

TOPIC: PSYCHODYNAMIC PERSPECTIVE ON PERSONALITY

Introduction to the Psychodynamic Perspective

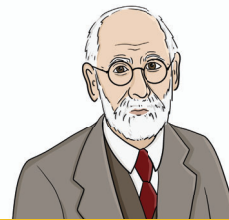
Psychodynamic Perspective: A broad psychological perspective that focuses on unconscious energy _____ within an individual.

Includes: Sigmund Freud, Alfred Adler, Erik Erikson, Carl Jung, & Ana Freud



Psychoanalytic Theory (Developed by Freud)

Theory of personality that emphasizes unconscious conflicts & motivations.



◆ Basic assumptions of psychoanalytic theory:

1. Need to _____ unconscious desires with societal expectations.
2. Imbalances lead to pathologies.
3. _____ personality is formed by experiences in childhood.

EXAMPLE

Five statements are given below. Put a checkmark next to the statements that **are** an assumption of psychoanalytic theory and an X next to statements that are **not** assumptions of psychoanalytic theory.

-
- _____ Adult personality is based on childhood experiences.
 - _____ Personality is composed of stable traits like openness, neuroticism, agreeableness, & extraversion.
 - _____ An imbalance of unconscious desire with societal norms can lead to pathologies.
 - _____ Unconscious thoughts and desires affect personality.
 - _____ An individual's ultimate goal is to reach self-actualization.

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PRACTICE

True or False: if false, choose the answer that best corrects the statement.

Psychoanalytic theory and psychodynamic perspective refer to the same concept.

- a) True.
- b) False: the psychodynamic perspective includes Freud's psychoanalytic theory as well as others.
- c) False: the psychodynamic perspective is the name for the therapy Freud created, while psychoanalytic is the name for Freud's theory of personality.
- d) False: the psychodynamic perspective describes personality as a series of stable traits while psychoanalytic theory focuses on the unconscious.

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The Structure of Personality

◆ Freud's theory of personality centered on the tension & balance of _____ components.

Id: Represents _____ desires.

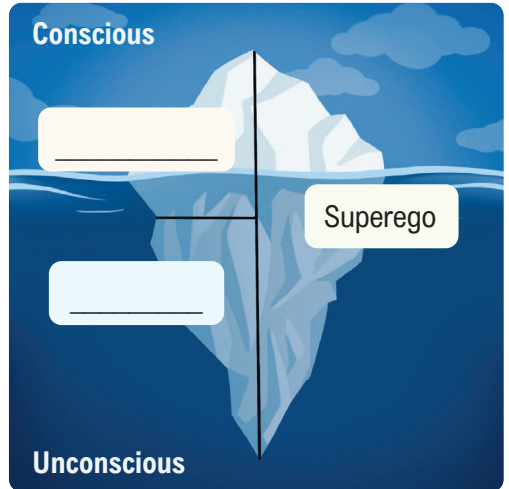
- ◆ **Function:** Pursue pleasure and seek immediate gratification.
- ◆ Present at _____.
- ◆ Fully unconscious.

Superego: Represents concepts and norms that we learn from society.

- ◆ **Function:** _____ compass; creates emotions like guilt & shame.
- ◆ Develops _____ years old.
- ◆ Conscious and unconscious.

Ego: Represents rationality and _____.

- ◆ **Function:** Mediates id's demands & superego's expectations.
- ◆ Develops _____ years old.
- ◆ Conscious and unconscious.



Think of the superego as being **too** strong – it needs the Ego to keep it in check.

EXAMPLE

For the situation below, what would be the role of the id, ego, and superego?

Gavin returns to his dorm to find his roommate has made cookies for a mutual friend's birthday party. Gavin forgot to eat lunch, is very hungry, and no one else is home right now.

Id	
Superego	
Ego	

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PRACTICE

According to Freud, which component of personality represents moral consciousness that is learned from society?

- a) Id. b) Ego. c) Superego. d) Self.

PRACTICE

Which component of Freud's theory of personality is present at birth?

- a) Id. b) Ego. c) Superego. d) Self.

PRACTICE

Which of the following components are at least **partially** unconscious?

- I. Id
 - II. Superego
 - III. Ego
-

- a) I & II. b) II & III. c) I & III. d) I, II, & III.

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Defense Mechanisms

◆ **Defense Mechanisms:** Cognitive distortions that _____ conflict between the id and superego.

- Often deployed by the _____ in stressful situations.
- *Typically* unconscious.

Repression: Prohibiting specific memories or _____ from becoming conscious.

- E.g., Not remembering a traumatic car accident.

Denial: _____ or inability to accept a fact or situation.

- E.g., Refusal to accept and process a terminal health diagnosis.

Displacement: Directing emotions or actions towards _____ people or objects.

- E.g., A child breaking a toy when they are mad at their parents.

Projection: Attributing your negative thoughts or feelings to someone _____.

- E.g., Asking your partner “why are you annoyed?” when you yourself are the annoyed one.

Regression: Reverting to a previous _____ of psychological development.

- E.g., A 4-year-old acting like a baby when their parents bring home a newborn.

Reaction Formation: Unconsciously replacing threatening inner desires with the opposite feeling.

- E.g., A man threatened by his own homosexual thoughts acting blatantly homophobic.

EXAMPLE

For each situation below, write which defense mechanism is at play according to Freud's beliefs.

- Sonya receives a rude email from a colleague that makes her upset. On her commute home, she shoves a person getting onto the subway harder than necessary. _____
- James is insecure about his body as he goes through puberty. He starts mocking his classmates for their appearance and says they aren't “man enough.” _____
- Makayla can't remember an assault that took place when she was a child. _____

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Which of the following statements describes regression?

- a) Attributing one's negative thoughts to someone else.
- b) Directing one's negative emotions at someone or something else.
- c) A refusal to accept a situation or fact.
- d) Reverting to a previous stage of development.

PRACTICE

Emily, a high-achieving student, has a huge crush on Jaxon, a boy in her class who has a reputation for being a 'bad influence' and doing drugs. Rather than acknowledge her feelings, she begins acting very rude toward him. What type of defense mechanism is this an example of?

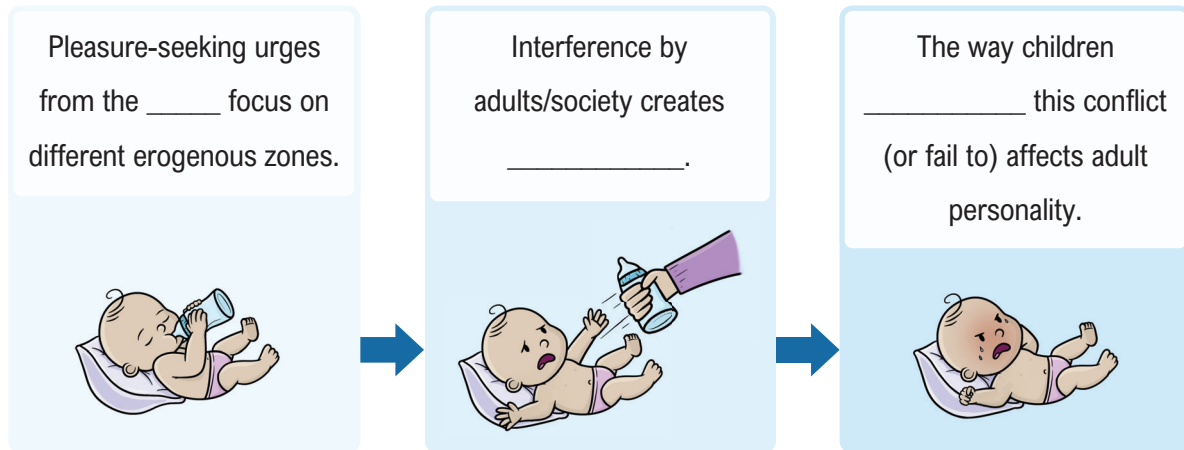
- a) Denial.
- b) Projection.
- c) Regression.
- d) Reaction Formation.

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Introduction to Psychosexual Stage Theory

◆ **Psychosexual Stage Theory:** Freud's theory of personality development based on childhood experiences.

- At each stage:



Historical Note: This might sound odd to us, but during Freud's time, sexuality was extremely taboo. He surmised that inner conflict or anxiety might stem from _____ sexual urges.

EXAMPLE

Which of the following statements are true about Freud's Psychosexual Stage Theory?

- I) Unresolved conflicts contribute to personality features later in life.
- II) Childhood experiences shape adult personalities.
- III) Pleasure seeking from the ego is directed at different body parts at different stages.

-
- a) I & II. b) II & III. c) I & III. d) I, II, & III.

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The Psychosexual Stages of Development

Stage	Need	Major Conflict	Potential Negative Outcomes
Oral (0-1 years)	Oral gratification (gained through breast feeding).	_____.	Oral fixations – smoking, overeating, nail-biting.
Anal (1-3 years)	_____ over retention and expulsion of feces.	Toilet Training.	Anal-retentive personality. Anal-expulsive personality.
Phallic (3-6 years)	Exploration of genitals & masturbation.	The Oedipus/Electra complex - _____ for opposite-sex parent & _____ with same-sex parent.	Attention-seeking, promiscuity, low self-worth.
Latency (6-12 years)	Sexual energies are _____.	None: Interest in non-sexual things and friendships with same-sex peers.	
Genital (12+ years)	Sexual exploration and behavior.	Keeping sexual behaviors in line with _____ expectations.	Difficulties with intimacy and relationships.

EXAMPLE

Match the stages below with the conflict that arises during that time.

Stages:

Oral: _____
Anal: _____
Phallic: _____
Latency: _____
Genital: _____

Conflicts:

- a) None.
- b) Sexual behaviors aligned with societal expectations.
- c) Weaning.
- d) Toilet training.
- e) Desire for opposite-sex parent / competition with same-sex parent.

PRACTICE

According to Freud, during what stage does the Oedipal/ Electra complex form?

- a) Oral Stage. b) Anal Stage. c) Phallic Stage. d) Genital Stage.

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Summary of Freud's Psychoanalytic Theory

Strengths / Notability

- ◆ The _____ theory of personality.
 - _____ defense mechanisms are supported by research & clinicians.
- ◆ The first developmental theory – sparked an interest in the importance of childhood.

**Freud's work is noteworthy not for its accuracy, but because he laid the _____
for the fields of personality and developmental psychology.*

Limitations

- ◆ Many concepts are difficult or impossible to empirically _____.
- ◆ Theories are based mainly on case studies of non-representative samples.
- ◆ Freud did _____ study children when creating his developmental theory.
 - Based on retrospective accounts of _____.

EXAMPLE

Which of the following is **NOT** a limitation of Freud's work?

- a) He created the first comprehensive theory of personality.
- b) His theory was based on clinical samples, which may not be representative.
- c) Freud never actually studied children when creating his developmental theory.
- d) Many of these concepts are impossible to prove empirically.