

Psychoanalysis Today

Sigmund Freud



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

We refer to psychoanalytic ideas such as:

- ***Subconscious*** - the part of the mind that influences actions without one's full awareness
- ***Dream Analysis*** - 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.
- ***Slips of the tongue*** ("Freudian Slips")

A ***Freudian Slip*** is a verbal or memory mistake that is believed to be linked to the unconscious mind.

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.

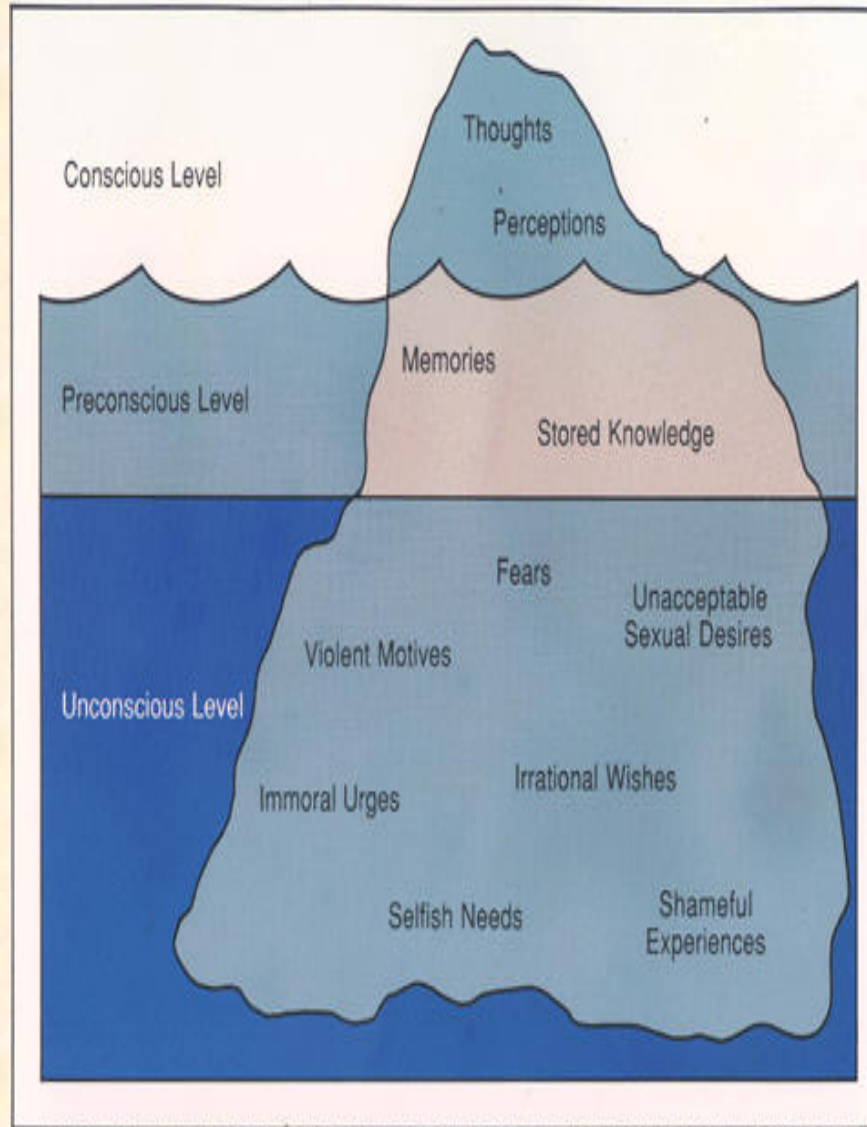
The term is popularly used today in a humorous way when a person makes a mistake in speech. In these situations, observers often suggest (in a comic way) that the mistake reveals some type of hidden emotion on the part of the speaker.

Freud's Concept of the Mind

The mind is like an iceberg - mostly hidden.

- ***Conscious Awareness*** - floats above the surface.
- ***Unconscious Region*** - is below the surface and contains thoughts, wishes and memories of which we are largely unaware.
- ***Preconscious Area*** - area where we temporarily store some thoughts which we can retrieve at will into conscious awareness.

PERS 5 Freud's View of the Human Mind: The Mental Iceberg



Freud believed 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 repressed.

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:

- People's free associations
- Dreams
- Slips of tongue

For Freud, nothing you did was ever accidental!

Freud and Development

Children pass through 5 psychosexual stages:

1. Oral
2. Anal
3. Phallic
4. Latency
5. Genital

Oral Stage

- First 18 months
- Focus on sucking, biting, chewing

Anal Stage

- 18 months to 3 years
- Sphincter muscles become sensitive and controllable
- Bowel and bladder retention and elimination become a source of gratification

Phallic Stage

- 3 to 6 years
- Believed boys developed a desire for their mother and jealousy and hatred of their father (***Oedipus Complex***)

Latency Stage

- Age 6 to puberty
- Sexuality is dormant and children play mostly with peers of the same sex.

Genital Stage

- Begins at puberty
- Youth begin to feel sexual feelings toward each other.

Freud and What Causes Maladaptive Behaviour

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

Examples

Stage of Development	What might have happened to someone?	What maladaptive behaviour might result when they are an adult?
Oral Stage (First 18 months)	Their parents orally overindulged them (over fed them) or deprived them (weren't fed enough)	Seek oral stimulation through smoking or overeating
Anal Stage (18 months to 3 years)	Experienced a lot of difficulty learning to "go potty"	Become messy and disorganized (anal repressive) or become highly controlled and compulsively neat (anal retentive)

Hypnosis

Hypnosis - is a wakeful state of focused attention and heightened suggestibility.

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

- Perception
- Sensation
- Emotion
- Thought
- Behaviour

The hypnotic state may also facilitate changes in the body:

- Treatment of irritable bowel syndrome
- Alternative to chemical anaesthesia
- Soothes skin ailments
- Used as a painkiller
- Weight loss
- Quit Smoking
- Treatment of skin diseases: warts, psoriasis, and atopic dermatitis

- A way to soothe anxious and surgical patients
- Part of psychological therapy
- A way to relax and reduce headaches
- A tool to enhance sports performance
- Control of nausea and other symptoms related to incurable diseases
- Reducing pain from cancer and other chronic conditions.

Hypnosis as a Painkiller

If un-hypnotized subjects put their arms in an ice bath they experience extreme pain within 25 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, 10% of us can become so deeply hypnotized that surgery can be performed without anaesthesia.

Hypno - birthing - the use of hypnosis to reduce the pain of childbirth

Hypno - dermatology - the use of hypnosis to treat skin diseases

Self-Hypnosis

Self-Hypnosis - when a person hypnotizes himself or herself.

Used to increase motivation to diet, quit smoking, or reduce stress.

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.

Past life regression-practiced by some hypnotherapists, is often viewed with scepticism.

Free Association

Some patients cannot be hypnotized.

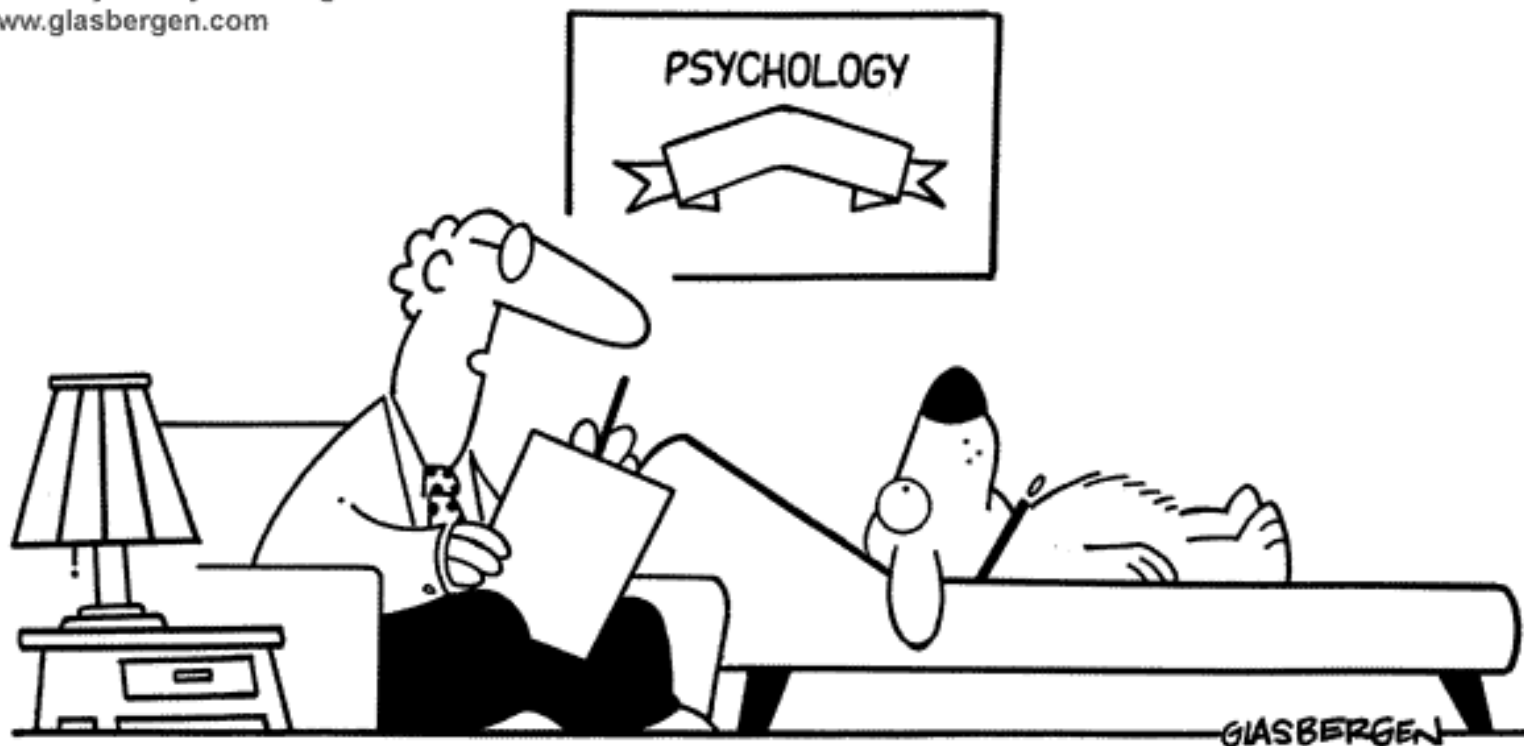
Therefore Freud began to use a process called free association.

Free Association - the patient is told to relax and say whatever comes to mind, no matter how embarrassing or trivial.

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 ***psychoanalysis***.

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

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“Your mother never read to you and your father never hugged you. That’s why you drink from the toilet.”