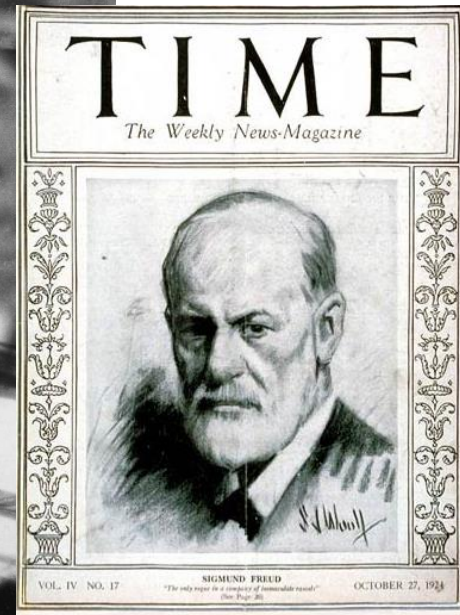


# Sigmund Freud



Biography  
Oedipus Complex  
Id – Ego – Superego  
Defense Mechanisms



Born 6 May 1856 in the Austrian Empire

The first of 8 children (plus 2 older half-brothers). Mom was the 3<sup>rd</sup> wife of dad, and 20 years age gap between parents. Dad is wool merchant  
Target of anti-Semitism

Few career options. Enters the medical field (psychology does not exist)

Studied human brains under Darwinist professor Carl Claus. Studied 'hysterics' under Jean-Martin Charcot

1880, starts smoking. Eventually a 20-cigar a day habit!

1886, married Martha (6 kids). Professor by 1902

Invents the concept of peer review

Daughter Anna arrested/interrogated by the Gestapo. Flees Austria in 1938, to England.

Cancer known by 1923. Cocaine, then morphine

Dies 23 September 1939 in London

‘Cheers’ clip– Frasier & Lilith Argue about Freud

<https://www.youtube.com/watch?v=LbyzC07HLow> (2:30)

Emphasis on sexuality and parent relationships

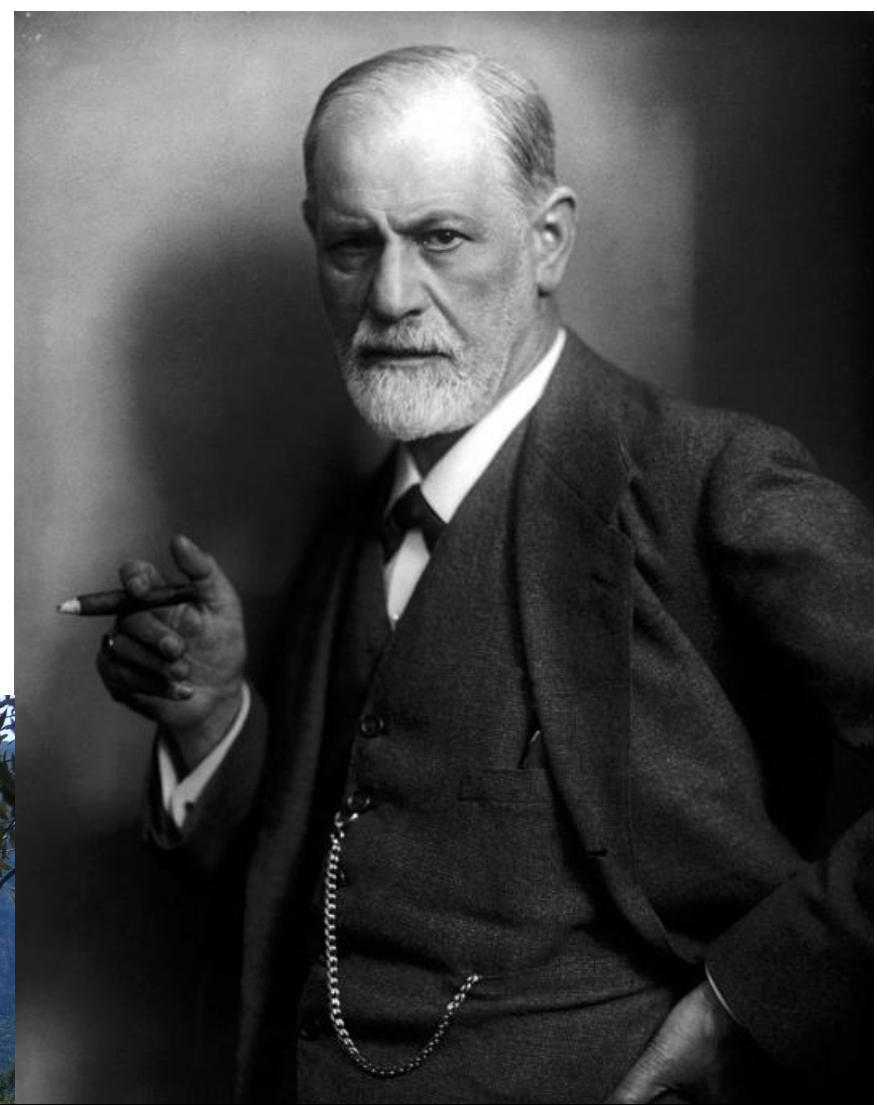
Oedipus Complex

Classical Greek Inspiration

Freudian Approach to the Theory

[https://www.youtube.com/watch?v=iH\\_PRnY7Jkw](https://www.youtube.com/watch?v=iH_PRnY7Jkw) (1:45)

Neo-Freudian Views of the Theory



Unsavory things about Freud’s beliefs

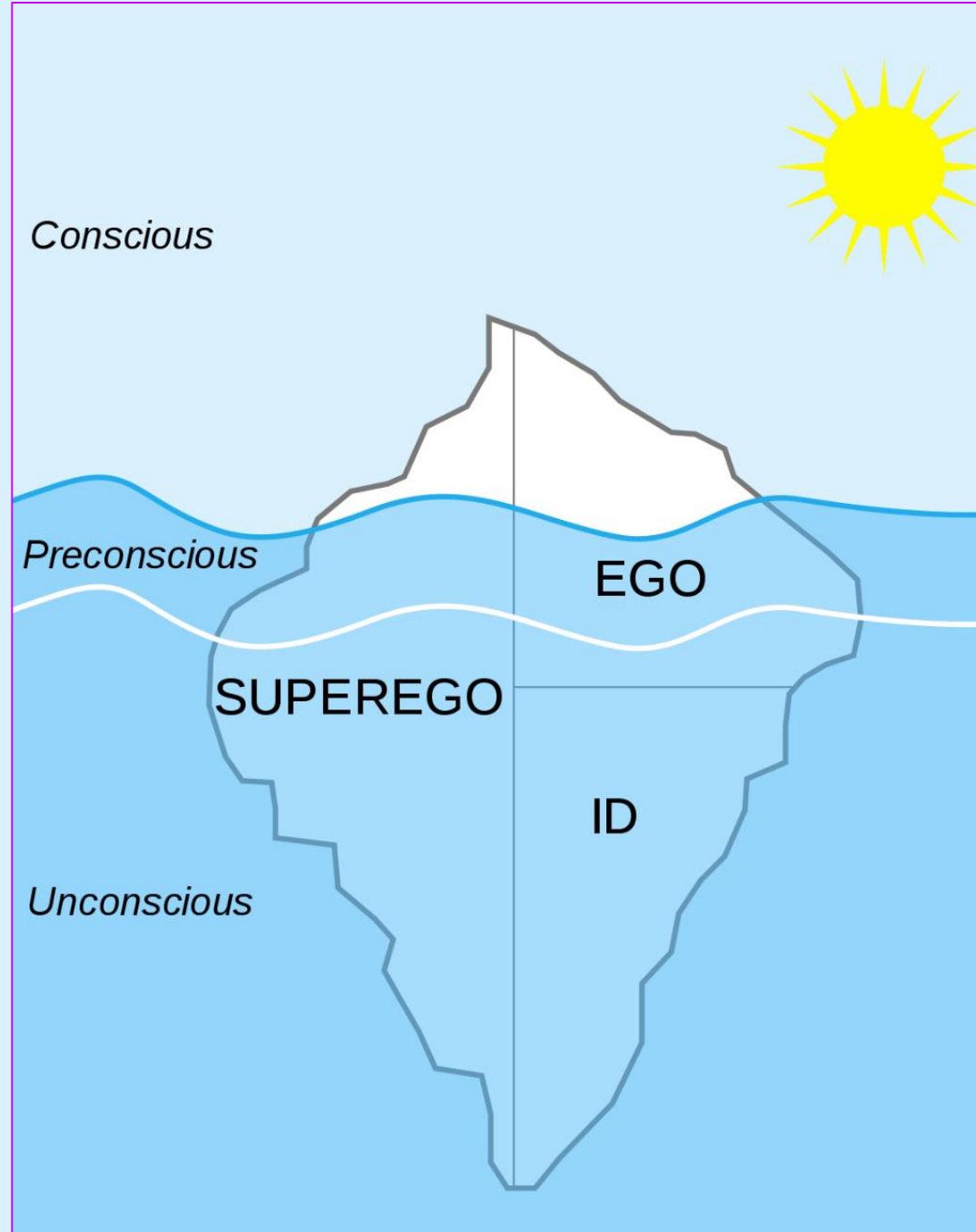
↳ Freud claimed that children who reported sexual abuse by adults had either imagined or fantasized the experience.

↳ Many of his theories were inherently sexist

# Id – Ego - Superego

Freud believed that the majority of what we experience in our lives, the underlying emotions, beliefs, feelings, and impulses are not available to us at a conscious level.

He believed that most of what drives us is buried in our unconscious.



# Id – Ego – Superego

## Id

- Present from birth
- Contains a human's basic, instinctual drives...the need for food, warmth, nourishment
- “Pleasure principle” – seeks immediate satisfaction now
- Wants to achieve pleasure while avoiding pain
- The Id has no value judgment; no good or bad; no evil; no morality.
  - ❖ “Death instinct” – an expression of aggression, a self-destructive instinct

## Superego

- Starts developing about age 5
- Your idealized future self; aims for perfection
- Understands the rules of society
- Understands morals and right v. wrong
- Punished Ego with feelings of guilt, anxiety or inferiority

## Ego

- Starts developing about age 3
- Part of the personality structure
- Tries to meet the demands of the Id within the confines of the Superego
- Where defense mechanisms reside

## Defense Mechanisms

Defense Mechanisms occur when our ego cannot meet the demands of reality. They are psychological strategies brought into play by the unconscious mind to manipulate, deny or distort reality so as to maintain a socially acceptable self-image. Healthy people normally use these mechanisms throughout life. It becomes pathological only when its persistent use leads to maladaptive behavior such that the physical and/or mental health of the individual is adversely affected. The purpose of ego defense/coping mechanisms is to protect the mind/self/ego from anxiety and to provide a refuge from a situation with which one cannot currently cope.

⇒ In 1977, psychologist George Vaillant took Freud's theory and built upon it by categorizing them, placing Freud's mechanisms on a continuum related to their psychoanalytical developmental level.



# Defense Mechanisms Examples

## Level 1: Pathological Defenses

- ↳ Very severe, and permit one to effectively rearrange perceptions to eliminate the need to cope with reality. They may appear irrational or insane to others.
- ✓ Delusional Projection: Delusions usually of a persecutory nature.
- ✓ Conversion: the expression of an intra-psychic conflict as a physical symptom; some examples include blindness, deafness, paralysis, or numbness. This phenomenon is sometimes called hysteria.
- ✓ Denial: Refusal to accept external reality because it is too threatening

## Level 2: Immature Defenses

- ↳ These mechanisms lessen distress and anxiety provoked by threatening people or by uncomfortable reality. Excessive use of such defenses come across as socially undesirable, difficult to deal with, and seriously out of touch with reality. Often seen in major depression and personality disorders
- ✓ Idealization: Unconsciously choosing to perceive another individual as having more positive qualities than he or she may actually have.
- ✓ Passive aggression: Aggression towards others expressed indirectly or passively such as using procrastination.
- ✓ Projection: A primitive form of paranoia. Includes attributing one's own unacknowledged unacceptable/unwanted thoughts and emotions to another; includes severe prejudice, severe jealousy, hypervigilance to external danger, and "injustice collecting".

# Defense Mechanisms Examples

## Level 3: Neurotic Defenses

- ↳ Such defenses have short-term advantages in coping, but can often cause long-term problems in relationships, work and in enjoying life when used as one's primary style of coping with the world. *\*Fairly common in adults*
- ✓ Displacement: Shifting aggressive impulses to a less threatening target;
  - ↳ For example, a mother may yell at her child because she is angry with her husband.
- ✓ Hypochondriasis: Excessive preoccupation or worry about having a serious illness.
- ✓ Intellectualization: A form of isolation; concentrating on the intellectual components of a situation so as to distance oneself from the associated anxiety-provoking emotions; separation of emotion from ideas
- ✓ Isolation: Separation of feelings from ideas and events.
  - ↳ For example, describing a murder with graphic details with no emotional response.
- ✓ Rationalization: Where a person convinces him or herself that no wrong was done and that all is or was all right through faulty and false reasoning.
- ✓ Regression: Temporary reversion of the ego to an earlier stage of development rather than handling unacceptable impulses in a more adult way.
- ✓ Repression: Burying deep the memory of the event
- ✓ Withdrawal: Removing oneself from events/stimuli/interactions under the fear of being reminded of painful thoughts and feelings.

# Defense Mechanisms Examples

## Level 4: Mature Defenses

- ↳ These defenses help to integrate conflicting emotions and thoughts, while still remaining effective. They have been adapted through the years in order to optimize success in life and relationships. *\*These are commonly found among emotionally healthy adults.*
- ✓ Altruism: Constructive service to others that brings contentment and personal satisfaction.
- ✓ Anticipation: Realistic planning for future discomfort.
- ✓ Humor: Overt expression of ideas and feelings which retain a portion of their innate distress, but they are joined with witticism to as to not directly confront the topic of discomfort.
  - ↳ For example: Self-deprecation or positive sarcasm.
- ✓ Identification: The unconscious modeling of one's self upon another person's character and behavior.
- ✓ Sublimation: Transformation of negative emotions or instincts into positive actions, behavior, or emotion.
  - ↳ For example: Playing a heavy contact sport such as football or rugby can transform aggression into a game)





Therapy techniques –  
“Free Association” question strategy