

### Overview-Background

Oedipus Complex	Identification & rivalry w/same gendered parent, closeness with opposite gendered parent.
Drives	Eros, Thanatos (drive behaviours)
Eros	Life Drives (sex, ego) - seek to preserve life
Thanatos	Death Drives - seeks to gratify desires even when destructive or socially unacceptable
Structures of psyche	id, ego, superego
Levels of consciousness	unconscious, preconscious, conscious
Psycho-social conflict	inner conflict between unconscious desires & social norms, creates anxiety or discomfort
Defense Mechanisms	Strategies used by ego to defend itself against conflict between forbidden drives & moral codes.
Parapaxes	Slips of the tongue or pen, thought to reveal the unconscious
Biological & Psychic Determinism	Human characteristics determined at birth via inheritance of genetics/traits from parents
Mechanistic Assumption	Humans function in mechanistic way; energy consumption, conservation & transformation.
Development of personality	Psychosexual stages (oral, anal, phallic, latent, genital)

### Overview of chapter

### View of Person Underlying The Theory

Psycho-social Conflict Theory	conflict between drives of psyche & norms of society.
	person: drives that need to be satisfied   expectation of society designed to protect society by controlling drive urges
	person tries to feel both; drive satisfaction with as little guilt possible
Biological & Psychic Determinism	drives psychologically based; biological determinism
	biological determinism: characteristics determined at conception; hereditary
	psychological determinism: mental processes determined by unconscious, pre-existing mental complexes
	drives found in: id   societal rule found in: superego
Mechanistic Assumption	mechanistic functioning of humans; psychological processes & behaviours can be understood in the same way as mechanical or physiological processes
	physical principles: energy consumption, conservation, transformation

### view of the person underlying the theory

### Dynamics of the Personality

Motivation: Freud's Drive Theory	psyche function based on energy converted from physical-biological form to psychic energy according to the principle of energy transformation
	internalization - person takes attitude, value, belief of others/community as part of their own personality in order to better deal with things in future
	internalized energy allows or disallows person to act on & satisfy desires/torture them w/guilt
	trieb = drive   libido = psychic energy, sexual energy   aggressive energy

### motivation: freud

### Characteristics of Drives

Source	each drive stems from a certain part/area of the body (sex drives = erogenous zone)
Impetus/Energy	every drive = certain quantity or intensity; affected by condition of energy source at time & time elapsed since last satisfaction
Goal	every drive = goal of satisfaction
Object	every drive requires an object in order to satisfy the drive
	satisfaction achieved by: energy of drive + object -> carry out action = satisfaction



### Characteristics of Drives (cont)

earlier object choice no longer available = displacement

goal of drives

### Structure of Personality

3 id, ego, superego

Structural Properties

id unconscious drives, primitive, pleasure seeking/gratification of wants

linked to the drives: eros; thanatos

pleasure principle, thus immediate satisfaction

selfish & unrealistic - can only accomplish wish fulfillment

creation of images of desired object/fantasizing

ego moderator

moderates between id & superego (drives:societal norms)

secondary process & reality principle (evaluates; reflects; plan & postpone satisfaction of drives)

cathexis - ego's investment of psychic energy into selected objects

superego intrapsychic representative of societal moral codes

pressurizes ego into following societal/moral codes

moral principle - punishes individual w/ guilt over immoral wishes or behaviours

punishing element = conscience | encouraging element = ego-ideal

### Structure of Personality (cont)

anticathexis - diversion of mental energy by superego to block mental impulses from the id

structure of psyche

### Types of Drives

All drives = 1. Develop constructively (eros-life) not rigidly controlled by moral codes & do not cause conflicts w/conscious organisms

2. Disintegrate & die (thanatos-death)

Ego Drive (eros) individual's survival; aimed at satisfying basic life needs

drive responsible for development of ego; provides energy for its functioning

Sex Drive (eros) survival of species; primary concern = erotic (satisfaction=pleasure)

Freud: sex drives always present; only emerge @ puberty

Ego vs Sex Ego = survival of individual | Sex = survival of species

Ego drives = not associated w/moral prescription/guilt feelings

Sex drives = linked w/development of mental disturbances

Thanatos (death drives) Freud: explanation for war, murder, death etc

original object = human body

### Types of Drives (cont)

death drive in conflict w/life drive = conflict projected outwards in form of aggression

First form of aggression = oral aggression (baby biting mother)

Sublimation = energy can be safely & acceptably used

Person causes own death = tensionlessness/nirvana (Freud: sees this as the unconscious ideal for all life)

Types of Drives: Eros/Thanatos

### Defense Mechanisms

= strategies ego uses to defend itself against the conflict between the forbidden drives & moral codes

present to cope with unconscious, psychic contents; person often unaware they're using def-mechs

2 NB characteristics shared by def-mechs

1. they are denials & distortions of reality

2. they operate unconsciously & aim to keep anxiety provoking thoughts at bay

Repression represses content unacceptable to the ego into the unconscious

### Defense Mechanisms (cont)

different to conscious  
forgetting

Freud: this is where ideas  
exist before being made  
conscious

one act of repression; not  
enough --> maintained  
through resistance

**Resistance** operates when repressed  
drives threaten to break  
through the surface & cause  
anxiety

**Projection** keep unconscious threatening  
material unconscious by  
changing the focus onto other  
people's drives & ignoring  
impulses within themselves

changing moral anxiety into  
reality anxiety

**Reaction  
Formation** keep forbidden desire at bay  
by adopting fanatical stance  
that gives opposite  
impression to the desire

often occurs alongside other  
def-mechs; projection

**Rationali-  
zation** attempt to explain behaviour  
w/reasons that sound rational,  
but aren't actually the real  
reason for their behaviour

### Defense Mechanisms (cont)

not the same as ordinary lying;  
normally person is not aware of  
the true reason for their  
behaviour

**Displa-  
cement** functions by finding substitute for  
the object that is forbidden by  
society's moral code

some stage; society deems  
displacement object as unacce-  
ptable (nipple -> bottle -> pacifier  
-> smoking)

**Transf-  
erence** client's projection to therapist

**Counter  
transf-  
erence** therapist's projection to client

**Sublim-  
ation** finding displacement objects that  
are societally accepted (most  
effective form of displacement)

**Fixation** person's psychological develo-  
pment stuck at one stage  
  
person behaves in way  
apropriate to earlier stage to  
avoid challenges of next or  
current stage

too much energy investment in  
objects of certain stages (one  
develops personality character-  
istics based on the stage where  
fixation occurs)

### Defense Mechanisms (cont)

**Regression** linked to fixation; Freud:  
regression to same stage  
where fixation occurred

partial or total return to  
earlier stage of dev where  
less anxiety was experienced

**Identific-  
ation** understood in context of  
Freud's development theory

takes place when person  
represents themselves in  
another person; unconscious  
desire to be like that person

### Defense Mechanisms: Freud

### Psychosexual Stages of Personality

Stage	Age	Sexual Focus	Develo- pmental Tasks & Fixation
Oral	0-1	Mouth (chewing, sucking)	Weaning   excessive eating, drinking or smoking
Anal	2-3	Anus (defec- ating or retaining faeces)	Toilet Training   obsession w/cleanliness   sexual anxiety
Phallic	4-5	Genitals (mastu- rbation)	Identifying w/genders (Oedipus/- Electra Complex)   difficulty w/intimate relationships
Latent	6- 12	None (sex urges sublimated to sports/ho- bbies)	Social Intera- ction   no fixation occurs



### Psychosexual Stages of Personality (cont)

Genital	puberty	Genitals	Intimate
+		(sexual	Relati-
		intimacy;	onships &
		reawak-	Productivity
		ening of	previous
		sexual	fixation =
		urges)	low sexual
			interest  no
			previous
			fixation =
			normal
			sexual
			motivation

### Psychosexual Stages, Organ Focus & Fixation



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