

Psychoanalysis to Psychodynamic

- Importance of the feelings of self (ego) that **arise from interactions & conflicts**
- **Sense of self (ego) central core of personality.**
- They went equipped with a background in Freudian theory.
- Emphasized on Motivation & Social interaction.
- Neo-Freudianism is a psychoanalytic approach derived from the influence of Sigmund Freud but extending his theories towards typically **social or cultural aspects of psychoanalysis over the biological.**
- **The most influential promoters were:**
 - ✓ Carl Jung – Analytical Psychology
 - ✓ Alfred Adler – Individual Psychology
 - ✓ Erik Erikson – Identity theory
 - ✓ Karen Horney – Feminist Psychology

CARL JUNG (1875-1961)



Libido, Equivalence, Entropy and Opposites

- **Libido**- general biological life energy that is concentrated on different problems as they arise.
- A creative life force that could be applied to the **continuous psychological growth** of the person.
- Focused on various needs whether those needs are **biological or spiritual**.
- Value of something is determined by how much libidinal energy is invested in it .

1. Principle of Equivalence

- The energy created from the opposition is "given" to both sides equally.
- First law of thermodynamics that states the amount of energy in a system is essentially fixed (conservation of energy), if it is removed from one part of a system it will show up in another.
- It means if one component of psyche is over valued, it is at the expense of the other components.
- For example, psychic energy is concentrated on conscious activities, then unconscious activities will suffer and vice versa.

2. Principle of Entropy

- Jung borrowed the idea from physics, where entropy refers to the tendency of all physical systems to "run down," that is, for all energy to become evenly distributed (strive to get balance)
- Equalization of energy within the system.
- for example, a heat source in one corner of the room, the whole room will eventually be heated.

3. Principle of Opposites:

For every action there is an equal and opposite reaction

- e.g. conscious – unconscious
- introversion - extroversion

Components of the personality

Ego-concerned with thinking, feeling, remembering and perceiving.

- **Conscious mind**

Personal unconscious:

- It contains clusters of emotionally loaded (high valued) thoughts that Jung called **complexes**.
- A complex is a **personally disturbing constellation of ideas connected by common feeling tone**.
- He used **word-association test** for studying it.
- He **does not include the instincts** like Freud`s view

Collective unconscious:

- “Psychic inheritance.” It is the reservoir of our experiences as a species.
- It reflects the collective experiences that humans have had in their **evolutionary past**.
- Traces of our pre-human or animal ancestry.
- Same for all humans.
- **Racial memories** or **archetype**: The experiences of love at first sight, of *deja vu* (the feeling that you've been here before), and the **immediate recognition of certain symbols and the meanings of certain myths**.
- e.g **near-death experience**: of being pulled **through a long tunnel towards a bright light, of seeing deceased relatives or religious figures waiting for them**, and of their disappointment at having to leave this happy scene to return to their bodies.

Archetypes

- The contents of the **collective unconscious** are called **archetypes**
- An **archetype** can be defined as an **inherited predisposition** to respond to certain aspects of the world.
- **Universal Experiences.**
- **Common experiences**—power, men, mother etc.
- Humans have an inherited predispositions to react to these and other experiences.
- e.g. **Common human experiences to emotional reactions**
- They are manifested in **dreams, fantasies, images, and symbols.**

Archetypes—Persona, Anima, Animus, Shadow and Self

Persona-Latin word for mask.

- One's public self
- It develops because of humans' need to play a role in society.
- Effect of **social and cultural circumstances**.

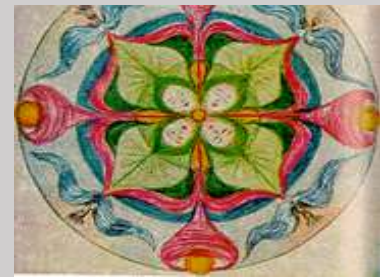
- **Anima**-The anima is the **female component** of the male psyche.
- It serves two purposes-It causes men to have **feminine traits**
- It provides a framework within which men **interact with women**.
- Effect of idealized framework
- The male who gives little or no expression to his feminine characteristics lacks **sensitivity, feeling, intuitions and creativity**.

- Animus-It is the masculine component of the female psyche.
- Guides her relationship with men.
- Little or no expression to her male characteristics lacks assertiveness and is overly passive.
- Denied expressions - expressed through dreams and fantasies.

- Shadow-It is the darkest, deepest part of the psyche
- Sex and instincts in Jung's system.
- It derives from our pre-human, animal past, when our concerns were limited to survival and reproduction, e.g. immoral, aggressive and passionate.

Self-component of psyche

- to harmonize all the other components.
- It represents the human striving for unity, wholeness and integration of the total personality.
- *Mandala*: Containing the essence
- Life goal-self actualization
- *Jivatman- Parmatman*



Mana- Dreams usually symbolize *mana*, or spiritual power.

Archetypes

In summary:

Persona: The mask we wear to meet social expectations. Useful for functioning in various roles (e.g., student, employee).

Anima and Animus: Opposite-sex elements within each psyche.

Anima: feminine traits.

Animus: masculine traits.

Enable understanding of the opposite sex.

Must be integrated for psychological balance.

Shadow: The dark, instinctual side of the unconscious.

Source of both immorality and creativity.

Needs to be expressed in healthy ways.

The Self: Symbol of the total personality: **unity, integration, and wholeness.**

Balances the conscious and unconscious mind.

Requires deep self-knowledge.

Conscious

Persona

EGO

OUTER WORLD
The Convention

**Personal
Unconscious
(Complexes)**

SELF

**Collective
Unconscious
(Archetypes)**

SHADOW

Anima-Animus

INNER WORLD
Psychic Realm

Psychological Types

Introversiion and Extroversiion

- **Attitudes**-toward the subjective world of the individual vs. external environment.
- The introvert tends to **be quiet, imaginative and more interested in ideas than in other people.**
- The extrovert tends to be **sociable, outgoing and interested in people and environment.**

Functions of Thought

- How a person perceives the world and deals with information and experience.

1. Perception: Irrational functions

i) **Sensing** - Detects the presence of objects.

- Those who prefer **Sensing Perception** favor clear, tangible data and information that fits in well with their direct here-and-now experience.

ii) **Intuiting** - Provides hunches when factual information is not available.

- In contrast, those who prefer **Intuition Perception** are drawn to information that is more abstract, conceptual, big-picture, and represents imaginative possibilities for the future.

2. Judgment: Rational

i) **Thinking** -Tells what an object is.

➤ Those who prefer **Thinking** Judgment have a natural preference for making decisions in an objective, logical, and analytical manner with an emphasis on tasks and results to be accomplished.

ii) **Feeling**- Pertains to liking and disliking.

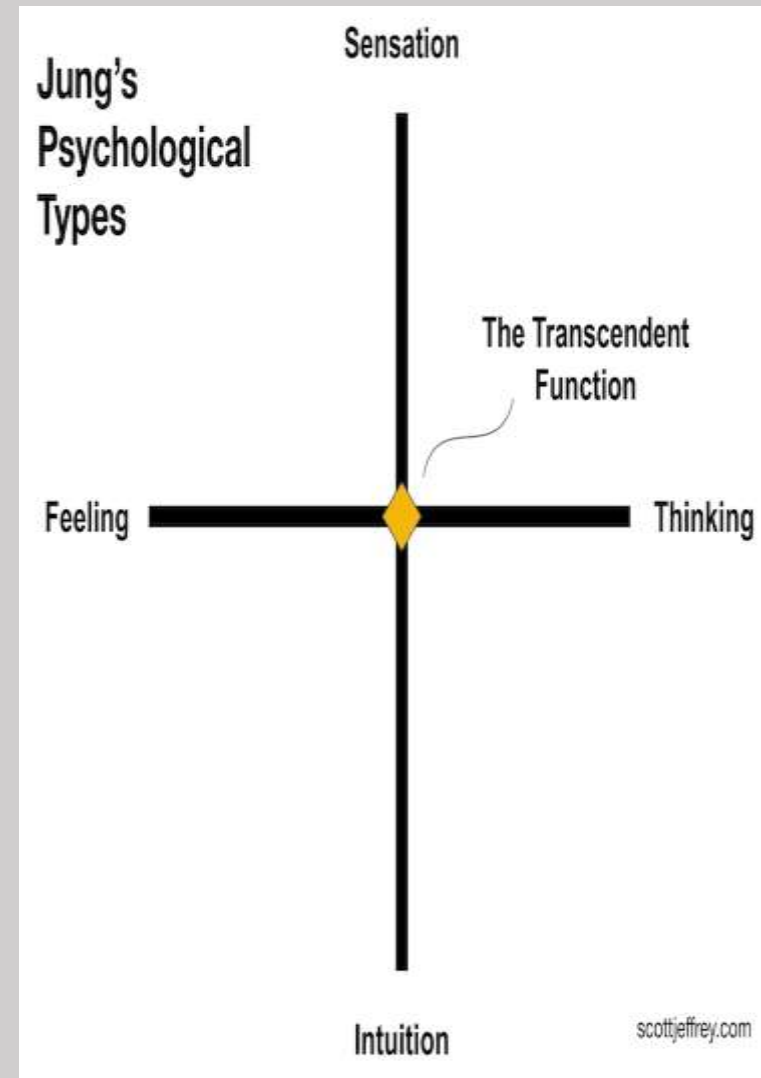
➤ Those whose preference is for **Feeling** Judgment make their decisions in a somewhat global, visceral (intuitive), harmony and value-oriented way, paying particular attention to the impact of decisions and actions on other people.

➤ **Myers-Briggs Personality Type**

	extraverted	introverted
rational	thinking	thinking
	feeling	feeling
irrational	sensation	sensation
	intuition	intuition

Eight Personality Types

- **Thinking Extrovert**- Fixed rules and expects everyone else to do the same
Dogmatic and Cold e.g. scientists
- **Sensing Extrovert**- Realistic and concerned only with objective facts.
-Rejects subjective thoughts and feelings
- **Intuiting Extrovert**- External reality a multitude of possibilities.
e.g. entrepreneur, stock-broker, politician etc.
- **Feeling Extrovert**- response emotionally to objective reality.



Carl Jung: Personality Types

TABLE 3.1 Jung's psychological types

Extraverted thinking	Logical, objective, dogmatic
Extraverted feeling	Emotional, sensitive, sociable; more typical of women than men
Extraverted sensing	Outgoing, pleasure seeking, adaptable
Extraverted intuiting	Creative, able to motivate others, and to seize opportunities
Introverted thinking	More interested in ideas than in people
Introverted feeling	Reserved, undemonstrative, yet capable of deep emotion
Introverted sensing	Outwardly detached, expressing themselves in aesthetic pursuits
Introverted intuiting	Concerned with the unconscious more than everyday reality

Schultz, D. P., & Schultz, S. E. (2005). *Theories of personality*. Thomson.

Stages of Development

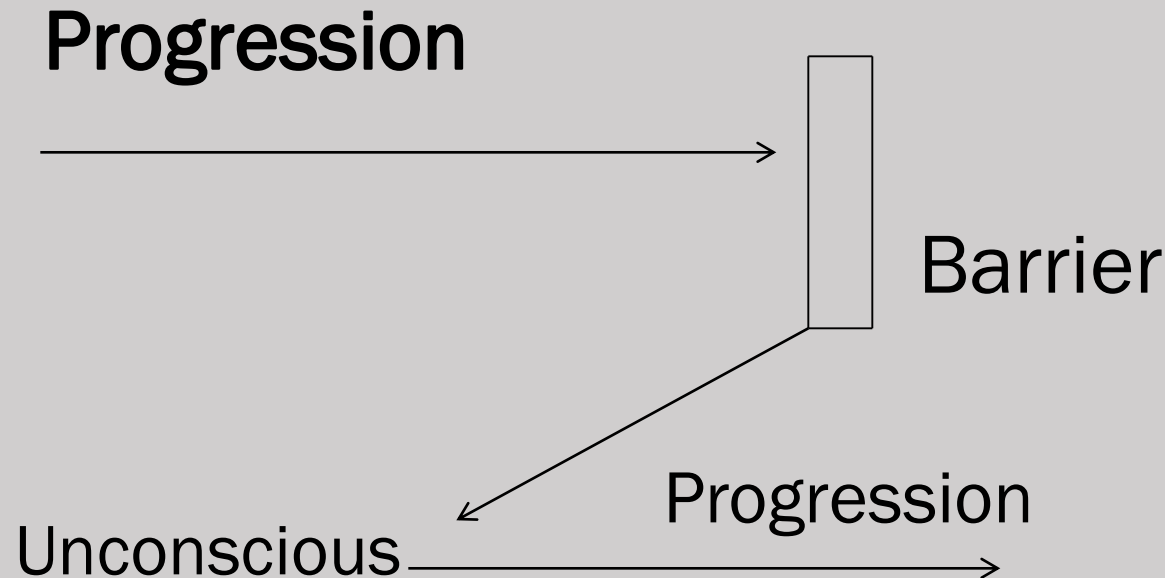
- **Childhood**- (from birth to adolescence)
 - **Libidinal energy** is expended **on learning**
 - how to walk talk and other skills necessary to survival.
- **Young Adulthood** (from adolescence to about age 40) -**libidinal energy** is directed toward **learning a vocation, getting married** etc.
- Individual tends to be **out going, energetic, impulsive and passionate.**
- **Middle age** (from about age 40 to the later years of life)-**libidinal energy** is directed toward **cultural, philosophical and spiritual values.**
- - The process of rising above our opposites, of seeing both sides of who we are, is called **transcendence.**
- **-Androgynous (Mandala)**

- Progression & regression

Psyche toward understanding, harmony, and wisdom is called Progression.

Libidinal energy causes growth

Regression- it occurs when libidinal energy flows backwards away from the external environment and inwards toward the unconscious



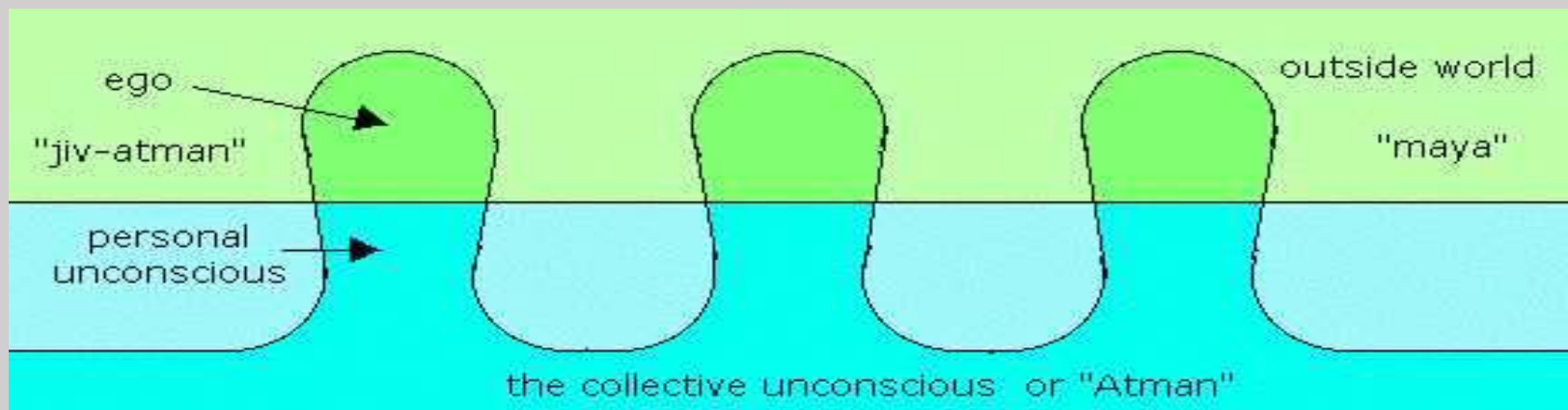
Life`s Goal

- To achieve self actualization
- Individuation: Individuation means becoming an “in-dividual,” and, in so far as “individuality” embraces our innermost, last, and incomparable uniqueness, it also implies becoming one’s own self. We could therefore translate individuation as “coming to selfhood” or “self-realization.”*
- *Mandala-circle-symbols of balance, perfection and harmony like circle.*

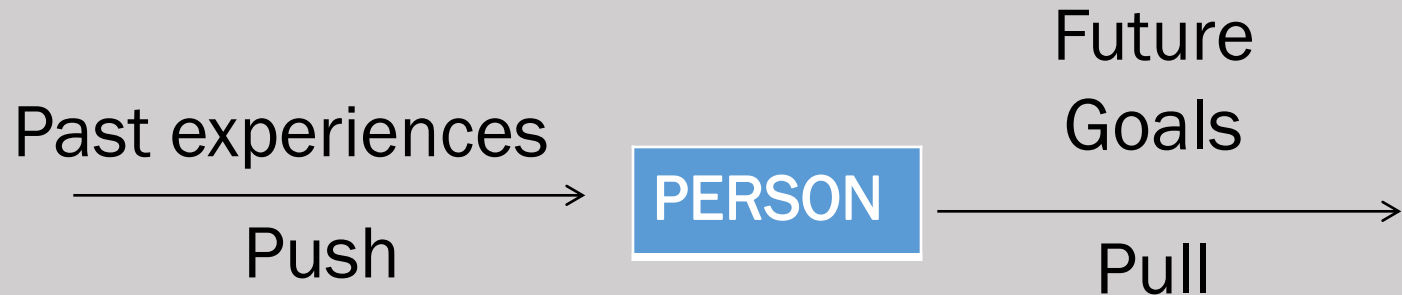
Ref. *CG Jung, The Collected Works of CG Jung, Vol. 7: Two Essays on Analytical Psychology, 1972.



- Jung was never clear about his own **religious beliefs**. But this unusual idea of synchronicity is easily explained by the **Hindu view of reality**. In the Hindu view, our individual egos are like islands in a sea: We look out at the world and each other and think we are separate entities. What we don't see is that we are connected to each other by means of the ocean floor beneath the waters.
- The outer world is called **maya**, meaning illusion, and is thought of as God's dream or God's dance. That is, God creates it, but it has no reality of its own. Our individual egos they call **jivatman**, which means **individual souls**. But they, too, are something of an illusion. We are all actually extensions of the one and only **Atman**, or God, who allows bits of himself to forget his identity, to become apparently separate and independent, to become us. But we never truly are separate. When we die, **we wake up and realize who we were from the beginning: God**.



Causality, Teleology and Synchronicity



Synchronicity- coincidence- when two independent events come together in a meaningful way.

Research Techniques

- Word Association Method
- Psychotic Patients
- Jung`s analysis of Dreams

Evaluation

- Empirical research

Myers-Briggs Type Indicator Test(Myers 1962)

Research confirmed personality type- paper-and-pencil test. On the basis of your answers on about 125 questions, you are placed in one of sixteen types, with the understanding that some people might find themselves somewhere between two or three types.

- Criticisms-Collective unconscious-unscientific

- Contribution- Many original concept in personality theory.

—Self actualization

Resolving tensions (Balancing) is the goal of Jungian psychology.



- <http://webspace.ship.edu/cgboer/perscontents.html>

Who looks
outside,
dreams; who
looks inside,
awakes.

-Carl Jung