On Freudian Psychology

Viewing the Human Mind like a System

In the 20th century, Sigmund Freud was a psychologist that was recognized for a theory he invented about the mind. He called this theory Psychoanalysis. He thought the mind was like a system explaining that the personality was a product resulting from the individual’s life events.

In Psychoanalysis, Freud’s goal was to show that there were certain mental functions that could explain why the ego was related to the id and superego as one mental system.

In contemporary psychology, we can observe that the mind’s habits are byproducts of behaviors. For instance, a certain type of personality is a byproduct of behaviors that are part of self and society, religion and philosophy, science and truth. According to Freud, there were reasons the mind could use to justify why it was having certain ideas about itself in relation to the world and to other people.

One of his case studies was about a girl named Anna O. She had experienced trauma in her life. Her dad was abusive and thus she decided to see Freud for therapy. He used his method of psychoanalysis to understand why she was having mental problems from experience. Freud had come to the conclusion that it was because of other people that mistreated her that she was having issues in her current life. He thought that he could explain her feelings according to the events that had taken place with her father. I think he is right in doing this. I think that Freud is wrong in his method in saying that we can explain things about the personality from events that do not have to do with the mental issue itself. A large part of Freud’s theory of mind is saying that we understand the mind. Freud focused on the mind and its ideas to understand the reality of the external world. This is opposed to focusing on the mind by looking at its own contents.