

Psychoanalysis Today

Today psychoanalysis is not just part of psychology but also part of our everyday thinking and conversation.

We refer to psychoanalytic ideas such as:

- _____ - the part of the mind that influences actions without one's full awareness
- _____ - dreams are a major outlet for peoples' unconscious wishes. By analyzing people's dreams Freud believed he could reveal their inner conflicts and release their inner tensions.
- _____ ("Freudian Slips")

A **Freudian Slip** is _____

Common examples include an individual calling his or her spouse by an ex's name, saying the wrong word or even misinterpreting a written or spoken word.

The term is popularly used today in a humorous way when a person makes a mistake in speech. In these situations, observers often suggest (in a comic way) that the mistake reveals some type of hidden emotion on the part of the speaker.

Freud's Concept of the Mind

The mind is like _____ - mostly hidden.

1. _____ - floats above the surface.
2. _____ - is below the surface and contains thoughts, wishes and memories of which we are largely unaware.
3. _____ - area where we are temporarily store some thoughts which we can retrieve at will into conscious awareness.

Freud believes that we have a large amount of troublesome feelings and ideas. These thoughts have a powerful influence on us, but we are not aware of them...they are _____.

He believed that our repressed thoughts and impulses express themselves in disguised forms through our daily habits, beliefs and troubling symptoms.

He believed that our unconscious seeps into our thoughts and actions and that we can get a glimpse of it through:

- _____
- _____
- _____

For Freud nothing you did was ever accidental!

Freud and Development

Children pass through 5 psychosexual stages:

Stage	Age Span	Description

Freud and What Causes Maladaptive Behaviour

Freud believed any maladaptive behaviour in adults results from _____ during the psychosexual stages.

Stage of Development	What might have happened to someone?	What maladaptive behaviour might result when they are an adult?
Oral Stage (First 18 months)		
Anal Stage (18 months to 3 years)		

Hypnosis

Hypnosis - _____

According to the American Psychological Association, hypnosis may bring about changes in one's:

- _____
- _____
- _____
- _____
- _____

The hypnotic state may also facilitate changes in the body:

-
-
-
-
-
-
-
-
-

Hypnosis as a Painkiller

If un-hypnotized subjects put their arms in an ice bath they experience extreme pain within _____ seconds. When hypnotized subjects do the same, they report little or no pain.

Dentists know that light hypnosis can reduce fear and thus hypersensitivity to pain, _____% of us can become so deeply hypnotized that surgery can be performed without anaesthesia.

_____ - the use of hypnosis to reduce the pain of childbirth

_____ - the use of hypnosis to treat skin diseases

Self-Hypnosis

Self-Hypnosis - _____

Used to _____

Self-hypnosis is said to be a skill one can improve as time goes by, with benefits like reducing stage fright, relaxing and enhancing physical well-being.

Hypnotic Age Regression/Past Life Regression

Hypnotized people are not more childlike than un-hypnotized people who are asked to pretend they are children.

Age-regressed people act as they believe children would but they outperform real children.

Example: They may feel childlike and may print as they know a 6 year old would, but they sometimes have perfect spelling. There is no change in their adult brain waves, reflexes, and perceptions.

_____ - practiced by some hypnotherapists, is often viewed with scepticism.

Free Association

Some patients cannot be hypnotized.

Therefore Freud began to use a process called free association.

Free Association - _____

Freud believed free association produced a chain of thought leading to the patient's unconscious, thereby retrieving and releasing painful unconscious memories, often from childhood. He called this process _____.

_____ - is the use of hypnosis in psychotherapy. It is used by licensed physicians, psychologists, and in stand-alone environments.