

psychodynamic approach

role of unconscious

- **conscious mind** = everything / day mental activity
- **preconscious** = we could be aware if we wanted / tried (memories)
- **unconscious** = unaware of things + can't be aware of (instincts, deep rooted mem.)
- Freudian slip / parapraxes + thoughts we may become aware of during dream. Contains biological drives / instincts influencing behavior.
- Talking therapy = encouraged patients to talk freely, allowing to show internal
- Dream analysis / dreams are an expression of a repressed wish. Manifest wish → what we actually dream. Latent content → unfulfilled wish the dream represents.

structure of personality

- **Id** = **pleasure principle**. We are born with the Id. It is driven by innate instincts, primarily aggression + sex (libido). Demands instant satisfaction
- **Ego** = **reality principle**. Develops in first 2/3 years. Conscious, rational part of the mind. Controls impulsive Id + resolves conflict between Id + superego.
- **Superego** = **morality principle**. Develops between 4-6 years. Our conscience, holding ideas of right + wrong, known as our 'ideal self'. Places restrictions on behavior developed by identifying moral values with same-sex parent.

evolution

- **Weakness**: Ideas are controversial + can be criticised. **Strength**: remained dominant for the first 1/2 of the 20th century. Can inform us about wide ranging behavior, person, abnormal.
- **Strength**: draws significant connection between childhood experiences + later dev., particularly for relationships we form with our parents. Highlights significance of childhood.
- **Strength**: emergence of psychoanalysis → the method of gathering evidence through case studies and observations. Focused on observable behavior compared to introspection previously used. **Weakness**: still not scientific enough compared to later approaches.
- **Strength**: case studies → lots of information, conducted over a long period of time. **Weakness**: specific examples (cannot be generalised to wider pop. e.g. Little Hans)
- **Weakness**: Karl Popper (philosopher of science) said in order for something to be scientific, it must be capable of being falsified. Unstable → based on subjective interpretation → cannot be falsified. This approach is classified as a pseudoscience.
- **Weakness**: psychic determinism. No accidents → everything (including Freudian slip) is driven by unconscious forces + has deep symbolic meaning. Determined by unconscious conflicts rooted in childhood, saying we have no free will.
- **Weakness**: gender bias. Freud was ignorant of women. His view on female sexuality was less developed than male sexuality e.g. penis envy (women → inferior).

defence mechanisms

- to resolve conflict between Id + superego, the ego employs unconscious strategies - defence mechanisms.
- **denial** = refusing to acknowledge certain aspects of reality.
- **displacement** = using substitutes for the expression of your feelings → too dangerous to 'take it out' on the real cause. (slamming doors rather than confronting the person)
- **repression** = pushing memories deep into the unconscious, so they appear forgotten. (e.g. pushing traumatic memories into your unconscious)

psychosexual stages

- as we move through psychosexual stages, we encounter conflicts, which must be resolved to ensure psychological healthy development.
- **Fixation**: getting stuck in a particular stage / failure to pass that stage's conflict
- **Oral 0-1**: focus of pleasure is the mouth. Wishes to be breastfed. Oral fixation = smoking, biting nails, sarcastic, critical.
- **Anal 1-3**: FOP is anus. Child gains pleasure of holding / expelling feces. Anal retentive = perfectionist / obsessive. Anal expulsive = thoughtless / messy.
- **Phallic 3-5**: FOP is genital area. Experiences Oedipus + Electra complex. Phallic personality = narcissistic, reckless, possibly homosexual.
- **Latency 6-11**: earlier conflicts are repressed. No fixation / effect on adult personality.
- **Genital 12+**: sexual desires + puberty. Difficulty forming heterosexual relationships.