

REFLECTIONS: EXPLORING THE SELF IN INDIAN PSYCHOLOGY AND PERSONALITY THEORY

HUL265 TUTORIAL: THEORIES OF PERSONALITY

Presented By :
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(2024Huz8353)



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WHAT IS INDIAN PSYCHOLOGY(IP)?

Indian psychology is an approach to psychology based on the Indian ethos, rooted in the consciousness-based Indian worldview, indigenous practices, and a life-affirming spirituality.

It is not a sub-discipline specifically or exclusively suitable for people living in the Indian sub-continent or of Indian origin.

It is a step toward the decolonization of psychology as Indian tradition can make valuable contributions to the psychological understanding of all human beings, irrespective of their descent or cultural background.

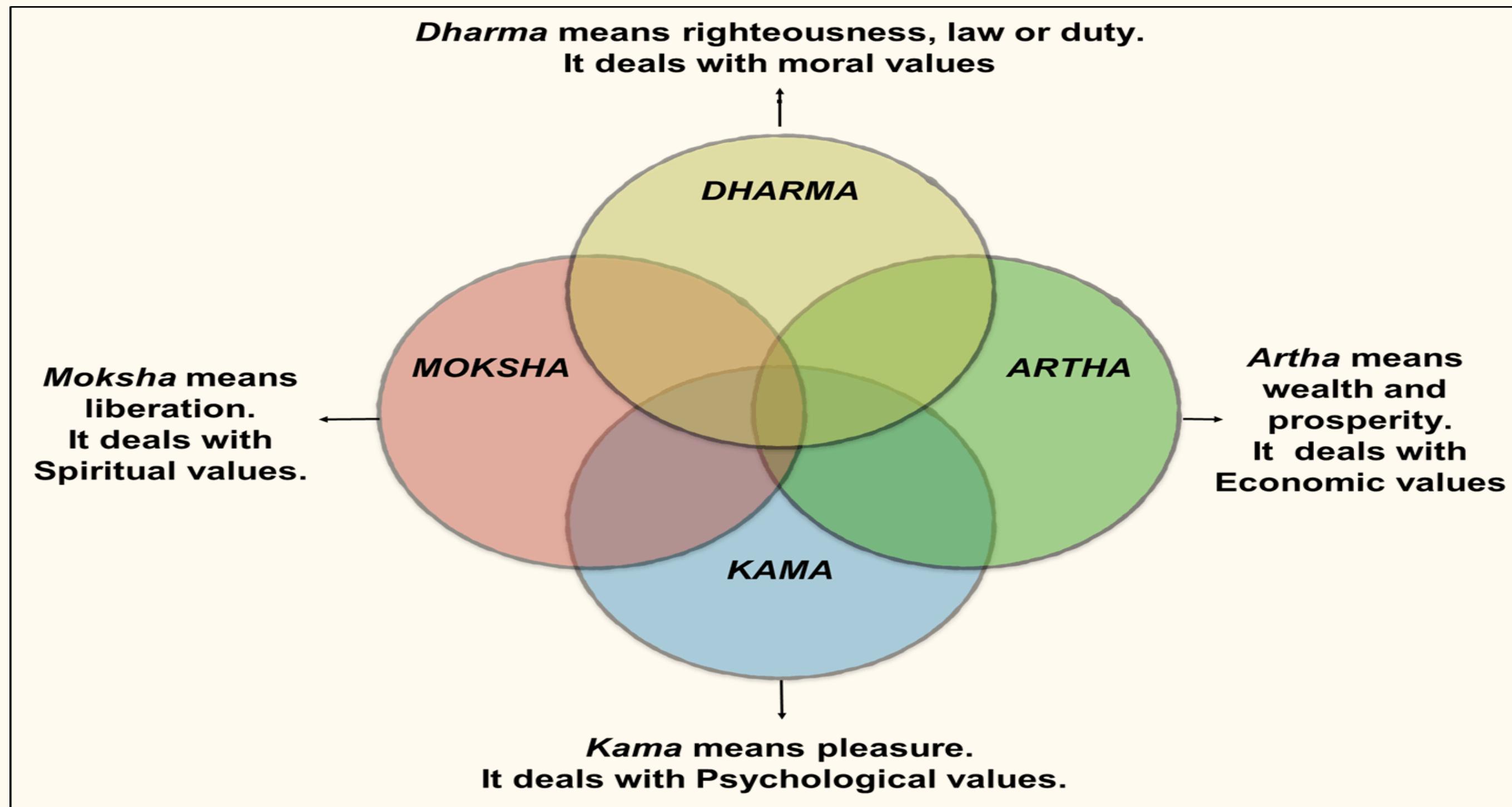
CORE FOCUS OF INDIAN PSYCHOLOGY

IP focuses on (Rao & Paranjpe, 2016):

- **Studying the individual** in order to understand human potentials and their actualization.
- **Pursuing self-realization or “*Ātmānam viddhi*”** (*know thyself*), because knowing the *ātman* (*self*) is equivalent to knowing *brahman* (*the ultimate reality*), highlighting that all essential knowledge is inherently accessible through inner reflection.
- **Advocating for controlling the fluctuating consciousness** through practices such as **yoga and meditation** to facilitate the journey towards self-realization.
- **Authentic living** in pursuit of happiness that is long lasting and not momentary. Lasting happiness is associated to *mokṣa* (*liberation from life cycles in IKS*) for which one must pursue material prosperity and inner peace in harmony with their duty towards society.

Authentic Living? (Sharma, 2024)

Authentic Living in IP = Pursuit of *Purushārtha* or life goals



INDIAN PSYCHOLOGY VS PSYCHOLOGY IN INDIA

Rooted in ancient Indian knowledge traditions, IP endeavors to make Psychology a culturally sensitive science of human potential and growth. – Sharma, N. (2024)

Aspect	Indian Psychology (IP) – Psych of, by, from India	Psychology in India – In India
Definition	A psychology rooted in Indian philosophical, spiritual, and cultural traditions	The academic and professional practice of psychology as taught and applied in India
Epistemology (Ways of Knowing)	Indigenous knowledge systems (e.g., Vedanta, Yoga, Buddhism, Ayurveda)	Primarily Western paradigms (e.g., behaviorism, psychoanalysis, cognitive psychology)
Core Focus	Inner transformation, authentic living, self-realization, consciousness, liberation (moksha)	Mental health, education, organizational behavior, research using Western models
Approach to the Self	The self (Atman) as eternal, multi-layered, and transcendent	The self as an individual identity or personality, studied via scientific methods
Influence	Traditional Indian texts and thinkers (e.g., Patanjali, Aurobindo, Upanishads)	Western theorists (e.g., Freud, Skinner, Rogers, Beck) with Indian applications

Source: Sharma, N. (2024). Debating the colonial descendant in decolonization of psychology—perspectives from Indian psychology. *Current Psychology*, 43(26), 22273-22282.

KEY CONCEPTS – PANCHABHUTA

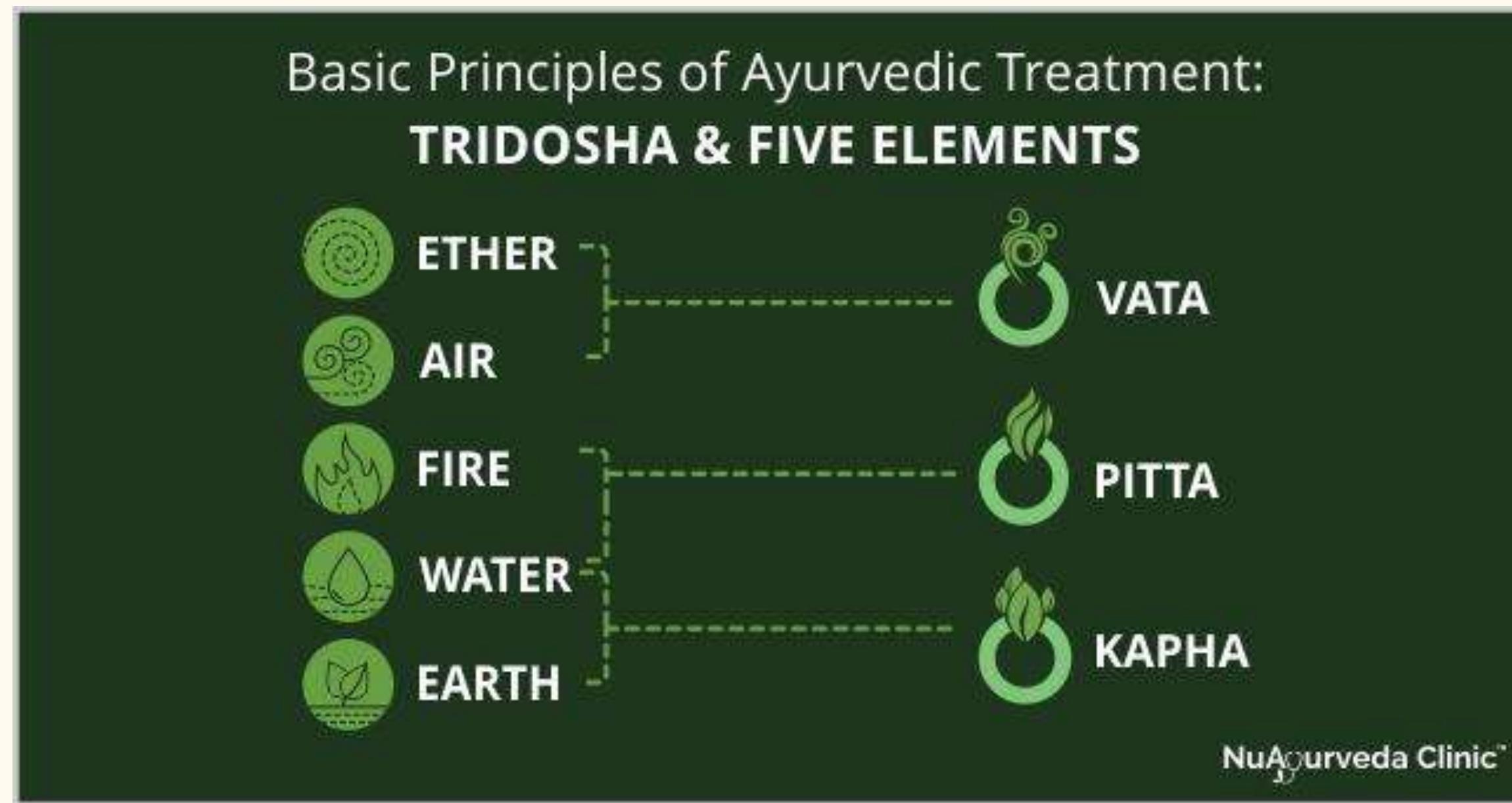
Derived from **Sāṅkhya** and **Ayurvedic** traditions, the *Pancha Bhuta* are the five fundamental elements that constitute all of existence—body, mind, and environment.

Element (Bhuta)	Sanskrit Name	Associated Qualities
Earth	Prithvi	Stability, heaviness, support
Water	Apas	Fluidity, cohesion, adaptability
Fire	Tejas	Transformation, intensity, clarity
Air	Vayu	Movement, lightness, dynamism
Space	Akasha	Expansion, openness, subtlety



KEY CONCEPTS - TRIDOSHA

Tridosha is a core concept from Ayurveda, describing three bio-psychological forces that govern an individual's physical, mental, and emotional constitution. The five elements combine and give rise to Doshas.



KEY CONCEPTS - TRIDOSHA

They are associated with certain psychological personality traits. They are inter-connected with Gunas.

Source: Shilpa, S., & Murthy, C. V. (2011). Understanding personality from Ayurvedic perspective for psychological assessment: A case. AYU (An International Quarterly Journal of Research in Ayurveda), 32(1), 12-19.

Dosha	Constituent Elements	Psychological Traits
Vata (Air + Ether)	Akasha + Vayu	Quick, creative, anxious, restless, easily distracted, energetic but prone to instability
Pitta (Fire + Water)	Tejas + Ap	Intense, ambitious, sharp intellect, critical, irritable under stress
Kapha (Water + Earth)	Ap + Prithvi	Calm, steady, nurturing, loyal, emotionally stable but resistant to change or lethargic

VEDIC PERSONALITY - TRIGUNAS

Guna	Core Characteristics	Psychological Expression
Sattva	Purity, knowledge, happiness	Self-Control, Generosity, Intellectual Disposition, Introversion & Detachment, Clarity on Cognition, Holistic Orientation, Mental Steadiness, Benevolence, Internal Locus of Control, Self-Discipline, Determination, Contentment, Agreeableness, Dutifulness, Creativity, Belief in Autonomy, Passionate, Motivated, Spirituality
Rajas	Activity, desire, agitation	Dynamism, Passionate, Enthusiasm, Ambition, Efficient Planning, Anxiety, Extroversion, Uncontrolled Emotion, High Energy, Hyperactivity & Restlessness, Attachment to Work, Dissatisfaction with Life, Internal Locus of Control, Group Identification Seeking, Analytical Mind, Achievement-Orientation, Ability to Network, Power Seeking
Tamas	Inertia, confusion, resistance	Indifference, Doubting, Exhibition of Inertia, Uncertainty, Generally Less Disciplined, Lethargic & Low on Energy, Low Initiative Taking, Low Self-Confidence, Tendency to Procrastinate, Poor Cognition, Low Intellectual Capability, Conformation Seeking, External Locus of Control, Low Enthusiasm

Can you think of movie or literary characters that fit these descriptions?

Source: Kumar, N., & Bhattacharyya, A. (2020). Exploring the effect of systematic interventions on entrepreneurship students' personality and behavior: a longitudinal study using Indian personality theory. *Entrepreneurship Education*, 3(4), 433-456.

Summary (Shilpa & Murthy, 2011)

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Salient Characteristics of Tridoshas and Trigunas

	Constructs	
Tridosha	Vata	Unpredictable, erratic in all behaviour, fast, restless
	Pitta	Short tempered, precise, sharp and decisive
	Kapha	Stable, predictable, slow, dedicated and thorough in all activities
Triguna	Sattva	Intelligent, fortitude, gentle, truthful, benevolent, virtuous
	Rajas	Energy, harsh, angry, excessive activity, strong emotions, inclining towards violence and aggression
	Tamas	Mass, heavy, obstructing, ignorance or lack of knowledge (confused), inactivity, sleep (more), generally dejected always, indecent



● ● ○ [HTTPS://WWW.VEDICPERSONALITY.ORG/QUESTIONNAIRE.PHP?NAME](https://www.vedicpersonality.org/questionnaire.php?name)



Vedic Personality



The Original Vedic Personality Test

The Vedic Personality Inventory

1: Very Strongly Disagree 2: Strongly Disagree 3.: Somewhat Disagree 4: Neutral 5: Somewhat Agree 6: Strongly Agree 7: Very Strongly Agree

Questionnaire for: ()

FIND OUT YOUR VEDIC PERSONALITY!





**HUL265 - THEORIES OF PERSONALITY
TUTORIAL WEEK 3 - IKS AND PSYCHOLOGY**

Wisdom of the East: Indian Knowledge Systems (IKS) in Psychological Sciences

**G SHABDAPRITI
(2024HUZ8353)**

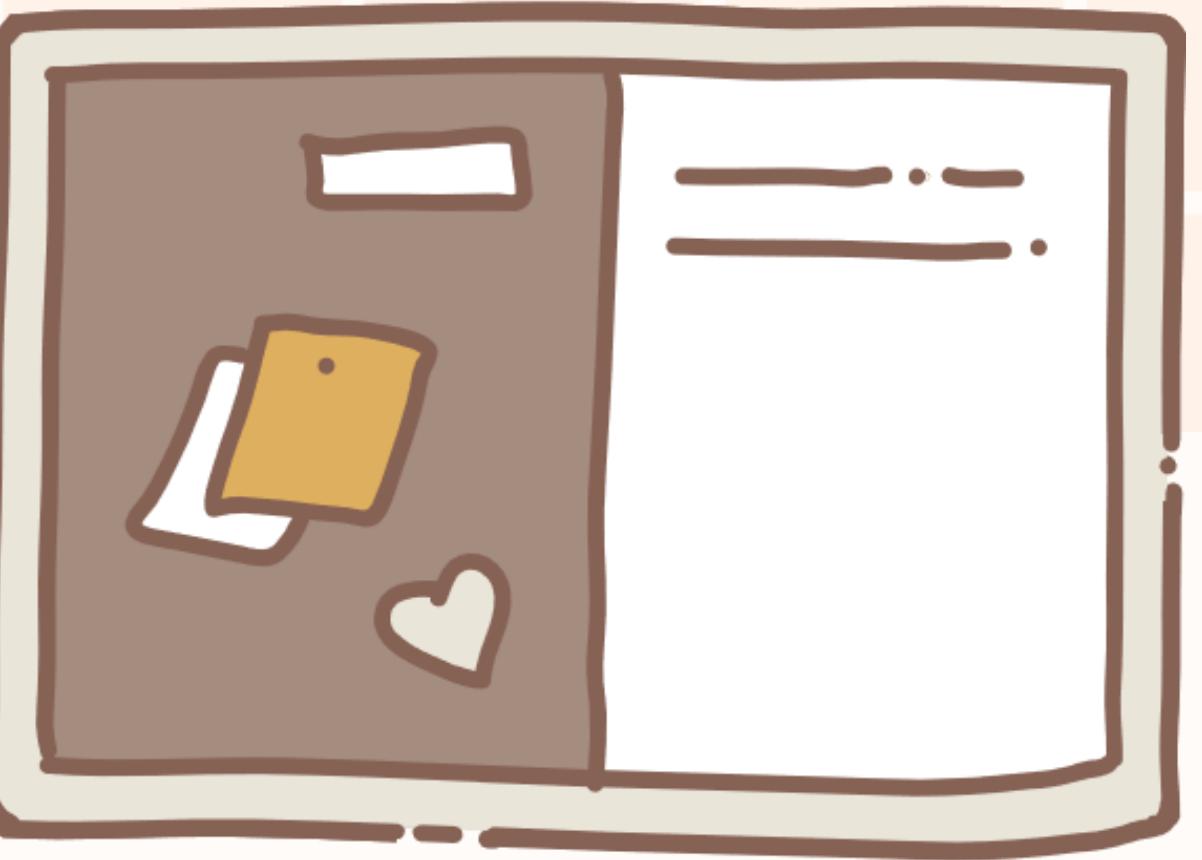
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What is IKS?

Insights on
Psychological
Constructs

Five Broad
Contributions

Integration
Challenges
-Activity



INDIAN KNOWLEDGE SYSTEM

The Indian Knowledge System (IKS) encompasses the vast body of knowledge, practices, and traditions developed and preserved in India over millennia.

It includes diverse disciplines like philosophy, science, mathematics, medicine, arts, and more, emphasizing holistic, sustainable, and ethical approaches to life and knowledge.

IKS aims to integrate traditional wisdom with modern education and societal applications, promoting interdisciplinary research and preserving cultural heritage.



DIFFERENCES AND CONVERGENCES

Aspect	IKS	Psychology
Philosophical Roots	Ancient scriptures – Upanishads, Gita, Patanjali's Yoga Sutras	Empirical science, behaviorism, psychoanalysis
View of the Mind	Mind as a fundamental, intrinsic reality	Mind often viewed as a byproduct of brain processes
Approach	Holistic – integrates body, mind, character, and morality	Reductionist – separates mind into isolated functions
Central Focus	The individual self (Atman) as the locus of understanding	External behavior and bodily functions as primary focus
Practices	Yoga, meditation, moral living, inner discipline	Observation, testing, clinical diagnosis
Consciousness	Multiple levels – Jagrat, Swapna, Sushupti, Turiya	Initially focused on consciousness, later shifted to unconscious (e.g., Freud)
Key Goal	Self-transcendence , superconscious experience, harmony	Behavioral control, therapy, or cognitive adjustment
Influence	Social, moral, and spiritual values deeply embedded	Often value-neutral or secular
Modern Convergence	Western interest in Yoga, mindfulness , and inner growth	Integration of Eastern practices in modern therapeutic settings (e.g., CBT, MBSR)

IKS INSIGHT – on COGNITION

In the Indian psychological tradition, cognition is not merely a sensory process—it is a **conscious act of integration and insight**, rooted in the workings of the **inner instrument** (*Antaḥkaraṇa*). This system conceptualizes the mind as both **experiencer and observer**, actively engaged in organizing and interpreting reality.

It involves four key faculties:

Faculty	Function Description
Manas	Governs sensory coordination and oscillating attention.
Buddhi	Makes decisions and judgments; discerns reality.
Ahankāra	Asserts ownership of knowledge; sense of "I" or ego.
Chitta	Stores past impressions; links memory with present experience.

Chandak, K. (2024). Global Contributions of Ancient Indian Knowledge System in The Field of Psychology. *International Journal of Innovative Research in Technology and Science*, 12(2), 246-254.

IKS INSIGHT – on PERCEPTION

Unlike the Western notion that limits perception to passive reception through the nervous system, Indian psychology introduces **Indriya**—the **active sensory faculties** of the mind. These inner tools **reach outward to grasp** the world, suggesting perception as a **dynamic interaction**, not just input reception.

- Indriyas enable **perception beyond physical contact** - a view that opens dialogue with ideas like **extrasensory perception**.
- The **mind is the ultimate integrator**, not just the brain – aided by the Pramana – the sources of knowledge.
- Guru (**preceptor**) plays a crucial role—not as a transmitter of data, but as a **guide to insight** that transcends ordinary perception.

Pramāṇa	Explanation
Pratyakṣa	Direct perception through senses
Anumāna	Inference from observation and logic
Śabda	Authoritative testimony (especially from the Guru)
Upamāna	Knowledge through analogy or comparison
Arthāpatti	Presumption based on context or necessity
Anupalabdhī	Knowledge through absence or non-perception

IKS INSIGHT – on CONSCIOUSNESS

Indian psychology describes 4 levels of consciousness:

- **Jāgrata (Waking)**
- **Swapna (Dream)**
- **Sushupti (Deep Sleep)**
- **Turiya (Superconscious)**

Subconscious holds sanskaras (past impressions) influencing behavior.

Promotes active self-transformation through Yoga—unlike passive techniques like hypnosis.

- **Turiya (Superconsciousness)** is a central concept in Indian psychology.
- Achieved through **purity, intellect, and ethical living** (*Katha Upanishad*).

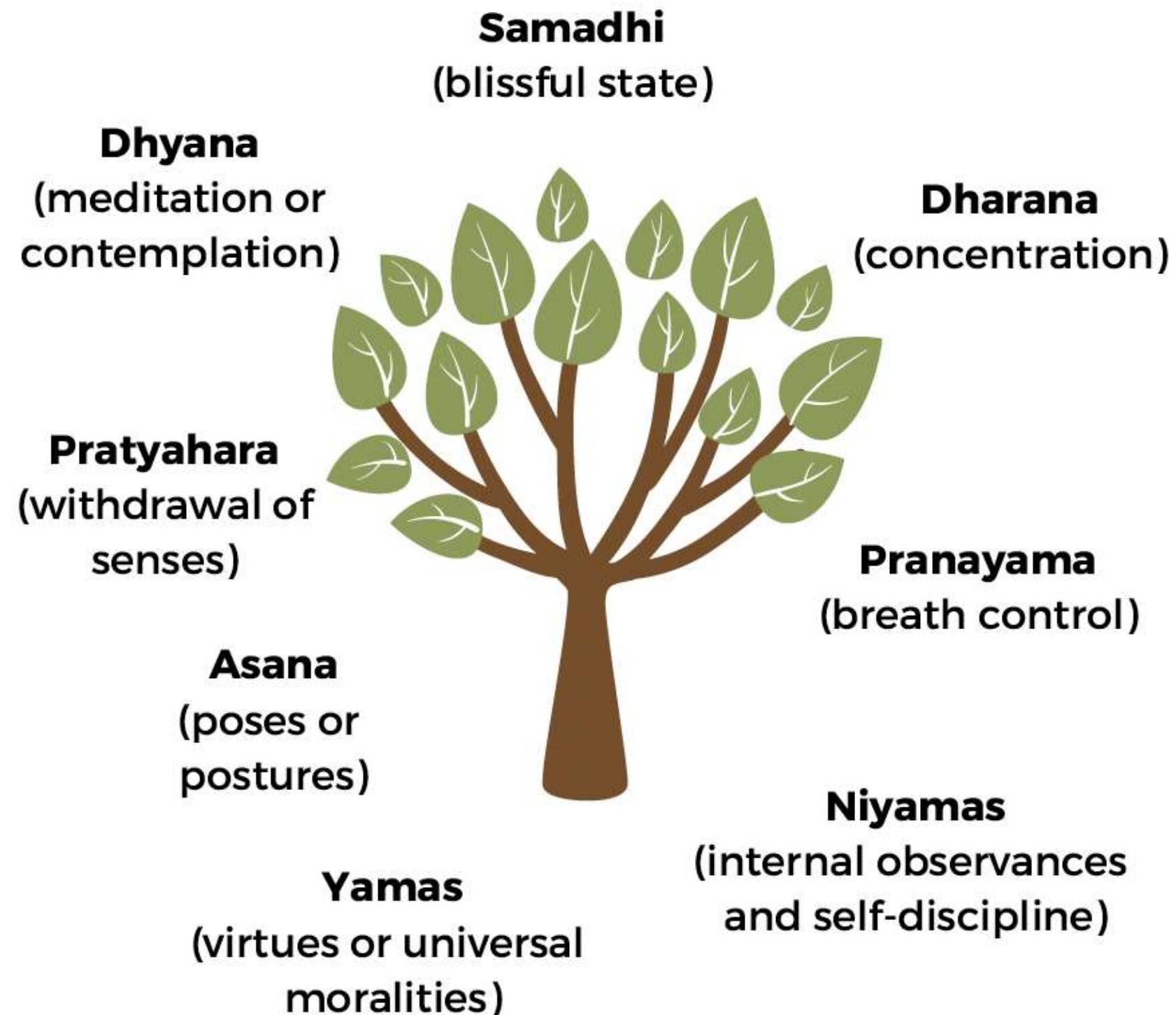
Two States of Superconsciousness:

- **Savikalpa Samadhi** – Awareness of the divine while retaining individuality.
- **Nirvikalpa Samadhi** – Complete ego dissolution and unity with the Absolute.

How do we access these states? ASHTANGA

Chandak, K. (2024). Global Contributions of Ancient Indian Knowledge System in The Field of Psychology. *International Journal of Innovative Research in Technology and Science*, 12(2), 246-254.

The Eight Limbs of Ashtanga



IKS INSIGHT – on EMOTIONS

According to ancient Indian psychology, emotions stem from desires and exhibit a bipolar nature. Attainment of desires leads to happiness or joy, while unfulfilled desires result in sadness or unhappiness. Emotions entail more than mere physiological reflexes; they encompass the holistic activity of the individual.

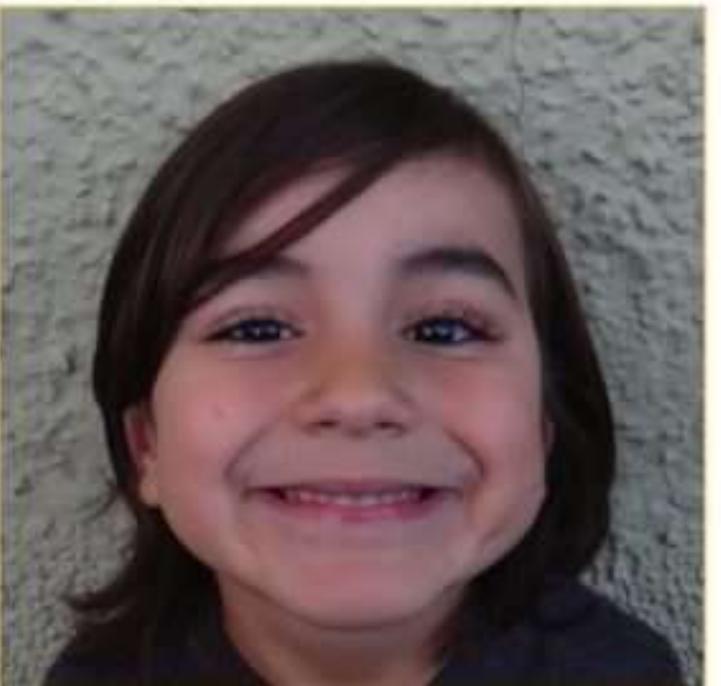
IKS INSIGHT – on SELF

Ancient Indian psychology delineates two essential aspects of personality: the “me” and the “I.” Together, these components constitute our personality. As articulated by Swami Abhedananda, the “me” denotes the known objective aspects of oneself, while the “I” represents the unknown essence.

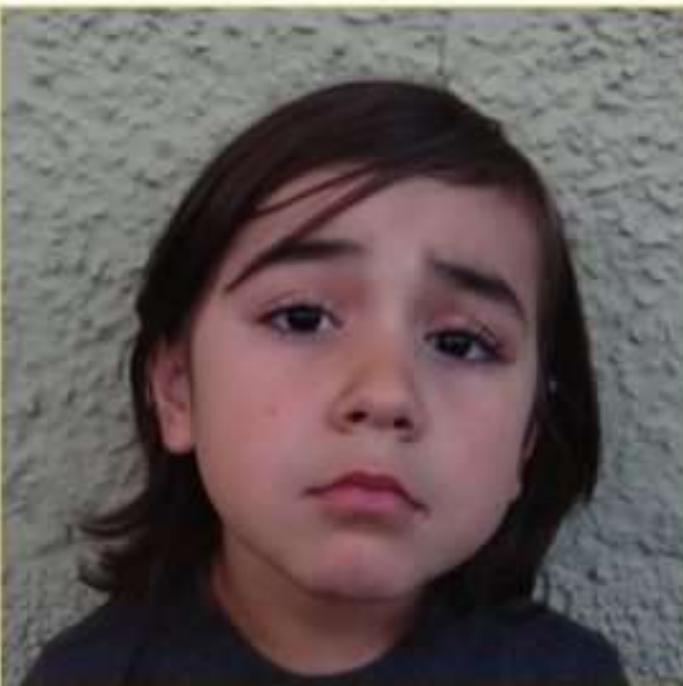
The “me” component encompasses various constituents, including material, social, and spiritual elements.

The “I” or individuality serves as the unchanging core of personality, distinct from thoughts, functions of the mind, or sensations. It unifies sensations, feelings, perceptions, and ideas, providing a stable background to our experience.

There are 6 universal emotions in all of the world's cultures.



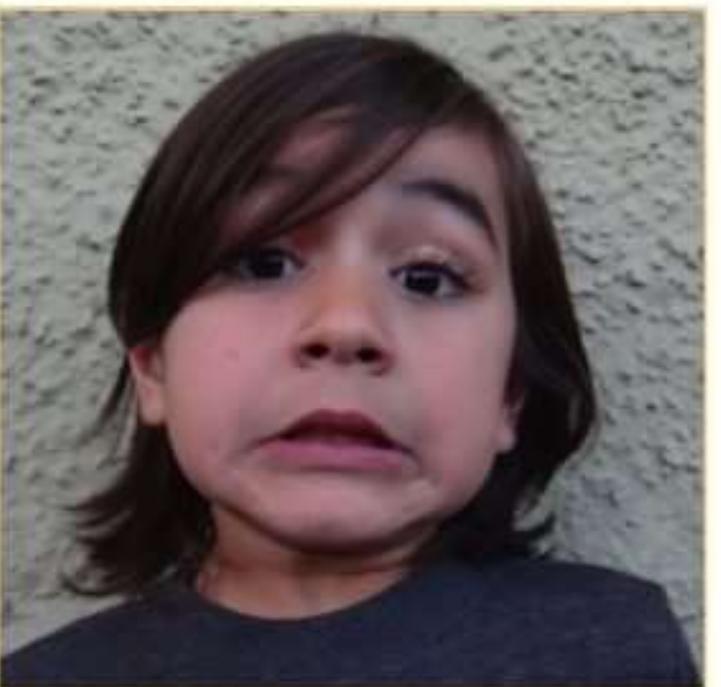
Happiness



Sadness



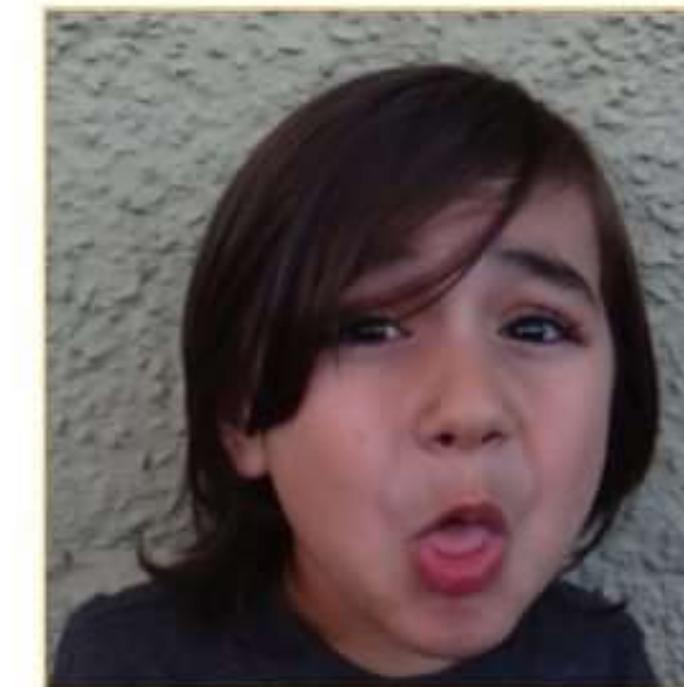
Anger



Fear



Surprise



Disgust

EXAMPLE: Ekman's Six
Universal Emotions
(Mainstream)



EXAMPLE: Navarasa (IKS)

CONTRIBUTION 1: PHILOSOPHICAL FOUNDATION

The Indian tradition offers a profound philosophical framework that supports its psychological knowledge and complements modern psychology. Its understanding of consciousness provides a richer foundation compared to Western materialist-reductionist theories.

CONTRIBUTION 2: SUBJECTIVE AREAS OF KNOWLEDGE

Rooted in consciousness-based theory, the Indian tradition offers coherent methods for exploring subjective knowledge. These techniques enable the attainment of valid and reliable insights in subjective domains.

CONTRIBUTION 3: THEORIES OF SELF AND PERSONALITY

Indian tradition provides a comprehensive understanding of personality and self, surpassing contemporary personality theories. Its insights into these aspects are more holistic and rewarding.

CONTRIBUTION 4: SPECIAL AREAS OF KNOWLEDGE

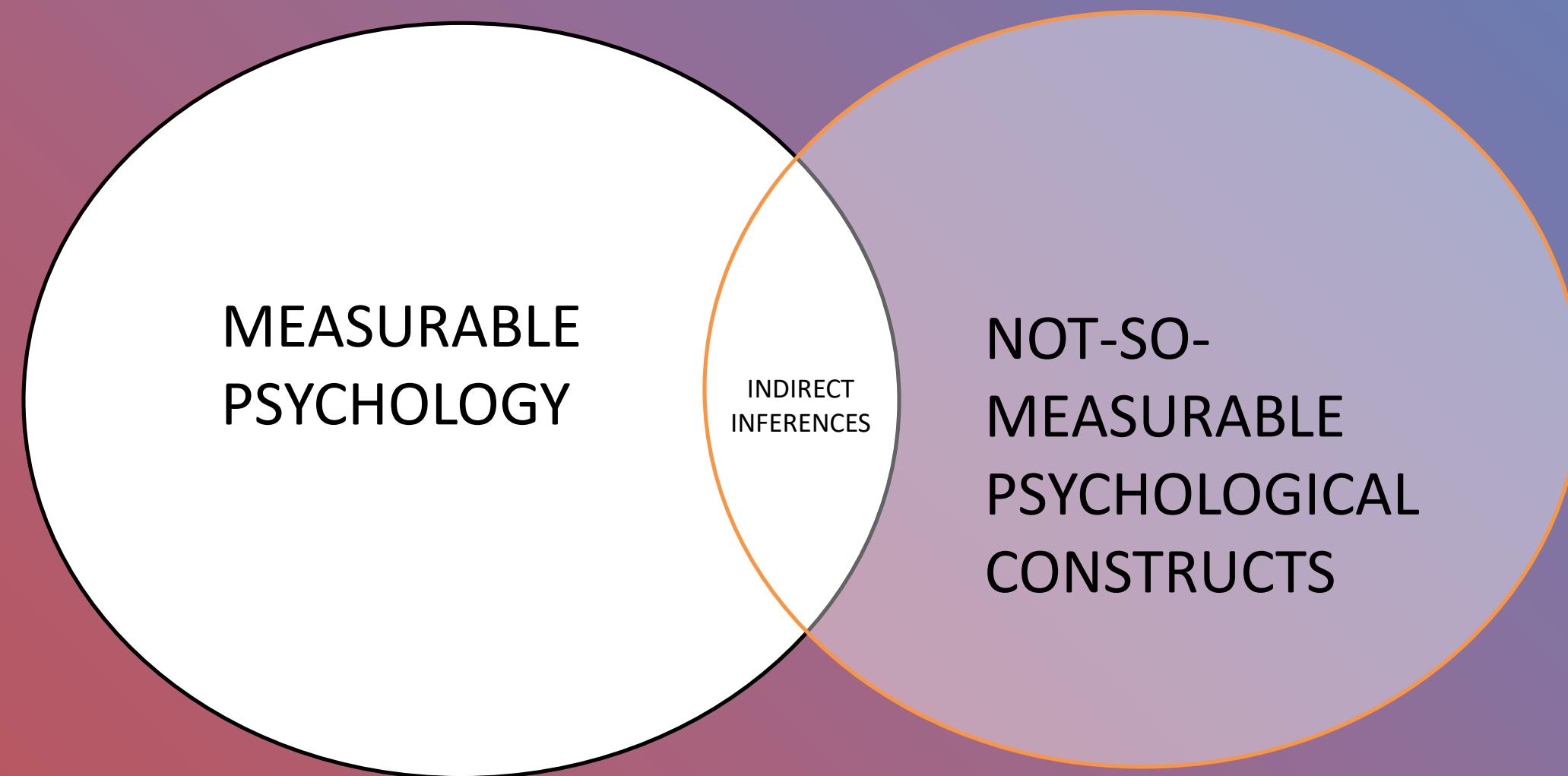
Indian contributions extend to specialised fields such as emotions, aesthetics (e.g., Bharata's theory of bhava and rasa), language, motivation, human development, dance forms, forms of meditation, child psychology, parenting, etc. These areas benefit from unique Indian perspectives.

CONTRIBUTION 5: HEALING

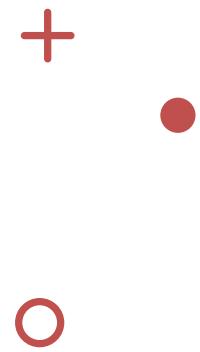
Various approaches to Yoga within the Indian tradition offer insights and techniques for psychological transformation. These insights can significantly enhance applied fields like psychotherapy and counselling, revolutionising healing and personal growth approaches.

Chandak, K. (2024). Global Contributions of Ancient Indian Knowledge System in The Field of Psychology. *International Journal of Innovative Research in Technology and Science*, 12(2), 246-254.

ACTIVITY



Activity: Rethinking Psychology Concepts through Your Lens



Choose ONE psychology concept
(e.g., Happiness, Personality, Well-being, Emotion, Motivation, Mental Health)



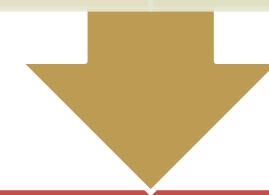
Reflect on how this concept is understood or expressed in your:

Religion or spiritual tradition

Community or region

Cultural background or family

National or linguistic context



Write a short memo (250–400 words) addressing:

What does this concept usually mean in Western psychology?

How does your tradition/view differ or deepen it?

How might Indian Psychology or indigenous frameworks (e.g., Triguna, Purushartha, Dharma) interpret it?

What new insights or critiques emerge?

Inkblots, Dreams, and the Self: Exploring Personality the Psychoanalytic Way

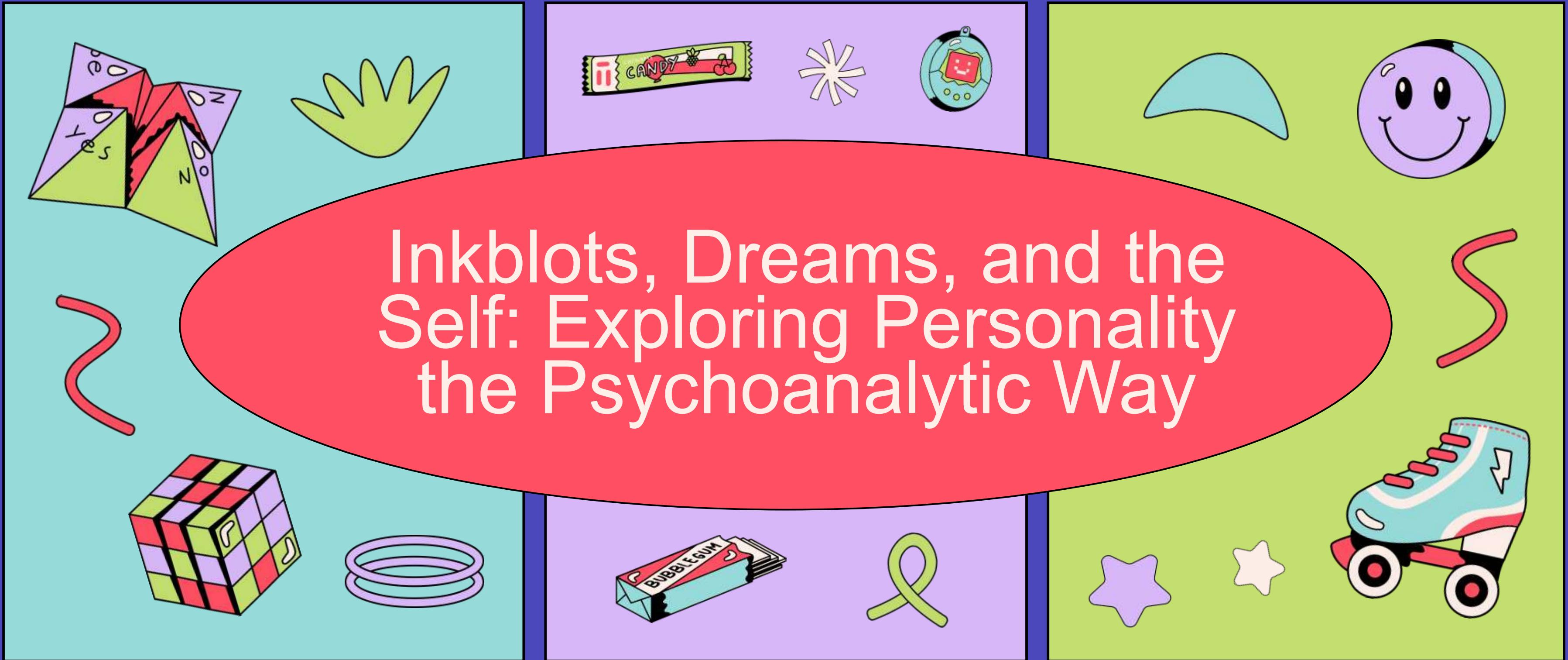


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- 2 METHODS IN PSYCHOANALYSIS
- 3 PAST LIFE REGRESSION: A PSYCHO-SPIRITUAL TOOL FOR PERSONALITY EXPLORATION
- 4 ACTIVITY: DEBATE



PERSONALITY ASSESSMENT



Personality assessment is a field of psychology that seeks **to understand and measure individual personality differences that characterize people across time and circumstance**. Personality assessment is used for a variety of purposes including the identification and description of personality features among normal individuals as well as the assessment of abnormal personality in patients receiving psychotherapy services.

It refers to the process of evaluating an individual's cognitive, emotional, interpersonal, and behavioral functioning through various psychological tests which provide detailed information about personality features.



Source: <https://www.sciencedirect.com/topics/nursing-and-health-professions/personality-assessment>



- A technique in which the patient says whatever comes to mind. In other words, it is a kind of daydreaming out loud.
- Freud asked patients to lie on a couch while he sat behind it, out of sight, and encouraged his patients to relax and concentrate on events in the past. Patients were told to express spontaneously every idea and image exactly as it occurred, no matter how trivial, embarrassing, or painful the thought or memory might seem. Freud believed that the material revealed by patients in free association was predetermined, forced on them by the nature of their conflict.

Schultz, D. P., & Schultz, S. E. (2017). *Theories of personality* (11th ed.). Cengage Learning.

Method: Free Association

- Freud believed that 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.
- He argued that there were two aspects of dreams: the **manifest content**, which refers to the actual events in the dream; and the **latent content**, which is the hidden symbolic meaning of the dream.
- Over the years, Freud found consistent symbols in his patients' dreams, events that signified the same thing for nearly everyone.

Schultz, D. P., & Schultz, S. E. (2017). *Theories of personality* (11th ed.). Cengage Learning.

Method: Dream Analysis



Common latent-manifest associations

TABLE 2.3 Dream symbols or events and their latent psychoanalytic meaning

SYMBOL	INTERPRETATION
Smooth-fronted house	Male body
House with ledges, balconies	Female body
King and queen	Parents
Small animals	Children
Children	Genital organs
Playing with children	Masturbation
Baldness, tooth extraction	Castration
Elongated objects (e.g., tree trunks, umbrellas, neckties, snakes, candles)	Male genitals
Enclosed spaces (e.g., boxes, ovens, closets, caves, pockets)	Female genitals
Climbing stairs or ladders; driving cars; riding horses; crossing bridges	Sexual intercourse
Bathing	Birth
Beginning a journey	Dying
Being naked in a crowd	Desiring to be noticed
Flying	Desiring to be admired
Falling	Desiring to return to a state such as childhood where one is satisfied and protected

> Schultz, D. P., & Schultz, S. E. (2017). *Theories of personality* (11th ed.). Cengage Learning.



- Freud's development of the technique of hypnosis owes much to **Josef Breuer**, a Viennese physician who befriended Freud during Freud's early years in private practice.
- In treating a young woman who showed symptoms of hysteria, Breuer found that hypnotizing her enabled her to remember repressed events. Recalling the events—reliving the experiences—brought relief from the disturbing symptoms.
- Freud then started using hypnosis with some degree of success and called the process '**catharsis**', from the Greek word for purification.

Schultz, D. P., & Schultz, S. E. (2017). *Theories of personality* (11th ed.). Cengage Learning.

Method: Hypnosis

- Word-association test: A technique in which a person responds to a stimulus word with whatever word comes to mind.
- In the early 1900s, Jung used the technique with a list of 100 words he believed were capable of eliciting emotions. Jung measured the time it took for a patient to respond to each word. He also measured physiological reactions to determine the emotional effects of the stimulus words. Jung used word association to uncover complexes in his patients.

Method: Word Association

- A personality assessment technique in which our earliest memories, whether of real events or fantasies, are assumed to reveal the primary interest of our life.
- According to Adler, our personality is created during the first 4 or 5 years of life. **Our early recollections, our memories from that period, indicate the style of life that continues to characterize us as adults.** Adler found that it made little difference whether his clients' early recollections were of real events or were fantasies.

Method: Early Recollection

- For work with emotionally disturbed children and in research on normal children and adolescents, Erikson chose play therapy.
- He provided a variety of toys and observed how children interacted with them. The form and intensity of play revealed aspects of personality that might not be manifested verbally because of a child's limited powers of verbal expression.

Schultz, D. P., & Schultz, S. E. (2017). *Theories of personality* (11th ed.). Cengage Learning.

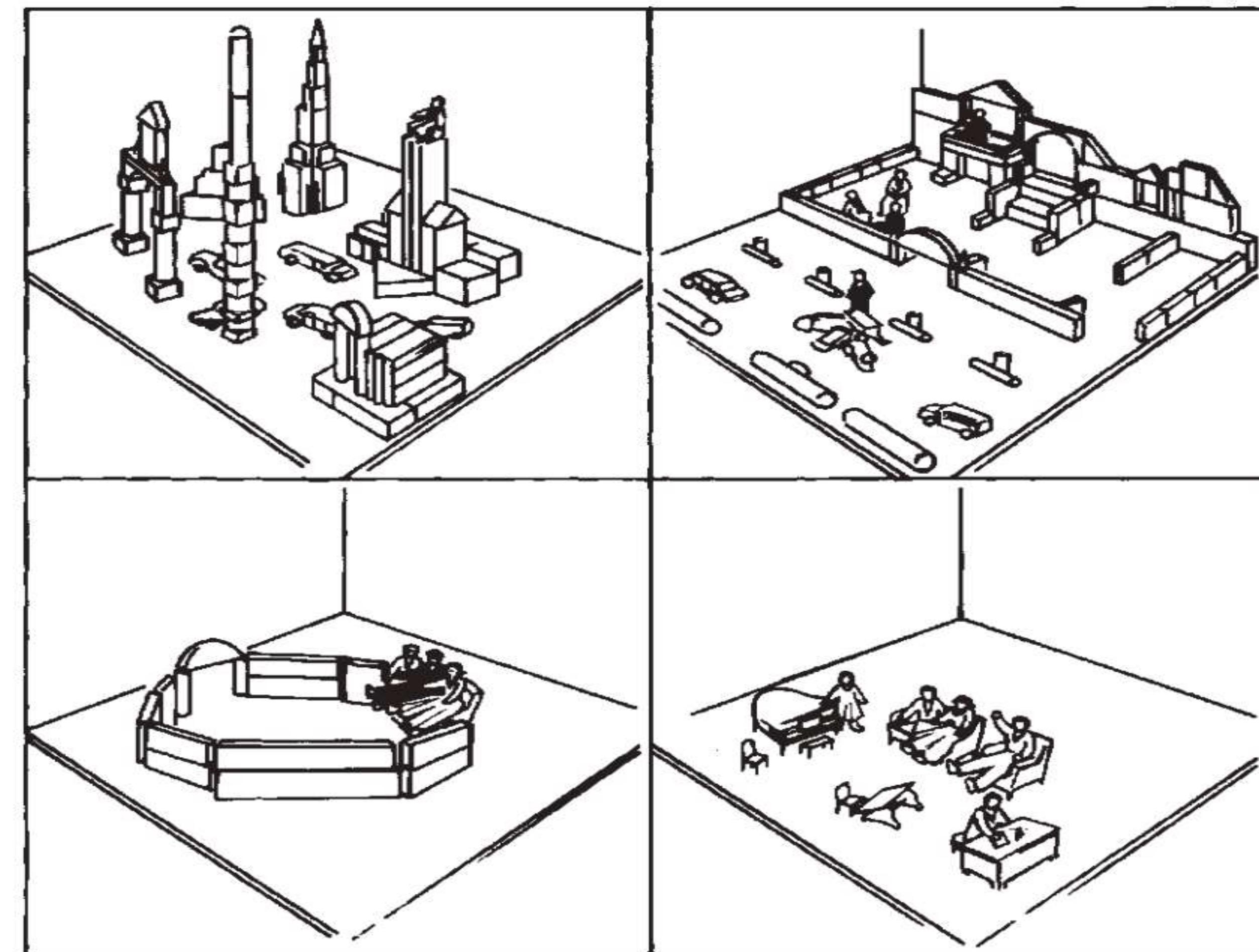
Method: Play Therapy

- Erikson used play therapy to conduct research on his theory, focusing on what he called **play constructions**. In one study, boys and girls, ages 10 to 12, were asked to construct a scene from an imaginary movie using dolls, toy animals, toy cars, and wooden blocks.
- The girls tended to build static, peaceful scenes that contained low, enclosed structures. By contrast, the boys focused on exteriors, action, and height. Their creations tended to be action-oriented, with tall towering structures and cars and people in motion.

Method: Play Therapy

FIGURE 6.1

Play constructions created by boys (top) and girls (bottom).



Source: Redrawn from *Childhood and Society*, 2nd ed., by Erik H. Erikson, by permission of W. W. Norton & Company, Inc. Copyright 1950, © 1963 by W. W. Norton & Company, Inc. Copyright renewed 1978, 1991 by Erik H. Erikson, and reprinted by permission of The Random House Group Limited.

- Any assessment procedure that consists of a series of relatively ambiguous stimuli designed to elicit unique, sometimes highly idiosyncratic, responses that reflect the personality, cognitive style, and other psychological characteristics of the respondent.

Test	Description	Measures
Rorschach Inkblot Test	Ambiguous inkblots; responses analyzed for content, location, determinants	Thought processes, affect regulation, reality testing
Thematic Apperception Test (TAT)	Participants create stories based on ambiguous scenes	Needs, conflicts, interpersonal dynamics
Sentence Completion Test	Incomplete sentences are finished by respondent	Attitudes, conflicts, fears, values
Draw-A-Person / House-Tree-Person Tests	Participants draw figures; interpreted symbolically	Self-image, body awareness, emotional concerns
Children's Apperception Test (CAT)	Adaptation of TAT for children using animal or human cards	Developmental themes, family dynamics

Method: Projective Tests



MakeAGIF.com





- A questionnaire on which participants indicate the degree to which the descriptors listed apply to them. While classical psychoanalysis emphasized **projective and observational methods**, modern psychoanalytic approaches incorporate **self-report inventories** to assess unconscious patterns, defense mechanisms, and relational dynamics.

Method: Self-report

- A method of psychotherapy in which clients enact their concerns to achieve new insight about themselves and others. Its central premise is that spontaneity and creativity are crucial for the balanced, integrated personality and that humans are all improvising actors on the stage of life. Clients may role play in a variety of scenes either lived or imagined.
- The process involves (a) a **protagonist**, the client or central figure in the drama; (b) a **director**, or therapist, who guides this process and assists the client with alternative enactments and interpretations; and (c) **auxiliary egos**, therapeutic actors who assist the protagonist in completing their interaction with significant others in the drama.

Method: Psychodrama

- A highly controversial hypnotic regression technique in which a person is encouraged to move back in time to reexperience a supposed previous existence. Therapists who conduct past-life regression believe that the psychological and physical problems (e.g., phobias, insomnia) individuals currently have can be understood and resolved by discovering their origins in the experiences (e.g., traumas, unresolved conflicts, mistakes) of previous lives.
- Most hypnotherapists are skeptical of the practice and do not recognize it as a legitimate therapeutic tool. They claim that individuals' memories of past lives are the product of fantasy, imaginative role playing, the expectations and suggestions implicitly conveyed to them by the hypnotist, or unconsciously produced confabulations constructed from personal knowledge, familiar places, events, television shows, novels, and other sources.
- Although the idea of reincarnation is accepted in numerous cultures, clinicians generally consider actual past-life enactments to be manifestations of psychopathology.

Method: Past-life Regression



PAST-LIFE REGRESSION



Source: <https://www.youtube.com/watch?v=REFNbxiisX0>





PAST-LIFE REGRESSION



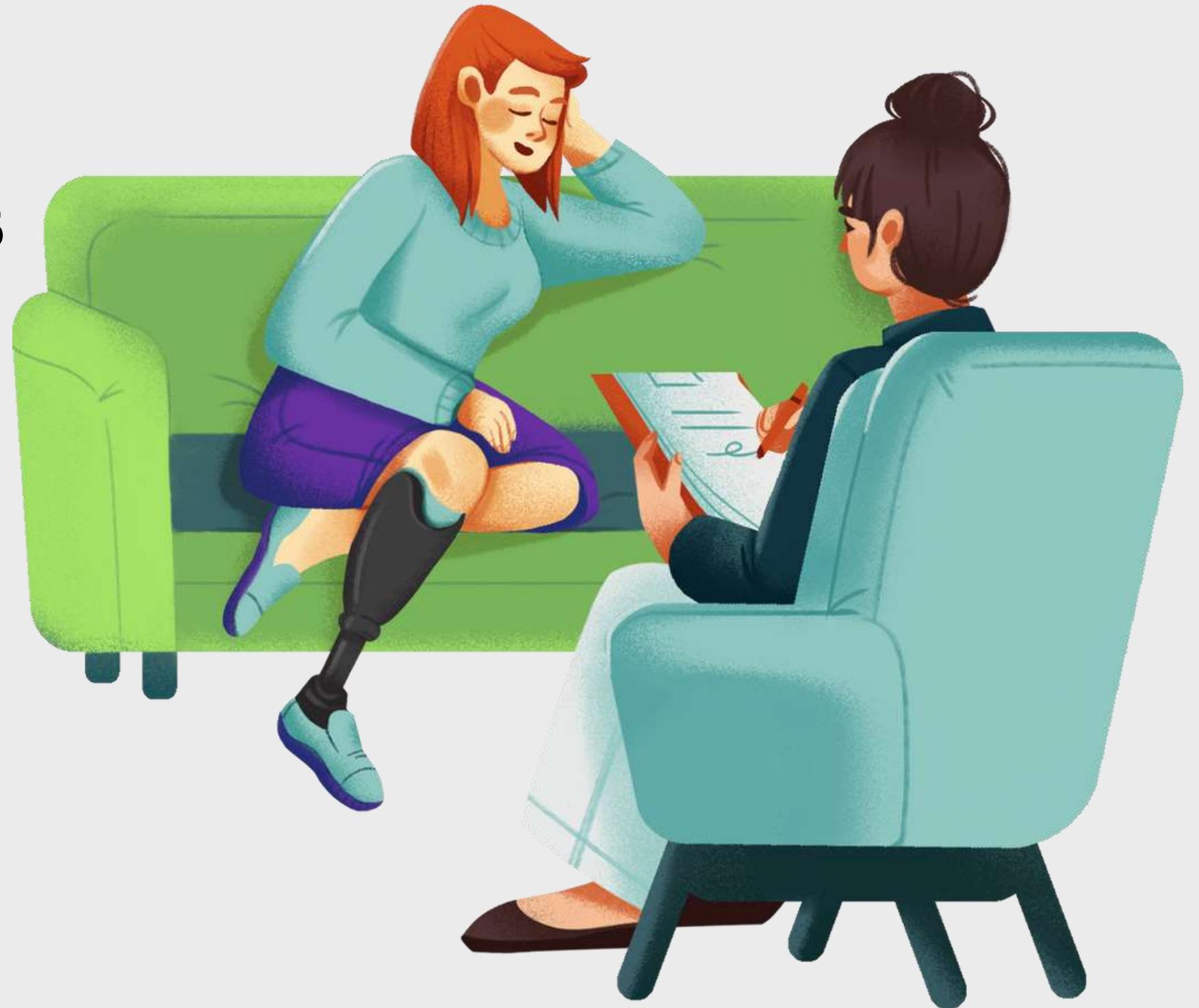
DEBATE/DISCUSSION: Do you think past life regression can be a legitimate tool in psychotherapy and personality exploration? Why or why not?



HUL265: THEORIES OF PERSONALITY – WEEK 5

Theoretical Foundations of Psychoanalytical Therapy

G Shabdapriti
(2024Huz8353)



01.

**WHAT IS
PSYCHOANALYTICAL
THERAPY?**

02.

**THE THERAPEUTIC
PROCESS**

03.

TECHNIQUES



04.

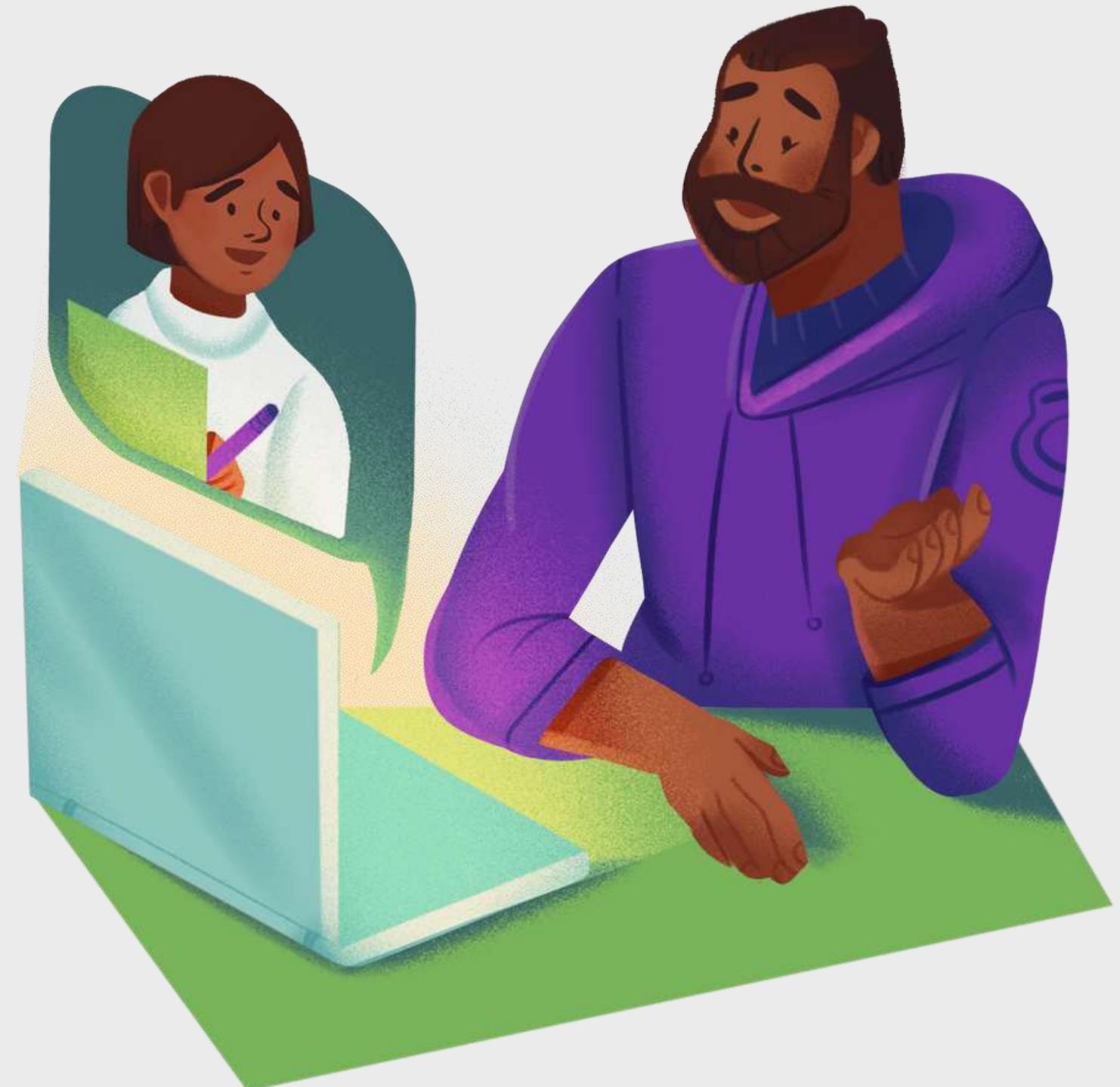
**CONTEMPORARY
TRENDS**

05.

**ACTIVITY: CASE
ANALYSIS**

Definition

- Psychoanalysis as a therapy seeks to bring about basic modifications in an individual's personality by investigating their transference with the analyst or therapist and thereby eliciting and interpreting the unconscious conflicts that have produced the individual's neurosis. – APA Dictionary of Psychology





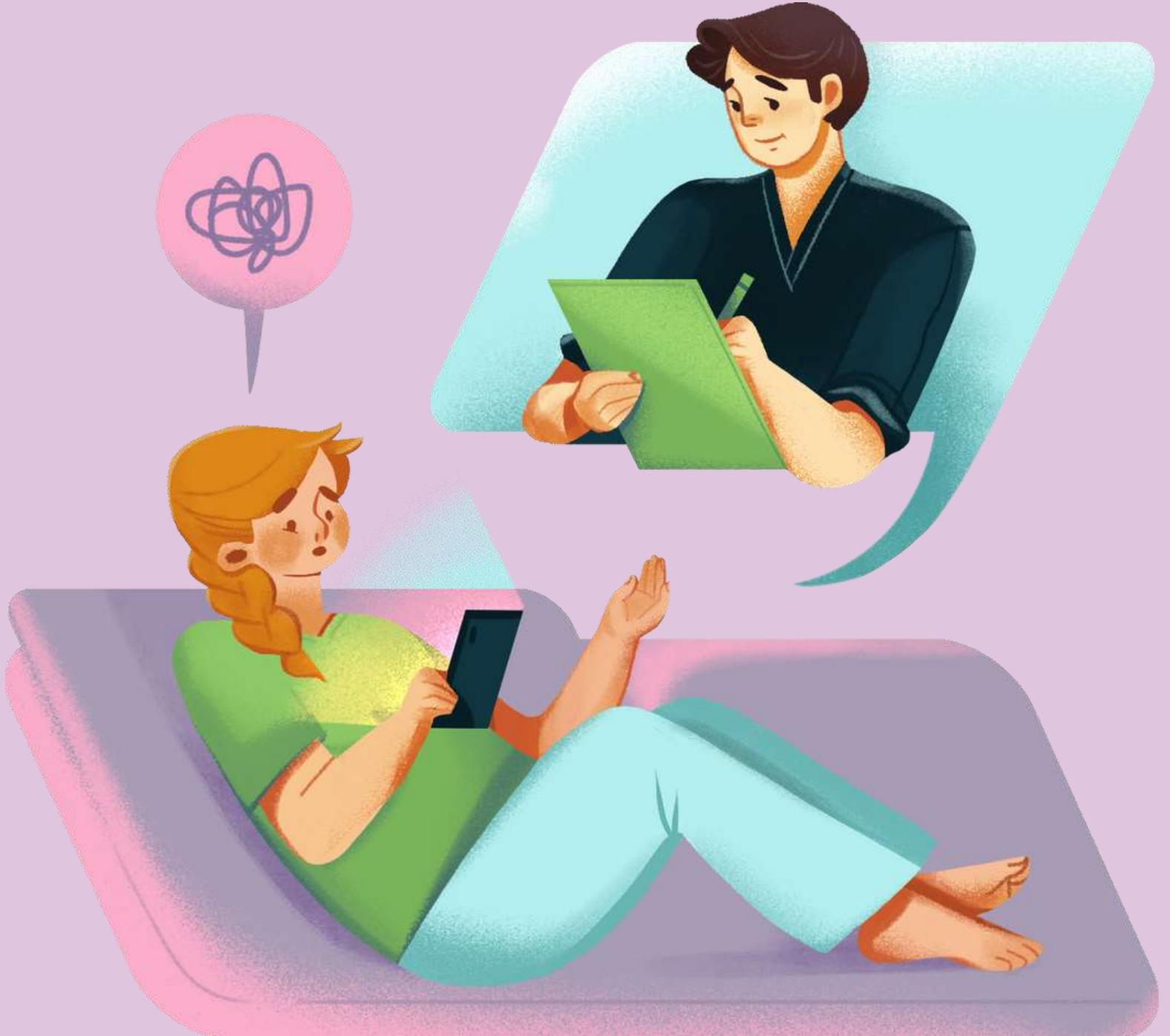
Therapeutic Goals

- To increase adaptive functioning, which leads to a reduction of symptoms and the resolution of conflicts.
- To make the unconscious conscious by reconstructing, discussing, interpreting, and analyzing childhood experiences.
- To strengthen the ego so that behaviour is based on reality and less on instinctual cravings.

Corey, G. (2013). *Theory and practice of counseling and psychotherapy*. Brooks/Cole Cengage Learning.

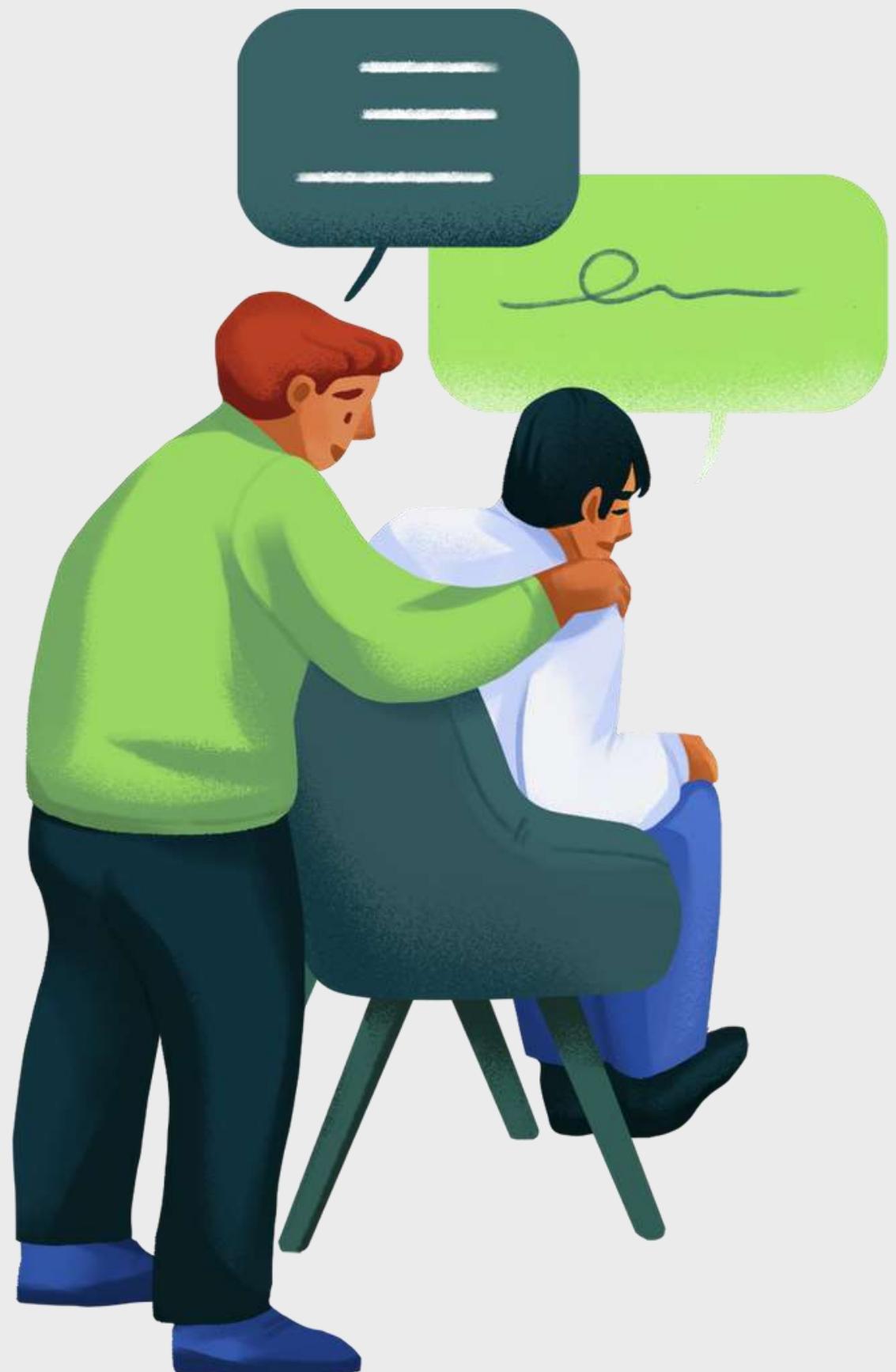
Therapist's Role

- Analysts typically assume an anonymous, non-judgmental “blank screen” approach. They avoid self-disclosure and maintain a sense of neutrality.
- The client will project onto them, that is, transfer feelings originally experienced in an early relationship to other important people (Analyst here) in the present environment, which can be negative or positive.
- They help the clients achieve insight or self-awareness.
- An analyst listens in a respectful, open-minded way and decides when to make appropriate interpretations.
- An analyst understands the intrapsychic world of the client and then helps the client to solve their own problems.



Corey, G. (2013). *Theory and practice of counseling and psychotherapy*. Brooks/Cole Cengage Learning.

Client's Experience



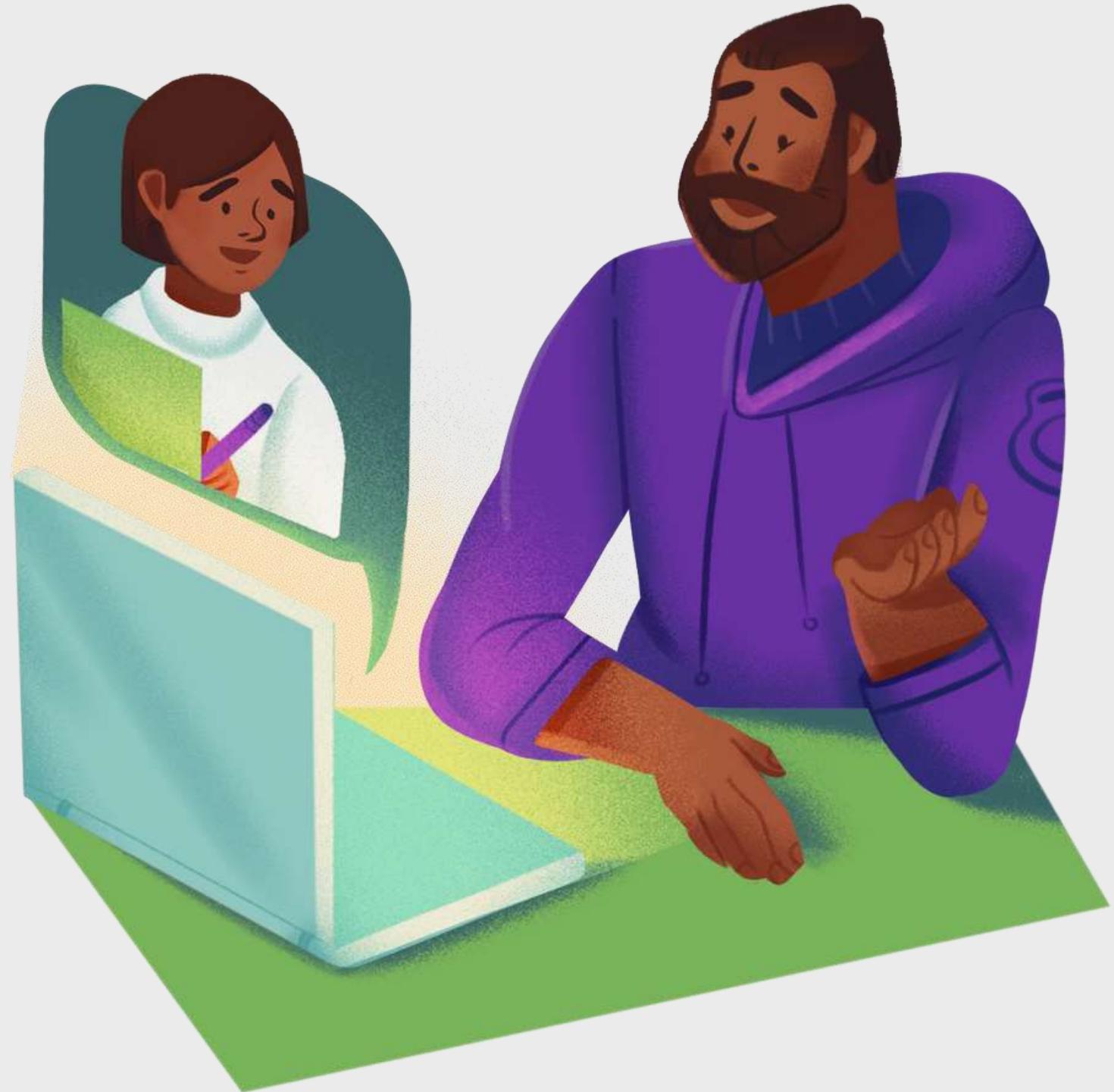
- It encourages clients to loosen defense mechanisms and “regress” - experiencing a less rigid level of adjustment that allows for positive therapeutic growth but also involves some vulnerability.
- Therapeutic change requires an extended period of “working through” old patterns in the safety of the therapeutic relationship.
- They are typically asked not to make any radical changes in their lifestyle during the period of analysis.
- Therapy is terminated once they mutually agree that they have resolved the symptoms and core conflicts or attained mastery over the same.
- Termination tends to bring up intense feelings of attachment, separation, and loss. Thus, the date is set well enough in advance and related feelings are addressed.

Key Concepts

Transference: Client's unconscious shifting to the analyst of feelings, attitudes, and fantasies (both negative and positive) that are reactions to significant others in the past. When these feelings become conscious, clients can understand and resolve unfinished business.

Working through: Repetitive and elaborate exploration of unconscious material and defenses.

Countertransference: A phenomenon that occurs when the therapist responds in irrational ways by losing their objectivity because their own conflicts are triggered. Not detrimental all the time because it can also help the analyst understand the client and themselves better. Usually, it is recommended that they either refer them to someone else or undergo therapy themselves, and reinforce professional boundaries.



Corey, G. (2013). *Theory and practice of counseling and psychotherapy*. Brooks/Cole Cengage Learning.

Techniques



01.

Maintaining the Analytical Framework: Procedural and stylistic factors such as the analyst's anonymity, maintaining neutrality, regularity of meetings, clarity on fees, and boundary setting.

02.

Free Association: Clients are encouraged to say whatever comes to mind, regardless of how irrelevant it may seem.

03.

Interpretation: Analyst's way of pointing out, explaining, even teaching the client the meanings of behaviours that is manifested.

Techniques



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04.

Dream Analysis: Procedure for uncovering material giving the client insight into some areas of unresolved problems

05.

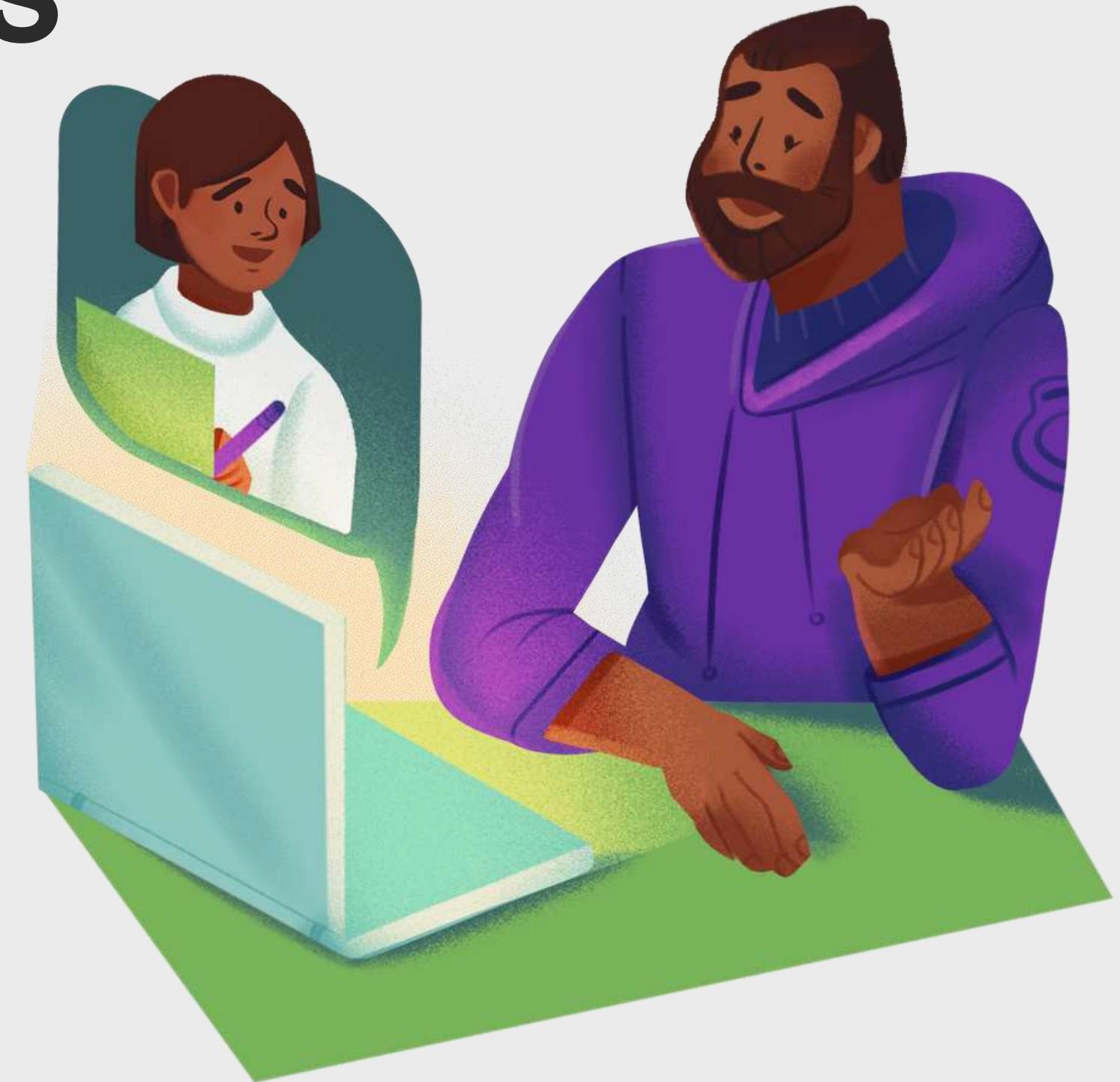
Analysis of Resistance: Resistance is anything that works against the progress of therapy. They need to be overcome and they must be respected and worked through appropriately.

06.

Analysis of transference: It allows clients to achieve insight and work through old conflicts that kept them fixated.

Contemporary Trends

- Lesser sessions
- Less emphasis on therapist neutrality
- More emphasis on here-and-now
- More focus on mutual transference and countertransference enactments
- More focus on practical concerns
- Less focus on fantasy material
- Frequent use of supportive interventions
- More therapist self-disclosure
- More problem-oriented
- Structured time frames



Corey, G. (2013). *Theory and practice of counseling and psychotherapy*. Brooks/Cole Cengage Learning.

ACTIVITY – CASE ANALYSIS

Analyze the case presented in the video through a theoretical lens:

<https://www.youtube.com/watch?v=z9fF9F5w1cl&t=41s>



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and wrap up the session.

Breakdown of a Hypnosis Session



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