NOTES 4 - PSYCHOANALYTIC

SOURCES OF PSYCHIC ENERGY
Eros - Life Impulse ... [Libido (Sexual Energy)]
Thanatos - Death Impulse ... [Aggression]
Conflict => Repression => Intrapsychic Conflict

STRUCTURE OF PERSONALITY ... Tri-part Personality
Id (Unconscious)
- **Pleasure Principle**
- **Primary Thought Processes**

Ego (Conscious & Unconscious)
- **"Where the Id Was, the Ego Shall Be"**
- **Reality Principle**
- **Secondary Thought Processes**

Superego (Mostly Unconscious)
- **Conscience**
- **Ego Ideal**

Dynamics
- **Id => Ego <= Superego**
- **Tension => Neuroticism**

THE CONSCIOUS & UNCONSCIOUS ... [Evidence]
Hypnotic States (Anna O) & Post Hypnotic Suggestion
Dream Analysis ... (*The Interpretation of Dreams*)
- **"The Royal Road to the Unconscious"**
- **Manifest/Latent Content**

Slips of Tongue ... (*Psychopathology of Everyday Life*)
Symbolic Content … [Beh/Rituals]

ANXIETY ... [3 Types]
Reality Anxiety
Neurotic Anxiety*
Moral Anxiety

STAGES OF PERSONALITY DEVELOPMENT
Psychosexual Stages of Development (Biological)

- **1. Oral Stage (0-1) … [Trusting Self/Others]**
- **2. Anal Stage (1-3) … [Handling (–) Feelings]**
- **3. Phallic Stage (4-6) … [Accepting One's Sexuality]**
  - **Oedipal Complex**
    - **Attraction for Mother**
    - **Rival of Father**
    - **Castration Anxiety**
    - **Identification**
  - **Electra Complex**
    - **Penis Envy**
    - **Rival of Mother**
    - **Attraction for Father**
    - **Identification**
  - **Importance of Mythology [Seduction v Fantasy]**
- **4. Latency Stage (7 to Puberty)**
- **5. Genital Stage (Puberty On)**

Appropriate Resolution, Fixation, & Regression

- **Oral**
- **Anal (Retentive/Expulsive)**
- **Phallic (Males/Females)**

Determinism

Psychosocial Stages of Development (Erikson)

1. **Trust V. Mistrust (0-1)**
   - **Love/Nurture**
   - **Hope**
2. **Autonomy V. Shame/Doubt (1-3)**
   - **Indep & Confrontation W/ Social Rules**
   - **Willpower**
3. **Initiative V. Guilt (4-5)**
   - **Mastering Motor & Cognitive Skills**
   - **Sense of Purpose**
4. **Industry V. Inferiority (6-11)**
   - **Industry & Enthusiastic Activity**
   - **Competency**
5. **Identity V. Identity Confusion (12-18)**
   - **Reintegration of Earlier Identity Parts**
   - **Fidelity … [Beliefs, Work, Love]**
6. **Intimacy V. Isolation (18-35)**
   - **Intimate Relationships**
   - **Love**
7. **Generativity V. Stagnation (35-60)**
   - **Concern for Oncoming Generation**
   - **Care**
8. **Integrity V. Despair (60 +)**
   - **Reflection over Life**
   - **Wisdom**

Freud V. Erikson … [Usefulness for Tx?]

DEFENSE MECHANISMS
Purpose => Managing Neurotic Anxiety
2 Characteristics
- **Denial ... Falsification ... Distortion of Reality**
- **Unconscious Operation**

[H-O]

OBJECT RELATIONS … [Object = Other]
Theorists ... [All Rejected Oedipus Complex]
- **Melanie Klein** — **Heinz Kohut**
- **Winnecott** — **Margaret Mahler**

Basic Theory
- **Importance of Mom**
  - **Internalized as Intrapsychic Object**
  - **Target of Desires, Needs, & Impulses**
- **Self (Awareness) Emerges from Symbiotic Relationship**
  - **=> Self/Object Patterns of Relating**
  - **Pattern => Template for Future Relationships**

Margaret Mahler – Separation & Individuation [4 Stgs]
- **1) Infantile Autism (0-1 Mo) ... No Boundaries**
  - **Physical Tension**
  - **Lack of Org & Sense of Self … [Body Parts]**
- **2) Symbiosis (3-8 Mo) ... Defining Boundaries**
  - **Mom + Self = Single Unit**
  - **Dependence on Mom (Object)**
    - **=>Nurturance/Survival**
- **3) Separation/Individuation (Mos 4 – 36)**
  - **... "Psychological Birth" ... [4 Substages]**

[more]

a) Differentiation (5-12 mo) … "Hatching"
- **Mom No Longer Center of Universe**
- **Ego Developing**

b) Practicing (1-2 yrs) … Physical Abilities
- **Standing Alone**
- **Walking Away … [symbolic]**
- **Omnipotent View**
- **Refueling**

c) Rapproachement (1½-3 yrs)
- **Opposing Needs: Close v Separate**
- **Anxiety... Smallness v Omnipotence**
- **Frustration … Mom Is Separate**
- **Distance ≠ Abandonment**
- **Dev & Maturation Changes**
  - **Ego Funx … [lang/reality testing]**
  - **Awareness of Sex difference**
- **Mom's (—) Reaction => No (+) Self-Object**
  - **Narcissism [No Mirroring … Idealization]**
    - **Low SE => Attention Seeking**
    - **Masking of Frail SC**
      - **Grandiosity**
      - **Exaggeration**
      - **Exploitation**
  - **Borderline [↓ Support …Splitting G/B]**

d) Transitioning to Obj Constancy (3rd yr)
- **(+) Representations of Mom/Others**
- **Security of Strong Enduring Self**

4) Constancy (by 3rd yr)
- **Constancy b/n Self & Object**
- **Boundaries Established**

[VIDEO]

THERAPY … Talk => Catharsis => Insight => Adjustment
Analytic Framework … [bottle-feeding]
Free Association
Dreamwork … [disguised wish-fulfillment]
Interpretation … [timing & sensitivity]
Resistance … [feelings & interpretations]
Transference
… [Talk => T (reexp emotions) => Interp => Insight]
Countertransference
Time Constraints … [time & expensive]
Applicability … [Def Mechanisms, Past Exp, Transference]