

Reading Guide #4 for 2<sup>nd</sup> third of the semester

## Interpersonal communication: theories of helping (psychoanalytic/psychodynamic)

In preparation for the class discussions, please complete the following before class.

Psychodynamic: Mental or emotional forces or processes developing in early childhood and their effects on behavior and mental states. Motivational forces acting at the unconscious level.  
Parsons Ch. 13  
Pages 193-194

1. Who is the author of psychoanalytic theory? The bearded Sigmund Freud.

2. How does traditional psychoanalytic theory describe human behavior? A generally negative and deterministic view which assumes humans are motivated by selfish drives. It further assumes that early childhood experiences and history are central to the development of the adult personality and style of functioning.

3. What things does the helper need to understand about the helpee in order to be helpful?

Early life history; internal conflict; elements contributing to current personality and experience.

4. Define the unconscious and describe its role in psychoanalytic theory. Serves as the primary source of motivation for our actions. The helper must uncover the unconscious conflicts, concerns, or feelings that is interfering with healthy functioning.

5. Define the concept "defense mechanisms." \*Note- please read the examples of defense mechanisms offered in the text. They will be helpful in understanding the reading supplements about defense mechanisms.

A process wherein internal stability is reestablished to reduce the internal/external experienced tension, via: DENIAL/RATIONALIZATION/REPRESSION ✓

Read the following supplement: Sigmund Freud by Saul McLeod

Page 1

1. Describe Freud's view on self-deception. As the unconscious 'defensive mechanism' rarely gives a true account. Rationalizations of conduct disguises cause.

2. What does the following mean: "psychoanalysis is often known as the talking cure." Seeing what is said indicates underlying motives. "Penetrating subtle and elaborate camouflage obscuring hidden structure/processes of personality". Indeed, the goal of psychoanalysis is to make the unconscious conscious.



Page 2

1. Explain Anna O's problem and Freud's explanation of what brought about her change. Suffering from Hysteria. As soon as she had the opportunity to make the unconscious thoughts conscious, it resolved the hysteria.

2. Describe Freud's understanding of

A. The conscious mind

The tip of the iceberg (on the surface) consciousness consists of thoughts that are the focus of our attention.

B. The unconscious

Acts as a repository, a "cauldron" of memory, wishes, impulses too frightening or painful to un-repress, yet cause most (mis-) behavior. "like an iceberg, the most important part of the mind is the part you can't see."

Pages 3 & 4

1. Define

A. Id

Instincts / : one of the three divisions of the psyche that is completely unconscious and is the source of psychic energy derived from instinctual needs and drives

B. Ego

Reality / : one of the three divisions of the psyche that serves as the organized conscious mediator between the person and reality - by functioning both in the perception of and adaptation to reality.

C. Superego

Morality / : one of the three divisions of the psyche that is only partly conscious, representing internalization of parental conscience and the rules of society, and functions to reward or punish through a system of moral attitudes, consciousness, and a sense of guilt.

D. Eros

Libido - Life instinct / : the sum of life-preserving instincts that are manifested as impulses to gratify basic needs, as sublimated impulses, and as impulses to protect and preserve the body and mind.



E. Thantos

## Death instinct - destructive forces

: an innate and unconscious tendency toward self-destruction postulated in psychoanalytic theory to explain aggressive and destructive behavior not satisfactorily explained by the pleasure principle.

2. Explain the relationship between the conscious, preconscious, unconscious, id, ego, and super-ego.

Consciousness is focused attention. The preconscious are retrievable memories. The Unconscious mind - Kept at bay (repressed) is mediated by the preconscious function. Id operates at the unconscious level, comprised of Eros/Thanos (Creative/Destructive) impulses. Ego develops from id during infancy - grows up to conform to reality, (as it operates in both the conscious and unconscious mind). The Superego is responsible for ensuring moral standards are followed.

Read the Supplement *Various Meanings of 'the Unconscious'—The Topographical Point of View* by Sigmund Freud

Directions: Please read pages 577-580. As you read, try to understand as much as possible, but remember, Freud wrote over 100 years ago, and this article is about the complexity of the unconscious, preconscious, conscious, and repression. The topics are not simple nor is the writing, but it is valuable to read some of Freud's original writing. A note of clarification, the concept of topographical or topography refers to the physical lay-out of the mind.

Read the first paragraph (p. 577-578). Freud uses the term psychical, which means the mind or mental processes that humans use.

- What do you learn about the conscious and unconscious from this paragraph? They are ambiguous terms describing psychical phenomena: "It would put an end to all misunderstandings if, from now on, in describing the various kinds of psychical acts we start to disregard the question of whether they were conscious or unconscious." he said.

Read the 2 complete paragraphs on p. 578

Explain the process that thoughts go through as they move within the unconscious, preconscious, and conscious. U<sup>s</sup>      PC<sup>s</sup>      C<sup>s</sup>  
A psychical act goes through two phases between which is interposed a kind of testing censorship. U<sup>s</sup> thoughts which are rejected by censorship is said to be "repressed". If, however U<sup>s</sup> pass this testing phase it is permitted to occupy PC<sup>s</sup> phase of C<sup>s</sup> system. PC<sup>s</sup> is merely 'capable of becoming C<sup>s</sup> - given certain conditions which pass the test of censorship.

Read the paragraph on the bottom of p. 578 and top of page 579.

- Describe what Freud said about the role of neuroscience in understanding the unconscious, preconscious, and conscious.

Psychical topography has nothing to do with anatomy. Functional change of U<sup>s</sup> to C<sup>s</sup> go through phases of testing/censorship. Neurons that fire together, <sup>wire</sup> stay together suggests the thinking about thinking develops metacognitive awareness & re-wires the neurons and synaps to adapt to environmental influence. Disfunctional synaps become eliminated to strengthen "logical ones." Repression is essentially a process affecting ideas. Awareness of awareness is Key! Making the unconscious thoughts conscious reforms ideas in two forms in different



# places in the mental apparatus (Hence Brain Plasticity) Name: Gaehler

Read the last 2 paragraphs on p. 579. The last paragraph continues on to p. 580.

- Explain what occurs in the mind of a client when a therapist describes one of the client's repressed thoughts.

It will be rejected in accord with "defensive mechanism"; yet... in actual fact it has arrived at the Preconscious stage of mediation as an 'auditory trace' of the idea linking the U repressed memory of experience.

Read the 1<sup>st</sup> full paragraph on p. 580. It begins with "So for the moment we are not..."

- Describe what Freud concludes in this section of the writing.

All is uncertain? BS!  
Who better is in a position to decide if his hypothesis of digging up repressions to conscious function segue promoting meta cognition?  
Conscious-ness (Knowing) Awareness of awareness produces Understanding through the neuroplasticity process.

What are your thoughts and feelings about your experience of reading Freud's writing?

He presented the purest observation to date which all future theorists would build upon. I totally admire this paper. Hail Freud! Long live psycho-analytic processing which dares reach under the surface of the proverbial iceberg!

Do not leave this blank. If you understand everything you read, you should still have questions you are wondering about as it relates to the reading. What 1-2 questions do you have for clarification or extension of the reading you completed in this reading guide? If you do not have any questions, feel free to make comments about your thoughts or opinions regarding the reading and how it applies to your life.

Isn't it interesting to consider WHY psychoanalytic theory has faded-out in place of person-centered theory and cognitive-behavioral theories and the like? Treating mental illness via "the talking cure", describing - and discovering what's below the surface of the proverbial iceberg of personality (i.e. making the unconscious thoughts conscious), according to neuroscience - strengthens those "dark synaps INITIALLY (neurons that fire together <sup>wire</sup> thrive together). I say "initially", because the Id concepts, demons that they be, can't stand further scrutiny - for long. Right? Such is the case with the superego: upon scrutiny - it ~~re~~ dissolves as well. This ~~re~~ dissolving process, as traumatic as it is, is called the mystical marriage where the Self and shadow self are wed. — Can you imagine where the pharmaceutical industry would be if and when Psyche's minions were exposed to scrutiny. Anna O's hysteria is an example — isn't it? Her doctor Josef Breuer method of treatment must have seemed brutal, before the era of psychotropics. Returning mentally to the overwhelming incidents in life which impacted the psyche with the intention of Understanding them, permits the Self awareness necessary to develop personal responsibility for logical decisions.



## **Sigmund Freud**

By Saul McLeod

Retrieved from <http://www.simplypsychology.org/Sigmund-Freud.html>

Sigmund Freud explored the human mind more thoroughly than any other who came before him.

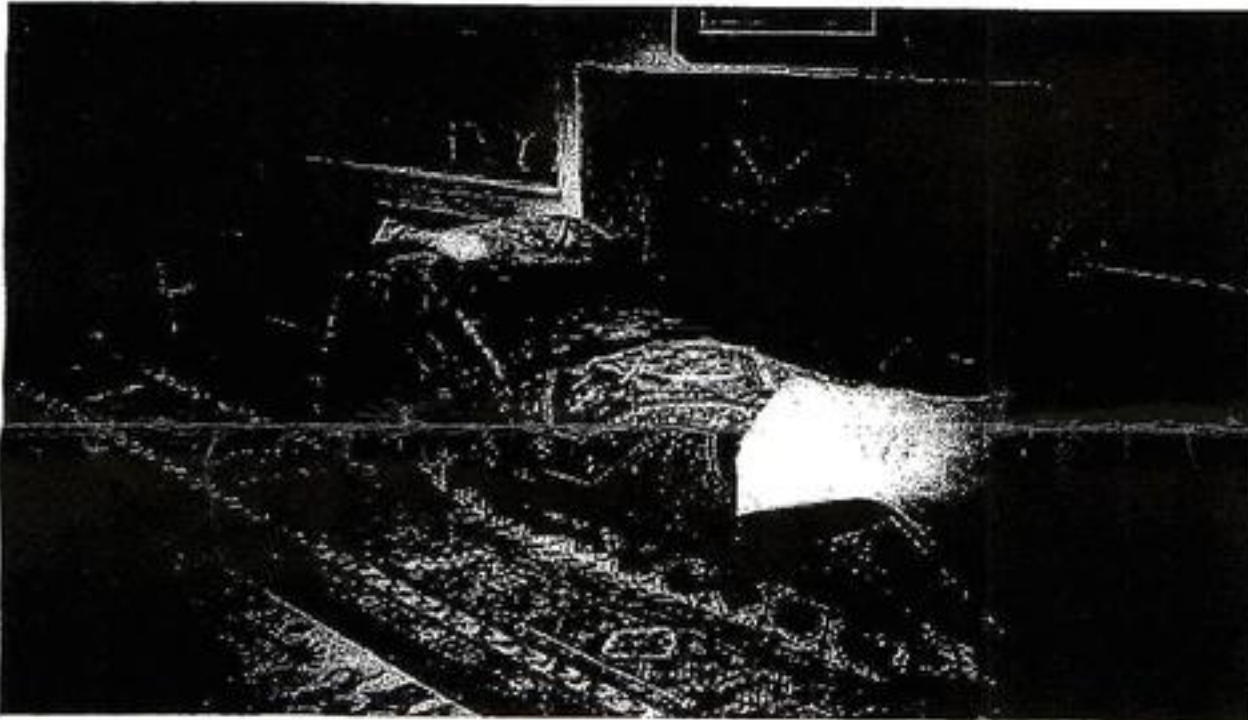
His contributions to psychology are vast. Freud was one of the most influential people of the twentieth century and his enduring legacy has influenced not only psychology, but art, literature and even the way people bring up their children.

Freud's lexicon has become embedded within the vocabulary of western society. Words he introduced through his theories are now used by everyday people, such as anal (personality), libido, denial, repression, cathartic, Freudian slip, and neurotic.

Freud believed that when we explain our own behaviour to ourselves or others (conscious mental activity) we rarely give a true account of our motivation. This is not because we are deliberately lying. Whilst human beings are great deceivers of others, they are even more adept at self-deception. Our rationalizations of our conduct are therefore disguising the real reasons. Freud's life work was dominated by his attempts to find ways of penetrating this often subtle and elaborate camouflage that obscures the hidden structure and processes of personality.

Freud was the founding father of psychoanalysis, a method for treating mental illness and also a theory which explains human behavior.

Psychoanalysis is often known as the talking cure. Typically Freud would encourage his patients to talk freely (on his famous couch) regarding their symptoms, and to describe exactly what was on their mind.



### **The Case of Anna O**

The case of Anna O (real name Bertha Pappenheim) marked a turning point in the career of a young Viennese neuropathologist by the name of Sigmund Freud. It even went on to influence the future direction of psychology as a whole.

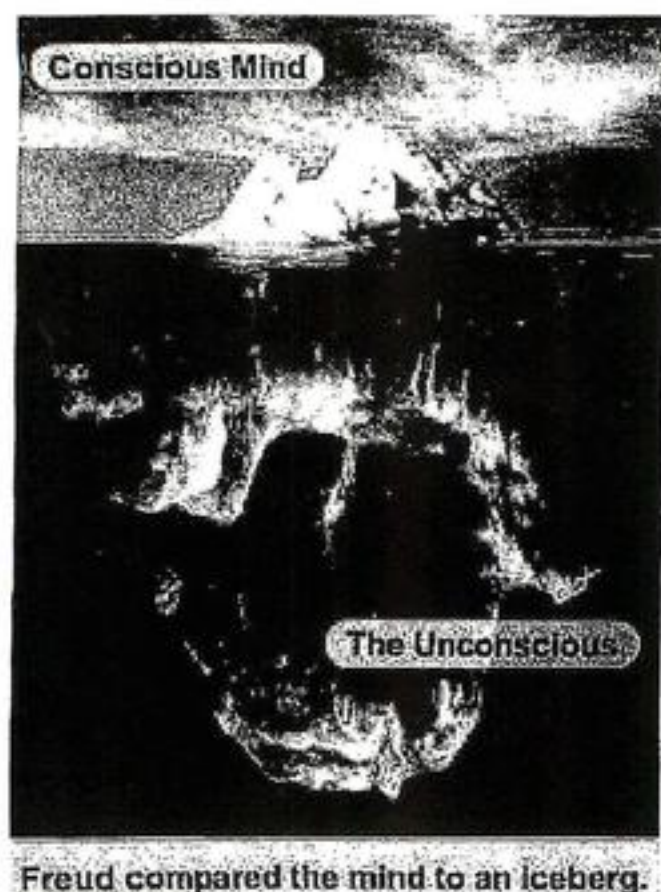


Anna O. suffered from hysteria, a condition in which the patient exhibits physical symptoms (e.g. paralysis, convulsions, hallucinations, loss of speech) without an apparent physical cause. Her doctor Josef Breuer succeeded in treating Anna by helping her to recall forgotten memories of traumatic events. During discussions with her it became apparent that she had developed a fear of drinking, when a dog she hated drank from her glass. Her other symptoms originated when caring for her sick father. She would not express her anxiety for her illness but did express it later, during psychoanalysis. As soon as she had the opportunity to make these unconscious thoughts conscious her paralysis disappeared.

Breuer discussed the case with his friend Freud. Out of these discussions came the germ of an idea that Freud was to pursue for the rest of his life. In *Studies in Hysteria* (1895) Freud proposed that physical symptoms are often the surface manifestations of deeply repressed conflicts. However, Freud was not just advancing an explanation of a particular illness. Implicitly he was proposing a revolutionary new theory of the human psyche itself.

This theory emerged "bit by bit" as a result of Freud's clinical investigations and it led him to propose that there were at least three levels of the mind.

### The Unconscious Mind



Freud (1900, 1905) developed a topographical model of the mind, whereby he described the features of the mind's structure and function. Freud used the analogy of an iceberg to describe the three levels of the mind.

On the surface is consciousness, which consists of those thoughts that are the focus of our attention now, and this is seen as the tip of the iceberg. The preconscious consists of all which can be retrieved from memory. The third and most significant region is the unconscious. Here lie the processes that are the real cause of most behaviour. Like an iceberg, the most important part of the mind is the part you cannot see.

The unconscious mind acts as a repository, a 'cauldron' of primitive wishes and impulse kept at bay and mediated by the preconscious area. For example, Freud (1915) found that some events and desires were often too frightening or painful for his patients to acknowledge, and believed such information was locked away in the unconscious mind. This can happen through the process of repression.



Sigmund Freud emphasized the importance of the unconscious mind, and a primary assumption of Freudian theory is that the unconscious mind governs behavior to a greater degree than people suspect. Indeed, the goal of psychoanalysis is to make the unconscious conscious.

### The Psyche



**Id:**

Instincts



**Ego:**

Reality



**Superego:**

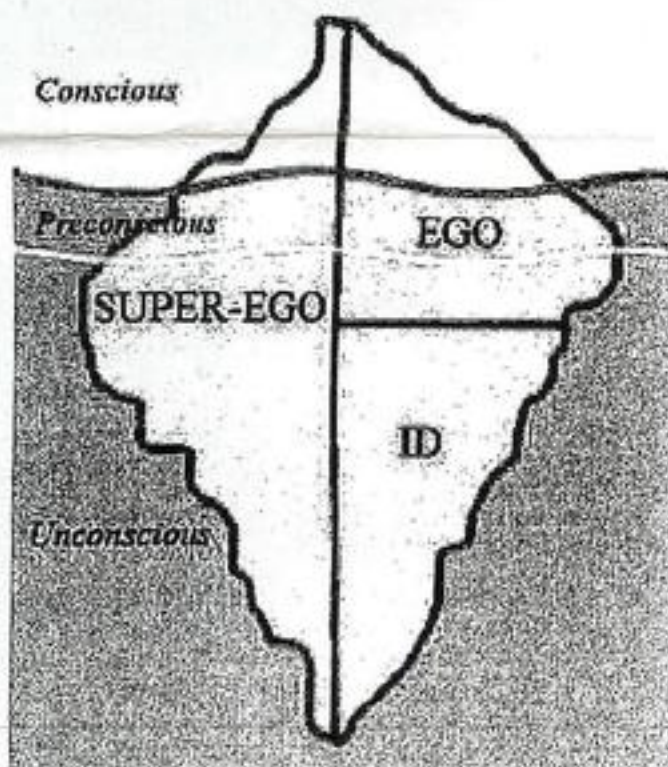
Morality

Freud (1923) later developed a more structural model of the mind comprising the entities id, ego and superego (what Freud called "the psychic apparatus"). These are not physical areas within the brain, but rather hypothetical conceptualizations of important mental functions.

Freud assumed the id operated at an unconscious level according to the pleasure principle (gratification from satisfying basic instincts). The id comprises two kinds of biological instincts (or drives) which Freud called Eros and Thanatos.

Eros, or life instinct, helps the individual to survive; it directs life-sustaining activities such as respiration, eating and sex (Freud, 1925). The energy created by the life instincts is known as libido.

In contrast, Thanatos or death instinct, is viewed as a set of destructive forces present in all human beings (Freud, 1920). When this energy is directed outward onto others, it is expressed as aggression and violence. Freud believed that Eros is stronger than Thanatos, thus enabling people to survive rather than self-destruct.





The ego develops from the id during infancy. The ego's goal is to satisfy the demands of the id in a safe a socially acceptable way. In contrast to the id the ego follows the reality principle as it operates in both the conscious and unconscious mind.

The superego develops during early childhood (when the child identifies with the same sex parent) and is responsible for ensuring moral standards are followed. The superego operates on the morality principle and motivates us to behave in a socially responsible and acceptable manner.

The basic dilemma of all human existence is that each element of the psychic apparatus makes demands upon us that are incompatible with the other two. Inner conflict is inevitable.

For example, the superego can make a person feel guilty if rules are not followed. When there is conflict between the goals of the id and superego, the ego must act as a referee and mediate this conflict. The ego can deploy various defense mechanisms (Freud, 1894, 1896) to prevent it from becoming overwhelmed by anxiety.

## References

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# Psychoanalytic & Psychodynamic

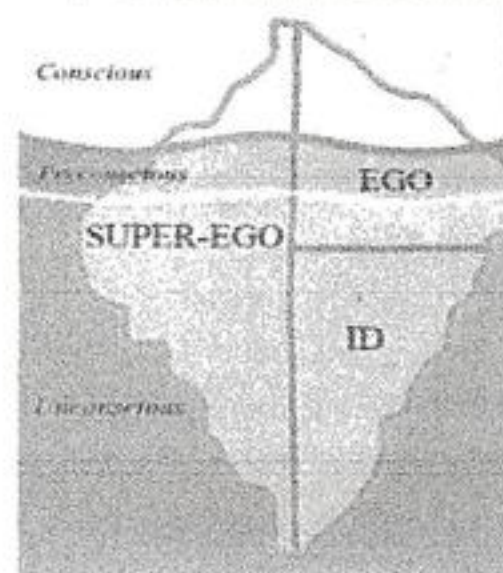
Creator: Sigmund Freud (1900, 1923)

## Human personality

Develops in childhood in relationships  
Conscious, preconscious, & unconscious  
Id, ego, & superego

## Healthy vs. Unhealthy

Healthy- ego is able to balance superego & id  
Unhealthy- superego or id controls behavior



# Defense Mechanisms

- Denial- not believing reality
- Repression- memory into unconscious
- Regression- reverting backward
- Projection- placing onto others
- Displacement- redirecting to different source
- Reaction formation- opposite rxn
- \*Rationalization- false excuses
- \*Intellectualization- "think away"
- \*Sublimation- socially unacceptable → socially acceptable

\*= adaptive defense mechanisms

Freudian  
Defense  
Mechanisms



What Is Your  
DEFENSE MECHANISM?

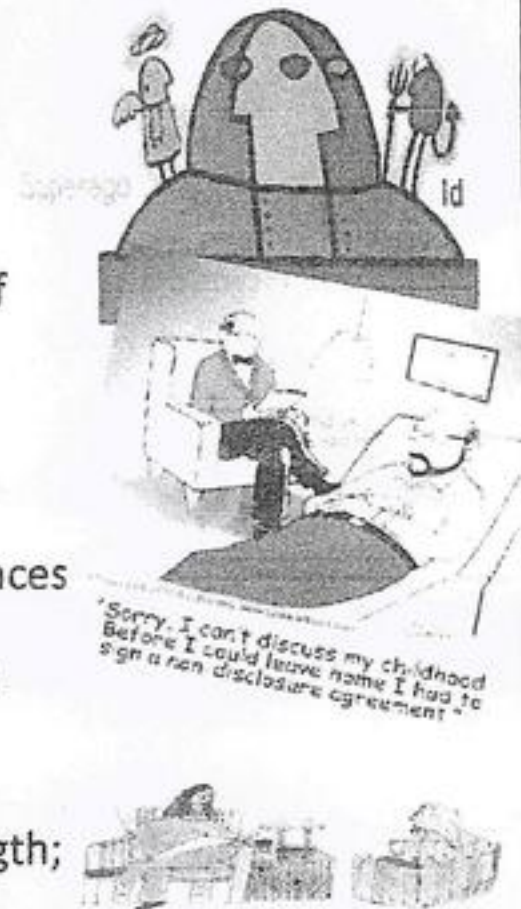


"Before we begin, I'd like to say a few words about the concept of 'defence mechanisms'."



## Psychoanalytic & Psychodynamic

- Time focus: past
- Change: understanding and resolution of past relationships
- Role of helper: understand pre/unconscious; catharsis; relationship understanding
- Actions of helper: discuss past experiences; emotional expression; interpersonal relationships; therapeutic relationship; interpretation; transference/countertransference.
- Psychoanalytic vs. psychodynamic: length; relationship b/n helper & helpee.



## Psychodynamic: attachment theory

Authors- John Bowlby & Mary Ainsworth

### Development

- Children need safety and security
- Parents response to these needs → attachment style & internal working models of self, other, and the world
- Childhood attachment styles persist through adulthood

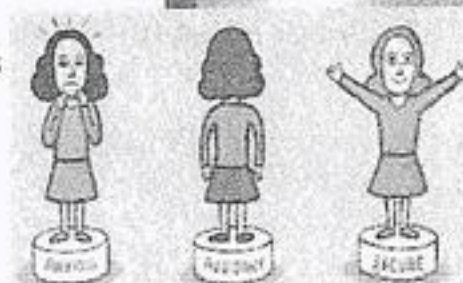
### Healthy vs. Unhealthy

Healthy- secure/autonomous attachment = able to balance self-reliance & others; able to be self and honor others autonomy in relationships

Unhealthy- insecure attachment types:

- Dismissive (avoidant)= rely on self & self interests
- Preoccupied (anxious)= overemphasize relationships & sacrifice self interests

NOTE- Disorganized attachment is a mixture of attachment types; changes are triggered by past relational patterns.





## Psychodynamic: attachment theory

- Time focus: past
- Change: understanding and resolution of past attachment patterns; includes changing internal working model of self, other, and the world
- Role of helper: serve as a secure base so client feel safe to explore new ways of relating to self and others
- Actions of helper: create strong rapport through active listening and facilitative attitudes; discuss current and past (with primary caregiver) interpersonal experiences; emotional expression; encourage reevaluation of relational interactions.



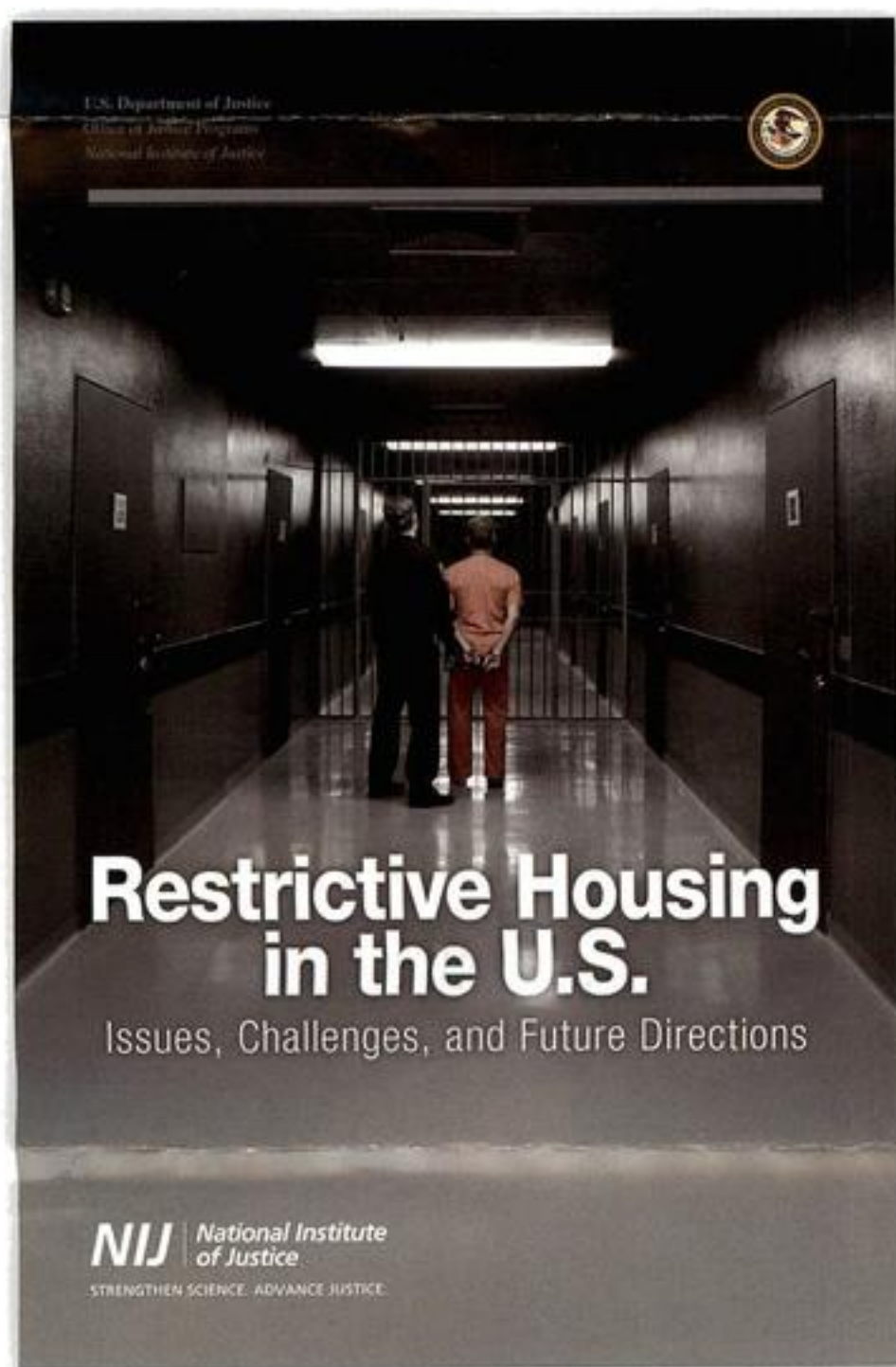
## Transference & Countertransference

- General definition: Unconscious projection related to previous life events & previous life relationships.
- Results in: loss of objectivity, unrealistic expectations, and/or exaggerated responses.
- Helpee: transference
  - Def: projection onto the helper
- Helper: countertransference
  - Definition #1: helper's own unconscious past events projected onto the helpee
  - Definition #2: helper's unconscious reaction to the helpee's projection





# RESTRICTIVE HOUSING IN THE U.S.: ISSUES, CHALLENGES, AND FUTURE DIRECTIONS



Restrictive housing — often referred to as administrative segregation or solitary confinement — is a common practice in corrections and is one of the more extreme measures of confinement available to prison and jail officials. In 2015, as many as 100,000 people in U.S. prisons and jails spent time in restrictive housing. Although this practice is widely used, its long-term effects and effectiveness are relatively unknown.

To address this knowledge gap, NIJ produced a volume of research that represents the most comprehensive review to date of emerging issues and concerns surrounding restrictive housing. Topics include the roles that gangs, violence, and mental health play in the management of people in restrictive housing. The volume lays the groundwork for other applied research, and it will assist with the coordination of research and evaluation efforts sponsored by NIJ and partnering agencies.

Read the volume at [NIJ.gov](http://NIJ.gov), keyword: 250315.

*www.nij.gov*  
See a related *NIJ Journal* article, "Reflections on Colorado's Administrative Segregation Study," on page 22.



