillment, but the wish is that of the husband. The wife is very uncomfortable because of the fulfillment of this wish. You know how the fairy tale continues. Since both husband and wife are fundamentally one, the third wish must be that the sausages be removed from the nose of the wife.”

- This fairy tale shows that the wishes of everyone cannot be united <!--how could we dream for someone else?-->

3. Anxiety fulfillment

- Anxiety dreams causes waking
- “habitually interrupt sleep before the suppressed wish of the dream has accomplished its entire fulfillment in opposition to the censorship”
- So the anxiety dream has a nature of fulfilling

4. The wishes' disturbance overcame the wish

- “The wish may, for unknown reasons, become irresistible; but one gets the impression that more frequently the attitude of the dream censorship is to blame for this disarrangement in the relations of the forces”
- Punishment fulfillment

The dreamer struggling against a wish might be compared to a summation of two separate people fighting

Case study The sausage fairy tale

- The sausage the fulfillment of the first
- The sausage at the end of the nose the second
- The third wish cannot be yet explained without knowledge of neurosis analysis

Q Why must a dream be a wish fulfillment?

A 1. We don't know. This is only a theory. 2. Not all dreams fit in but this formula works pretty well at most times 3. A warning and an evaluation of a situation can all be expressed as wish fulfillment.

Clinical Example from chapter 3 TODO: FIND CHAPTER WITH THIS Fl. 50 Kr. 1 example

Dreams also express curiosity

- **Ex** children's curiosity about their parent's sex life(impulsion of childhood)
- “So now I may go to the theatre and see all the forbidden things, and you may not. I am married and you must wait.”

Dreams also express annoyance

- Redirected to “It was stupid to marry so soon”

Summary

Chapter 14 explores dreamwork and wish fulfillment in psychoanalytic theory. Dreams translate thoughts into experiences, yet painful contents can remain. Wish fulfillment aims for pleasure but can lead to contrary outcomes, as illustrated in the sausage fairy tale. Anxiety dreams fulfill suppressed

wishes, while disturbances in wishes may indicate punishment fulfillment.

15: Doubtful Points and Criticism

Let's continue the subject of dreams before we touch on the most common doubts and uncertainties

1. We have received the impression that the result of our work on the interpretation of the dream has left so much uncertainty that a true translation from the manifest to the latency is impossible
 - The interpretation is highly subjective up to this point
 - There are multiple interpretations
 - There might even be errors in symbol decoding theory not found yet
 - The solution is that dream analysis should be done with other types of communication/information
 - **Analogy** In Semitic writings only consonants are indicated. The reader has to supply the omitted vowels according to his knowledge and the context. Oral Chinese has about 4000+ vowels and is also highly contextual.
2. A second series of objections is firmly grounded in the impression from which you too probably are not free, that a number of the solutions of dream interpretations which we find it necessary to make seem forced, artificial, far-fetched, in other words, violent or even comical.
 - **Ex** "Moreover, we are surprised at the many far-fetched and artificial examples as found in the aforementioned book of Dr. Pfister of Zurich.... Thus, it certainly is a cause of surprise when the director of a boarding-school so uncritically accepts all these assertions and apparent proofs."
 - Interpretations are of the infantile mind which includes content that is against the community's morals thus far away/unacceptable from most people.
 - The symbols are often far-fetched
 - **Ex** a repeated expression of a time aligns with the experience of the patient
 - Similar to puns only that dreams are definitely not funny
3. Even psychoanalysts can oppose dream analysis
 - There are many types of dream analysis parties → and confusion
 - Some analysts generalize wrongly **Ex** only consider higher levels of the psyche and throw away libido analysis
4. Objective value was called into question
 - This questioning was called when "some dream predominantly of sexual impulses, others of the desire for power and still others even of rebirth (W. Stekel)"
 - This is made not so important with the consideration that some dreamed before psychoanalysis was there

- One can influence the subject of a dream but never what to dream

In conclusion, dream analysis is often questioned on but is functional enough to work with.

Summary

Chapter 15 discusses doubts and criticisms regarding dream analysis in psychoanalytic theory. Interpretations are subjective, with multiple possibilities and potential errors. Some interpretations may seem forced or far-fetched, and even psychoanalysts may oppose dream analysis methods.

PART III. General Theory of the Neuroses

16: Psychoanalysis and Psychiatry

In this lecture, Freud introduced the neurosis and its similarity to the previous chapters.

Psychoanalytic Conception of Neurotic Manifestations

Sometimes weird symptoms are going on with neurotic diseases:

Now I shall present to you the psychoanalytic conception of neurotic manifestations. The natural thing for me to do is to connect them to the phenomena we have previously treated, for the sake of their analogy as well as their contrast. I will select as symptomatic an act of frequent occurrence in my office hours. Of course, the analyst cannot do much for those who seek him in his medical capacity and lay the woes of a lifetime before him in fifteen minutes. His deeper knowledge makes it difficult for him to deliver a snap decision as do other physicians—"There is nothing wrong with you"—and to give the advice, "Go to a watering place for a while." One of our colleagues, in answer to the question as to what he did with his office patients, said, shrugging his shoulders, that he simply "fines them so many kronen for their mischief-making." So it will not surprise you to hear that even in the case of very busy analysts, the hours for consultation are not very crowded. I have had the ordinary door between my waiting room and my office doubled and strengthened by a covering of felt. The purpose of this little arrangement cannot be doubted. Now it happens over and over again that people who are admitted from my waiting room omit to close the door behind them; in fact, they almost always leave both doors open. As soon as I have noticed this I insist rather gruffly that he or she go back in order to rectify the omission, even though it be an elegant gentleman or a lady in all her finery. This gives an impression of misapplied pedantry. I have, in fact, occasionally discredited myself by such a demand, since the individual concerned was one of those who cannot touch even a door knob,

and prefer as well to have their attendants spared this contact. But most frequently I was right, for he who conducts himself in this way, and leaves the door from the waiting room into the physician's consultation room open, belongs to the rabble and deserves to be received inhospitably. Do not, I beg you, defend him until you have heard what follows. For the fact is that this negligence of the patient's only occurs when he has been alone in the waiting room and so leaves an empty room "For the fact is that this negligence of the patient's only occurs when he has been alone in the waiting room and so leaves an empty room behind him, never when others, strangers, have been waiting with him. If that latter is the case, he knows very well that it is in his interest not to be listened to while he is talking to the physician, and never omits to close both the doors with care.

The omission seems very predetermined

Assertion The motives of all symptomatic acts could be analyzed psychologically/psychiatrically.

Clinical Example

<!-- ChatGPT Summarized. The orig story is too long -->

The narrative revolves around a well-preserved lady in her fifties, happily married for thirty years, whose blissful existence is shattered by an anonymous letter accusing her husband of infidelity. Despite their harmonious marriage and successful children, the accusation plunges her into a state of distress and suspicion. The catalyst for this turmoil is her chambermaid, who harbors envy towards a former schoolmate now working at her husband's factory. During a conversation with the maid about infidelity, the lady expresses her fear of her husband having a mistress, inadvertently planting the idea that manifests in the anonymous letter. Despite recognizing the maid's likely involvement, the lady is unable to shake off the doubt and confronts her husband, who denies the allegation. Although the maid is dismissed, the suspicion lingers, resurfacing whenever the accused woman is mentioned or seen. Despite efforts to rationalize and dismiss the accusations, the lady remains plagued by doubt and pain, unable to fully trust her husband or overcome the effects of the anonymous letter. This tale highlights the destructive power of baseless accusations and the lasting impact of mistrust on marital harmony, despite efforts to reconcile and move forward.

This is the background of the patient.

Endeavors of the psychiatrist:

1. Characterize the symptom by some distinctive feature
 - The idea that the woman torments herself seems nonsensical but actually can be explained for there are married men who have affairs with young girls

- But there are nonsensical things in there **Ex** the patient has no reason to believe the letter
 - ◆ This is an *obsession*
- 2. Identify the cause of delusions <!-- Scientific/biological psychiatry at that time was terrible. Psychiatrists were almost guessing. -->
 - Why should the women be jealous?
 - Back to the clinical example
 - ◆ The woman announced to the chambermaid that “if her husband were to have an affair with a young girl it would be the worst misfortune that could befall her.” → giving the maid the idea of sending her the anonymous letter
 - ◆ This is an obsession independent of the letter — has existed as a dread or a wish beforehand
 - ◇ She was very much infatuated with a son-in-law
 - ◇ The fantasy of her husband’s infidelity

Up till now, psychoanalysis offers the following benefits:

- Obsession becomes no longer nonsensical
- All unconscious psychological processes are motivated by obsessions
- In this example, the experiences underlying the condition “are such as unmistakably determine an obsession of jealousy and no other.”

There are still other questions **Ex**

Q 1) Why could she be open to infatuation with her son-in-law? 2) And how come it projected itself upon the husband?

A 1) Biological question. Might be some sort of change of sexual desire. 2) This society is very resistant to this kind of relationship and thus this undergoes a projection that will soon be talked about in later lectures

Psychiatry	Clinical Psychoanalysis
Physiologic examination	Techniques such as dream analysis
Based on biology/physiology	Based on psychoanalysis/Freudian theory
Works well in explaining neurosis from cellular biology	Works well in explaining neurosis in a whole

Later on, more techniques will be introduced to transform psychoanalysis “into a therapeutic power.”

Summary

The lecture explores neuroses, linking them to previous topics. Freud discusses psychoanalytic views on symptomatic acts, illustrated by a patient's habitual door behavior, revealing subconscious motives. Psychoanalysis contrasts biological psychiatry, offering insights into neurotic behaviors for therapy development.

17: The Meaning of the Symptoms

Review Clinical psychiatry does not deal with the form and the meaning of symptoms themselves, and this is exactly what psychoanalysis meant to do

The first cure of hysteria has been discovered by J. Breuer in the “study and felicitous cure of a case of hysteria which has since become famous (1880-82).” P. Janet has independently reached the same result.

Just like “America was not named after Columbus”, scholar Leuret expressed the opinion that “deliria of the insane, if we only understood how to interpret them, a meaning could be found”

Neurotic symptoms have their meanings just like errors and dreams.

An Example of How Psychoanalysis Helps

Case Study Compulsion Neurosis (Neurotic OCD)

Chief symptoms

- Occupied by unwanted thoughts
- Impelled to actions that offer no pleasure but cannot resist
- The thoughts may be absurd or childish
- Against one's will one is forced to do things

Modern-day psychiatry: offers classification, but no explanation

How could we identify the “degenerativity” of someone?

Psychiatry has defined superior degenerating as the category of neurosis when parts of the brain degrade.

Clinical Example 1

“A lady about thirty years old suffered from the most severe compulsions[...] She ran from her room into an adjoining one, placed herself in a definite spot beside a table which stood in the middle of the room, rang for her maid, gave her a trivial errand to do, or dismissed her without more ado, and then ran back again. This was certainly not a severe symptom of disease, but it still deserved to arouse curiosity.”

Explanation This requires cross-examination of the patient's history.

“More than ten years prior she had married a man far older than herself, who had proved impotent on the bridal night. Countless times during the night he had run from his room to hers to repeat the attempt, but each time without success. In the morning he said angrily: “It is enough to make one ashamed before the maid who does the beds,” and took a bottle of red ink that happened to be in the room, and poured its contents on the sheet, but not on the place where such a stain would have been justifiable.”

Similarities The running across rooms and the appearance of the maid

Projections

- Mapping of the husband's act onto her own
- The reinterpretation of a bed into the table-board

The use of red ink implies the impotence of the man.

The compulsion act then says “No, it is not true, he did not have to be ashamed before the maid, he was not impotent”

After a series of dreams, her brain thinks that dreams can no longer fulfill her wishes and begins to start acting them out for her husband

Therefore a compulsive act could also be a wish fulfillment

Clinical Example 2

“A nineteen-year old, well-developed, gifted girl, an only child, who was superior to her parents in education and intellectual activity, had been wild and mischievous in her childhood, but has become very nervous during the last years without any apparent outward cause. She is especially irritable with her mother, always discontented, depressed, has a tendency toward indecision and doubt, and is finally forced to confess that she can no longer walk alone on public squares or wide thoroughfares.”

Explanation

We shall not consider her condition as a whole. According to classical psychiatry, there are two symptoms dominant: agoraphobia and compulsion neurosis. In this example, we will analyze her as if “this girl has also developed a sleep ritual, under which she allows her parents to suffer much discomfort.”

Everyone is under a sleep ritual(an obsession), and the absence hinders one from falling asleep(to fulfill a wish)

Background Information: The patient needs an absolutely quiet space to sleep, but wants the passage between her room and her parents’ half open.

The way of banishing clocks from the room is because it’s a symbol of the female genital(yes, sex symbols are still useful)

The ticking of the clock may be compared to the throbbing of the genital during sexual excitement

→ the banishing might be an attempt to avoid this sensation

→ avoiding the fear that “she might not bleed during her bridal night and so not prove to be a virgin.”

Other actions could also be explained in the same way **Ex** her engagement with her father could be inferred

Conclusion Clinical psychoanalysis is much harder than it seems. But it will all make sense once you’ve peeled the case like an onion.

Summary

In psychoanalysis, symptoms carry meaning. Illustrated through clinical examples like compulsive acts and agoraphobia, deeper interpretations reveal subconscious desires and fears, highlighting the complexity of clinical psychoanalysis.

18: Traumatic Fixation - The Unconscious

Review In the last example, both patients seem to be fixed on some places of their past

- The first patient is fixed upon her marriage
- The second patient is fixed upon her engagement with her father

Case Study - Traumatic Neuroses

Men are brought to complete deadlock by traumatic experiences

The connection between the compulsion act and the fixation is often hidden

- In the first case, the patient has no idea what the unhappy bridal night has to do with her neurosis
- In the second case, the patient also has no idea why doesn't she want the pillow to touch the head of the bed

Neurotic symptoms are not themselves unconscious but they were just not observed by the conscious mind by some sort of censorship <!--Similar to the dream censor?-->

Even adding to the difficulties of interpretations, "the meaning of the symptoms invariably hidden in the unconscious; but the very existence of the symptom is conditioned by its relation to this unconscious."

Symptoms develop as a substitution for something else that has remained suppressed

Similar to how ignorance led to evil in the Socratic teachings, ignorance of unconscious impulses in psychoanalysis contributes to psychological issues

Therefore Freud expresses a strong dislike for the simplification of the truth

"All pathogenic unconscious experience must be transposed into consciousness"

Note that the unconscious fixation does not necessarily mean amnesia

Summary

Traumatic fixation in neuroses involves unconscious fixation on past events. Symptoms mask underlying traumas, akin to Socratic teachings where ignorance leads to psychological issues.

19: Resistance and Suppression

In the process of understanding neuroses, there are things that we need to know something about the

patient's reaction.

Resistance

The patient often **resists** help from the analyst just like how someone resists the dentist who is going to pull one's teeth.

It's better not to mention this to the relatives for they might think it's an excuse for the failure of the treatment

- One could tell the patient to put oneself into a state of “calm self-observation” and that nothing is unimportant or unpleasant
 - The patient will first **deny** any detail or any unpleasant segments
 - The patient will then go through long pauses in his speech, indicating **betrayal** of his true intention
 - At last, in the ideal situation, the patient begins a **confession** of his intentions.

One could scarcely find any patient who doesn't attempt to defend himself against the “intrusion of psychoanalytic therapy”

Clinical Example

“One patient, whom I must reckon among the most highly intelligent, thus concealed an intimate love relation for weeks; and when he was asked to explain this infringement of our inviolable rule, he defended his action with the argument that he considered this one thing was his private affair. ”

In this example, the patient is trying to escape from the interrogation of the therapist by using the excuse that his relationships should be kept as his privacy.

Compulsion neurotics are “exceedingly adept” at this by “bringing to bear all their over-conscientiousness and their doubts upon it.”

There is another curious thing about resistance. The patient's **wish** to learn psychoanalysis for self-interpretation is also a resistance. This is because the patient is unconsciously trying to lead the analysis session.

This is the same as the **transference** of a familiar person onto the therapist, which reduces interest in the analytic session.

Always remember that the patient's resistance against treatment is the same cause of the neurosis

There are also cases where the establishment of the resistance becomes a matter of such importance that the therapist cannot ignore/divert it. This can also provide insight into the patient's hobbies.

Suppression

“We will compare the system of the unconscious to a large ante-chamber, in which the psychic impulses rub elbows with one another, as separate beings. There opens out of this ante-chamber another, a smaller room, a sort of parlor, which consciousness occupies. But on the threshold between the two rooms, there stands a watchman; he passes on the individual psychic impulses, censors them, and will not let them into the parlor if they do not meet with his approval. You see at once that it makes little difference whether the watchman brushes a single impulse away from the threshold, or whether he drives it out again after it has already entered the parlor. It is a question here only of the extent of his watchfulness, and the timeliness of his judgment.”

The watchman **suppresses** some part of the conscious mind - some sort of like the dream censorship

Not all unconscious ideas could be mapped onto the conscious one

Others

Note that this is a very crude theory that has **absolutely no evidence supporting** it. It's only that it's working in most cases so that therapists use them, but this theory still lacks verification.

Summary

Resistance in psychoanalysis refers to patients' reluctance to accept therapeutic insights, mirroring unconscious defenses. Suppression, akin to dream censorship, filters unconscious impulses from reaching consciousness. Patients' wish to learn psychoanalysis can also manifest resistance.

20: The Sexual Life of Man

Almost all hysteria could be interpreted as sexual.

Definition of Sexual

Elements that contain

- organs related to reproduction **Ex** the penis, the vagina, etc

- the interaction between the two sexes **Ex** courtship, flirting, etc
- the act of reproduction **Ex** sexual intercourse
- the pursuit for sexual pleasure **Ex** coitus interruptus, masturbation, etc

According to evolutionary psychology, the origin of sexual desire is the desire to reproduce.

Reproduction desire → sexual desire → Eros → abnormal sexual orientation.

Distortion of Sexual Desires

The distortion of sexual object

The distortion often happens during childhood

- Use of genitals only for excretion
- Use of other body parts in place of the genital

The distortion of sexual aim

This type of distortion is often called paraphilia disorder. These include:

- Abnormal sexual orientation **Ex** homosexuals
- Abnormal self-recognition **Ex** thinking oneself belongs to a third sex
- Abnormal ways of sexual fulfillment **Ex** sadism/masochist

The studies of Ivan Bloch have shown that these “signs of degeneration” are now widely accepted by society

Neurotic symptoms are also substitutions for sexual satisfaction. Paranoia, on the other hand, is an attempt to ward off powerful homosexual tendencies.

Symptoms of Hysteria

Symptoms of hysteria may manifest its symptoms anywhere in the body.

Many violence-related hysteria is an remapping of sadistic sexual desire

Sexual Behaviors in Child Psychology

Note that children also have sexual behaviors, but most are corrected during puberty from distortions.

<!--According to Freudian theory, children express the most archaic sexual behaviors because the superego forms from education.-->

Ex the act of sucking ← the sucking at one's mother's breast for milk <!--I don't think it is exactly a sexual act-->

Then the children soon relinquishes the sucking and turned it into sucking one's thumb → the exploration of one's body → onanism

Summary

Hysteria often stems from sexual interpretations, including distortions in sexual object and aim, with neurotic symptoms potentially substituting for sexual satisfaction; children exhibit sexual behaviors that evolve with age.

21: Development of the Libido and Sexual Organizations

Previous lectures have not been focused on perversions to the conception of sexuality

The perversions are an alteration to our conception of sexuality.

Note that the adjective sexual could also apply to elements that relate to anything that relates to reproduction **Ex** nursing

Examples of Perversions

Ex kissing could be claimed to be perverse since it originated from the union of two organs. This can explain why there are paraphilia who experience sexual orgasms when kissing.

Note that infantile sexuality and perversions are completely different.

- Perverse sexuality is as a rule “extraordinarily centralized, its whole action is directed toward one, usually an isolated, goal”
- “Infantile sexuality, on the other hand, is on the whole devoid of such centralization and organization, its individual component impulses are of equal power, and each independently goes in search of the acquisition of pleasurable excitement.”

Q Why do we focus on the pursuit of sexual pleasure rather than the neurotic physiological reason behind the thumb sucking?

A Just like an apple and a pear are different from the time they are seeds, the desire to reproduce is hard-coded in one's genes. It can't be ignored.

The most noticeable sexual development occurs during the 6-8th grade during the start of puberty. During this period, the sexual cognitive functions(or, simply, sexual life) of a teenager are pretty much the same as the ones of the adults.

The Pre-Genital Sexual Life

The concept of masculine and feminine is not present yet but in its place active and passive.

The oral phase and the anal phase are the ones present at the first time, with the oral phase exiting at first.

The oral phase started when the infant learned to suck milk from the mother's breast, fulfilling the self-preservation actions term in Freudian libido. Then the wish turned into a sexual desire, and the oral impulse turned auto-erotic. The mother then becomes the first object of love.

The Oedipus-complex is formed during this stage. Even after the development of the superego when the male is detached from the complex, he will still experience a feeling of guilt which he couldn't find the source. This complex is later on suppressed by the evolutionary resistance of inbreeding.

Incorrect suppression of the Oedipus-complex during development leads to sorts of neurosis.

Summary

Lectures have shifted focus to perversions, altering the concept of sexuality. Even acts like kissing are analyzed. Infantile sexuality differs from adult perversions.

During puberty, sexual development accelerates. Pre-genital sexual stages involve oral and anal phases, forming attachments to the mother. Suppression of the Oedipus complex leads to neurosis.

The lectures examine sexual perversions, altering our understanding of sexuality. From infancy to puberty, stages of sexual development involve attachments to the mother and the emergence of the Oedipus complex, affecting later psychological development.

22: Theories of Development and Regression - Etiology

Libido went through extensive development before it could "enter the service of reproduction in a way which may be regarded as normal"

Some aspects of development are interesting to psychoanalysis.

Fixation on Instincts

Ex

During a study on the nervous system of a small fish very archaic in form, Freud noticed that the nerve ganglia of the fish had moved outside the grey matter all the way to the spinal ganglion. This implies that these are archaic structures.

These are called the fixation of the instinct.

Regression

Regression is the “second danger of this development by stages.” Regression are archaic remnant for protection during youth, so therefore regression is have a lot of connections are fixation on instincts.

- Both shows in transference neuroses

Note that suppression is not the same as regression. Suppression is totally **localized**.

In hysteria, libidinous return to primary, incestuous sexual objects is quite regular but regression to “a former stage of sexual organization [is] very rare.”

“the union of the partial instincts under the domination of the genitals is accomplished, but its results encounter the opposition of the fore-conscious system which, of course, is bound up with consciousness.”

In contrast, compulsion-neurosis often returns to the sadistico-anal organization. So the compulsion idea must be reinterpreted. **Ex** “I want to murder you” → “I want to enjoy you in love”