

Some points about Freud's theory

- behaviour is determined by the ongoing conflict between basic drives and society
- personality structures id, ego and superego
- anxiety is the result of conflict between the id and the superego and defense mechanisms are used to attempt to reduce this anxiety
- an optimally developed person has learned how to experience the highest possible satisfaction of drives while reducing feelings of guilt to the minimum.
- Freud's theory's accent is on the psychosexual development and the unconscious.
- based on three basic assumptions about human beings:
 - 1) assumption about psychosocial conflict
 - 2) assumption about biological and psychic determinism
 - 3) mechanistic assumption

1) assumption about psychosocial conflict

- constant conflict between drives in the psyche and demands and norms of society
- the result of this conflict is that the person tries to experience as much drive satisfaction as possible and as few guilt feelings as possible

therefore *psychosocial theory*

2) assumption about biological and psychic determinism

- human drives as physiological based and rooted within the body
- drives are localised in part of the psyche called the id
- societal rules are gradually absorbed into the part of the psyche called the superego
- conflict that determines all behaviour takes place within psyche

3) mechanistic assumption

- human beings function in a mechanistic way
- physical principles of energy consumption, conservation and transformation are regarded as valid for human functioning as well
- the steam engine can be taken as suitable analogy for psychic functioning.

Why should one have a thorough understanding of Freud's theory?

- 1) Much of the terminology used today is based on Freudian concepts
- 2) many theories have been developed in opposition to Freud and therefore cannot be understood without sound knowledge of Freud's theory.

History and background

- Mother was father's 3d wife, much younger (he 40 she 20)
- mother was loving, kind and caring, intimate
- father was strict, hostile and cold
- grew up in times where anything sexual was tabooVictorian
- He worked with neurotic higher social class Viennese patients whilst developing his theory
- he believed that people have an inherent, unconscious drive to cause the body to die, known as the *death wish* or *thanatos*
- saw human functionality as the outcome of energy usage.
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Freud 1 Depth Psychology Psychoanalyses Conflict theory

- Ego must be strong enough to cope with the conflict between the id and the superego and the accompanying tension/anxiety.

Personality theory

- developmental theory
- theory of motivation
- theory about the origin of psychopathological phenomena

Psychoanalysis/depth psychology

- focuses on the deeper unconscious, unobservable layers of consciousness
- psychoanalysis comprises:
 - well-known psychotherapeutic methods
 - detailed personality theories
 - theories about the origin of religion, art, social norms and taboos, and other cultural phenomena