

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

## Psychoanalysis

Psychoanalysis was founded by Sigmund Freud (1856-1939). Freud believed that people could be cured by making conscious their unconscious thoughts and motivations, thus gaining insight.

The aim of psychoanalysis therapy is to release repressed emotions and experiences, i.e., make the unconscious conscious. It is only having a cathartic (i.e., healing) experience can the person be helped and "cured."

## Psychoanalysis Assumptions

- Psychoanalytic psychologists see psychological problems as rooted in the unconscious mind.
- Manifest symptoms are caused by latent (hidden) disturbances.
- Typical causes include unresolved issues during development or repressed trauma.
- Treatment focuses on bringing the repressed conflict to consciousness, where the client can deal with it.

How can we understand the unconscious mind?

Remember, psychoanalysis is a therapy as well as a theory. Psychoanalysis is commonly used to treat depression and anxiety disorders.

In psychoanalysis (therapy) Freud would have a patient lie on a couch to relax, and he would sit behind them taking notes while they told him about their dreams and childhood memories. Psychoanalysis would be a lengthy process, involving many sessions with the psychoanalyst.

The psychoanalyst uses various techniques as encouragement for the client to develop insights into their behavior and the meanings of symptoms, including ink blots, parapraxes, free association, and dream analysis.

### 1) Rorschach ink blots

Due to the nature of defense mechanisms and the inaccessibility of the deterministic forces operating in the unconscious,

The ink blot itself doesn't mean anything, it's ambiguous (i.e., unclear). It is what you read into it that is important. Different people will see different things depending on what unconscious connections they make.

### 2) Freudian Slip

Unconscious thoughts and feelings can transfer to the conscious mind in the form of parapraxes, popularly known as Freudian slips or slips of the tongue. We reveal what is really on our mind by saying something we didn't mean to.

### 3) Free Association

A simple technique of psychodynamic therapy, is free association, in which a patient talks of whatever comes into their mind. This technique involves a therapist reading a list of words (e.g. mother, childhood, etc.) and the patient immediately responds with the first word that comes to mind. It is hoped that fragments of repressed memories will emerge in the course of free association.

### 4) Dream Analysis

According to Freud the analysis of dreams is "the royal road to the unconscious." He argued that the conscious mind is like a censor, but it is less vigilant when we are asleep. As a result, repressed ideas come to the surface - though what we remember may well have been altered during the dream process.