Piaget –
A Cognitive Approach
A COGNITIVE APPROACH: PIAGET

- Cognitive Theorists

- Are concerned with how we obtain, process, and use information. (Intellectual development)
A COGNITIVE APPROACH: PIAGET

- Four major stages, each marked by strikingly different perceptions of the world and by different adaptations to it.

- Each stage is the product of learning that occurred in earlier stages, and each is a preparation for the next stage.
A COGNITIVE APPROACH: PIAGET

- Development is a continuous process of successful changes

- Development does not consist of abrupt, clearly recognizable changes like steps on a stairway; it’s more like a gradual incline

- Readiness State
Chapter 4

Psychoanalytic Therapy
The Development of Personality

- **ORAL STAGE** First year
  - Related to later mistrust and rejection issues

- **ANAL STAGE** Ages 1-3
  - Related to later personal power issues

- **PHALLIC STAGE** Ages 3-6
  - Related to later sexual attitudes

- **LATENCY STAGE** Ages 6-12
  - A time of socialization

- **GENITAL STAGE** Ages 12-60
  - Sexual energies are invested in life
The Structure of Personality

- **THE ID — The Demanding Child**
  - Ruled by the pleasure principle

- **THE EGO — The Traffic Cop**
  - Ruled by the reality principle

- **THE SUPEREGO — The Judge**
  - Ruled by the moral principle
The Unconscious

Clinical evidence for postulating the unconscious:
- Dreams
- Slips of the tongue
- Posthypnotic suggestions
- Material derived from free-association
- Material derived from projective techniques
- Symbolic content of psychotic symptoms
  - NOTE: consciousness is only a thin slice of the total mind
Ego-Defense Mechanisms

- **Ego-defense mechanisms:**
  - Are normal behaviors which operate on an unconscious level and tend to deny or distort reality
  - Help the individual cope with anxiety and prevent the ego from being overwhelmed
  - Have adaptive value if they do not become a style of life to avoid facing reality
Psychoanalytic Techniques

- **Free Association**
  - Client reports immediately without censoring any feelings or thoughts

- **Interpretation**
  - Therapist points out, explains, and teaches the meanings of whatever is revealed

- **Dream Analysis**
  - Therapist uses the “royal road to the unconscious” to bring unconscious material to light
Transference and Countertransference

- **Transference**
  - The client reacts to the therapist as he did to an earlier significant other
    - This allows the client to experience feelings that would otherwise be inaccessible
    - ANALYSIS OF TRANSFERENCE — allows the client to achieve insight into the influence of the past

- **Countertransference**
  - The reaction of the therapist toward the client that may interfere with objectivity
Resistance

- **Resistance**
  - Anything that works against the progress of therapy and prevents the production of unconscious material

- **Analysis of Resistance**
  - Helps the client to see that canceling appointments, fleeing from therapy prematurely, etc., are ways of defending against anxiety
    - These acts interfere with the ability to accept changes which could lead to a more satisfying life
Psychoanalysis Video
Chapter 5

Adlerian Therapy
Alfred Adler’s Individual Psychology

- A phenomenological approach
- Social interest is stressed
- Birth order and sibling relationships
- Therapy as teaching, informing and encouraging
- Basic mistakes in the client’s private logic
- The therapeutic relationship — a collaborative partnership
The Phenomenological Approach

- Adlerians attempt to view the world from the client’s subjective frame of reference
  - How life is in reality is less important than how the individual believes life to be
  - It is not the childhood experiences that are crucial – it is our present interpretation of these events

- Unconscious instincts and our past do not determine our behavior
Social Interest

- Adler’s most significant and distinctive concept
  - Refers to an individual’s attitude toward and awareness of being a part of the human community

  - Mental health is measured by the degree to which we successfully share with others and are concerned with their welfare

  - Happiness and success are largely related to social connectedness
Birth Order

- Adler’s five psychological positions:
  1) **Oldest child** – receives more attention, spoiled, center of attention
  2) **Second of only two** – behaves as if in a race, often opposite to first child
  3) **Middle** – often feels squeezed out
  4) **Youngest** – the baby
  5) **Only** – does not learn to share or cooperate with other children, learns to deal with adults
Encouragement

- **Encouragement is the most powerful method available for changing a person’s beliefs**
  - Helps build self-confidence and stimulates courage

- **Discouragement is the basic condition that prevents people from functioning**

- **Clients are encouraged to recognize that they have the power to choose and to act differently**
Adlerian Therapy Video

Jungian Analysis Video