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

Psychodynamic 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

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