

Approaches to Psychology.

The psychodynamic approach.

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Key concepts of psychodynamic approach.

Psychosexual stages....

- During each stage, certain body parts are sensitive to stimulation and the Childs libido is focused on these parts.
- Oral stage (0-18mths)
- Anal stage (18mths-3 yrs)
- Phallic stage (3-6yrs)
- Frustrations occur when the child is overindulged or becomes fixated.

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Ego defences and their effects.

- *Repression*: Thoughts that are too much for the ego to deal with are placed deep into the unconscious they may surface as slips of the tongue or through dreams.
- *Displacement*: Placing unacceptable feelings onto someone else.
- *Reaction Formation*: Expressing views to the public that are in actual fact opposite to your true feelings.

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Factors that motivate behaviour.

PERS 8 Freud's View of the Human Mind: The Mental Iceberg

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Levels Of Awareness

According to Freud, there are three levels of consciousness:

- **Conscious (small)**: this is the part of the mind that holds what you're aware of. You can verbalize about your conscious experience and you can think about it in a logical fashion.
- **Preconscious (small-medium)**: this is ordinary memory. So although things stored here aren't in the conscious, they can be readily brought into conscious.
- **Unconscious (enormous)**: Freud felt that this part of the mind was not directly accessible to awareness. In part, he saw it as a dump box for urges, feelings and ideas that are tied to anxiety, conflict and pain. These feelings and thoughts have not disappeared and according to Freud, they are there, exerting influence on our actions and our conscious awareness.

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Factors that motivate behaviour.

- **The ID**: Functions in the *irrational* and *emotional* part of the mind. The Id is the primitive mind. It contains all the basic needs and feelings. It is the source for libido (psychic energy). And it has only one rule --> the "pleasure principle": "I want it and I want it all now". In transactional analysis, Id equates to "Child".
- Id too strong = bound up in self-gratification and uncaring to others
- **The EGO**: functions with the *rational* part of the mind. The Ego develops out of growing awareness that you can't always get what you want. The Ego relates to the real world and operates via the "reality principle". The Ego realises the need for compromise and negotiates between the Id and the Superego. The Ego's job is to get the Id's pleasures but to be reasonable and bear the long-term consequences in mind. The Ego denies both instant gratification and pious delaying of gratification.
- Ego too strong = extremely rational and efficient, but cold, boring and distant

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Factors that motivate behaviour.

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- **The Superego:** The Superego is the last part of the mind to develop. It might be called the *moral* part of the mind. The Superego becomes an embodiment of parental and societal values. It stores and enforces rules. It constantly strives for perfection, even though this perfection ideal may be quite far from reality or possibility. Its power to enforce rules comes from its ability to create *anxiety*.
- Superego too strong = feels guilty all the time, may even have an insufferably saintly personality

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Strengths And Weaknesses.

- ü Recognizes importance of unconscious.
- ü Stages of development –Empirical support with regard to gender development.
- ü Recognises importance of positive early childhood experience.

- (X) Difficult to falsify.
- (X) Gender Biased.
- (X) Determinist & Reductionist.

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Methodology Used.

Psychoanalysis comes in the form of many methods/techniques:

1. Free Association.
2. Case studies: Anna O, Little Hans.
3. Dream interpretation: Use of symbols-
Latent (What it means)
Manifest (What you dreamt about)

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Evaluation of Methods.

- ü Rich in detail = Case studies.
- ü Not reductionist = Embraces complex human behaviour.

- (X) Unreliable.
- (X) Subjective interpretation.
- (X) Researcher Bias.

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Slide 10