

Psychoanalysis

Freud dominates this perspective (Billig). His ideas reflect the social and intellect context of the latter part of the 19th century / early 20th century.

Much of our motivation for behaviour is unconscious. Can be reached through hypnosis (example - Anna O - aversion to drinking); free association and **dream analysis** - interpreting latent content from manifest content and symbols.

Some contemporary analysts regard dreams as useful for bringing up material patients are reticent about (**De Monchaux**), but not necessarily always about wish-fulfilment, as Freud. Dream content is often meaningful & related to real experiences. **Solms (2000) claims neurophysiological studies support Freud - dreaming depends on brain structures concerned with cognition, perception & actions relating to instinctual needs.**

Freudian slips - accidental actions / utterances that betray an unconscious motivation. **Reason (2000) argues cognitive / attentional difficulties could explain many occurrences cited in support of such slips.**

Freud believed childhood experience is key - libido is the most powerful drive - **the survival of the group (from Darwin)**

Psychosexual development - oral, anal, phallic [an example of an organismic stage theory - see bk 2 ch1]. Phallic stage of development associated with Oedipal conflict (criticised on the basis of Freud's own background and by **Irigaray** in terms of describing female experience as 'lack' - i.e. penis envy).

Transference is the process by which childhood experiences affect our adult relationships. If fixation occurs in any of these stages of development then it affects our later life too. The child is 'the parent of the person'.

Bk 1, Ch 9: Psychoanalytic & Humanistic Perspectives

Psychodynamics conceptualises the mind as an energy system involving potentially conflicting forces.

id - drive to satisfy basic needs, pleasure seeking.
ego - reality testing aspect - integrating the self.
superego - our moral, regulatory power.

Psychodynamics - conflict between the three aspects of the psyche.

Angst - intra-psychic conflict. Protected against by defence mechanisms - e.g. **repression, displacement, sublimation, projection & reaction formation.** **Brewin & Andrews provide experimental evidence that people are capable of 'intentional forgetting' and have often had troubled childhoods - Myers & Brewin.**

Psychoanalytic therapy is protracted, uses repeated observations to enable analysts to make interpretations of the person's unconscious influence on their life - e.g. by the analysis of transference. **Case**ment example of the patient who spoke very quietly - when challenged, she understood her parents had often assumed they understood her when they did not. The **psychoanalytic method** tries to gain access to the inner world and show the relationship between present & past experiences, transference & reconstruction. Interpretation is therapeutic.

Variations:

Adler - main human need is striving to overcome inferiority, not sexual instincts

Bowlby et al - Object Relations - main human need is to connect with others - we are people seeking, not pleasure seeking.

Fromm - Neo Freudians - the social context shapes personality and is not opposed to our biological drives
Jung - parallels in art & symbols across cultures - the collective unconscious

Humanistic Psychology

Began as a reaction in the 1950's to the psychoanalytic and behaviourist approaches - the 'third way'.

It emphasises:

1. Phenomenological emphasis on conscious experience
2. People have the potential to develop & create themselves
3. A holistic approach to mind, feelings & body
4. A wide range of methods to facilitate personal growth

Conscious experience:

Reflecting on own subjectivity is not easy - humanistic psychologists have attempted to study qualitatively by documenting different kinds of experience e.g. friendship, being burgled, feeling guilty - **Becker** documents.

Maslow - Peak experiences - release vital psychological energies & stimulate a sense of purpose.

Csikszentmihalyi - flow experiences.

Personal Construct Theory:

Kelly - repertory grid. Used to elicit personal constructs - which relate to the unique way in which we experience the world. **Fixed role therapy**, devised by **Kelly**, used to enable a client to experience the world from a different viewpoint - an example of using constructive alternativism to facilitate change.

Existential Perspective:

We are aware of ourselves as individuals - brought home by the possibility of non-being. We have many constraints on us - but we can choose within these constraints - *situated freedom*. It is *authentic* to acknowledge this so that we take responsibility for our own actions - e.g. **Shaffer**.

Frankl - *the will to meaning* - finding a sense and purpose to one's life. e.g. survival gives this during war or extreme danger (Sartre), religion or cultural values. The west currently lives in an existential vacuum as each person's 'why' has to be constructed by them without any of these features being present. Personal meaning can be found through:

1. Actions
2. Experience
3. Love
4. Fortitude

Maslow - *self-actualisation*

Deficiency needs that can be satisfied: physiological, safety, love & belonging, esteem and the **Being need**, self-actualisation - to be everything one is capable of becoming. Backed up with a study of 30 possible self-actualisers, though the sample and objectivity of assessment can be criticised.

Rogers - *personal growth*

Three underpinning concepts -

1. **Subjective Experience** - we are unique in how we experience the world.
2. **Self-Actualisation** (similar idea to the goal directed behaviour - people seeking etc of psychoanalysis)
3. **The Self** - rests on our own experience and the evaluation of our self by others. Problems arise, esp. in childhood, when these evaluations are conditional.

Person centred counselling is used to help clients deal with the fear of losing love and the self's need for consistency through these evaluations. Unconditional positive regard. No interpretation - counsellor reflects back what the client says to help them open themselves up to previously difficult relationships and threatening situations.

Psychological maturity is reached when a person is capable of self-enhancement & growth - 'becoming a person' according to **Rogers**.

Personal autonomy is not in conflict with the idea that social context and biology shape us - it emerges as a property of our cognitive abilities. e.g. our capacity to speak depends on our biology; but we can say truly original things.

Many ***methods*** used in humanistic psychology:

Encounter groups - facilitator leads sessions - e.g. along the lines of Roger's person centred counselling. Participants engage at an emotional & physical level rather than just through words. They do what feels right for themselves.

Gestalt Therapy - Peris - stimulate clients into greater awareness and integration of their feelings. Focus is on 'here and now' - NOT 'why'. Distrust of reasons and interpretations of psychological states. '*Lose your mind & come to your senses*'. **Dramatisation** greatly used. Clients may role-play the therapist; therapists may mirror the client. Encouraged to explore inner conflict; shout out, scream etc. Releases blocked emotions & stimulates vitality.

Psychosynthesis - Assagioli - the search for meaning & 'higher values' of love, wisdom & joy. Aims to increase the balance - synthesis - between the intellectual, emotional & spiritual aspects of a person. Encourages the development of the **transpersonal self** - the spiritual aspects of being. Practitioners are guides, not therapists. Use meditation & other techniques for directing & focussing consciousness.

All humanistic methods focus on:

- *The here & now*
- *Empathy with the client, not interpretation*
- *Engaging authentically*
- *Encouraging clients to freely express themselves*
- *Focus on growth & development, not past events*
- *Taking responsibility for change and their own actions*

Positive Psychology - a recent development - scientific psychology to enhance the well-being of people & communities.

Similarities:

Both focus on ***subjectivity*** - the inner world of subjective experience, thoughts and feelings

Both are criticised from a 'scientific' world view as it is difficult to investigate either in objective and replicable ways as they deal with personal, subjective experience

Stimulate our thinking about what it is to be a person & emphasise the role of meanings in make us who we are

Move psychology from pure deterministic science to encompass subjectivity & the philosophical & moral implications of what we might become.

Contrasts:

Psychoanalysis emphasises the role of the unconscious and the underlying motivations that govern our actions, Humanistic the role of conscious awareness and the ability of people to change.

Psychic determinism (actions influenced by unconscious and childhood) vs our ability to initiate change, autonomy and personal growth.

Therapist helps bring about change through interpretation vs the client does it themselves through the facilitation of the therapist.

A focus on childhood vs a focus on the 'here & now'

Psychoanalysts would argue any change through humanistic techniques is merely temporary or superficial - without understanding their unconscious desires change cannot happen.

Psychoanalysts claim to provide a detailed theory of the human condition & a clinical method - humanistic psychology does not attempt to provide a theory of why we are as we are.

Spinelli points out that there is no empirical evidence that any form of psychotherapy is superior to any other - its not the form it takes, but the skill / openness of the people involved.