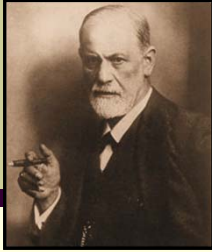



## Psychoanalysis




Sigmund Freud  
(1856 - 1939)




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## Psychoanalysis in the Beginning



An hysterical patient at the *Salpêtrière*.

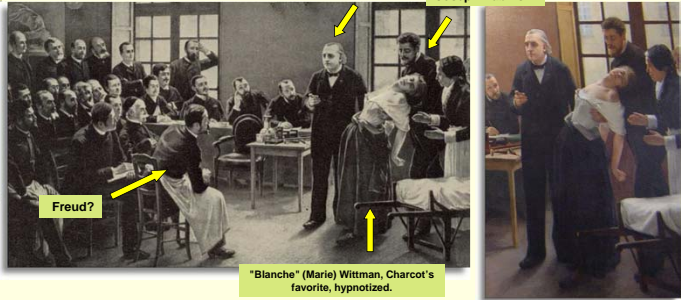


In 1885 Jean Charcot at the *Salpêtrière* hospital in Paris concludes that hypnotizability was evidence enough to diagnose *hysteria*.  
He proceeds to demonstrate that hysterical patients could be "cured" through post-hypnotic suggestion.

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## Psychoanalysis & Hysteria

■ Charcot's Paris lectures are attended by Sigmund Freud who, upon his return to Vienna, uses hypnotism as his first procedure with his "hysterical" patients.



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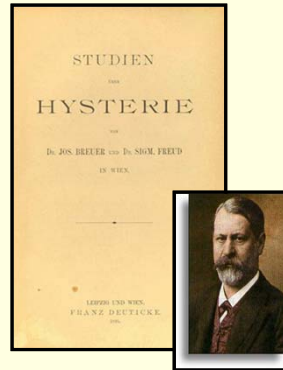
## Psychoanalysis & Hysteria

- Freud subsequently became convinced that hypnotism was unnecessary and he abandoned it in favor of what at first was called the "*talking cure*."
  - One patient called it "*chimney sweeping*."
- Only later is his unique therapeutic procedure named *psychoanalysis*...
- ...and it provided Freud's patients with relief just as efficiently as Charcot's *post-hypnotic suggestions* did for his.
- As with the earlier thinking about hysteria, Freud also saw *hysteria*, or the *hysterical neuroses*, as having been caused by something sexual...
  - ...although he expanded this view to other causes later on.

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## Psychoanalysis & Hysteria

- In 1895 Freud published *Studies in Hysteria* which contains case histories illustrating his views on the *hysterical neuroses*.
- He shocks his medical associates by proposing that the *hysterical neuroses* occur in men as well as women and...
- ...that a sexual assault in childhood was most often to blame.



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## Hysteria Today

- The current definitive “bible” of mental illness is the *Diagnostic and Statistical Manual of Mental Disorders*.
- In the 1987 3<sup>rd</sup> Revised Edition one could still find the outdated term *hysteria*.
  - In that edition, however, it was used in reference to what Freud had originally named:
    - **hysterical neurosis ~ conversion type**
    - ...a disorder in which a person exhibits symptoms of a physical disorder but there is no actual pathology present, the condition is purely psychologically based.
- The current edition of the manual, the *DSM IV TR*(2000), has dropped the use of the adjective *hysterical* or the noun *hysteria* and included **conversion disorder** with what is called the **somatoform disorders** group.

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## Freud at Clark University

- Freud came to the United States in 1909 at the invitation of G. Stanley Hall, President of Clark University in Worcester, MA.
- He was warmly received and was thrilled that his ideas were already taking root in America.

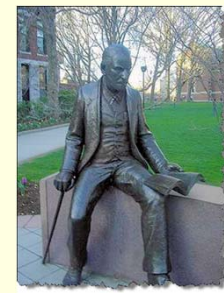


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## Freud and the Clark Group



Freud Sculpture at Clark

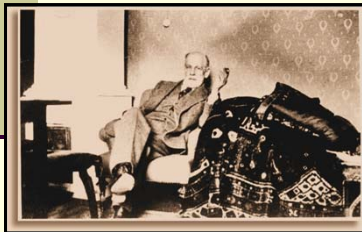
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## Psychoanalysis~ 3 Concepts in One

- Psychoanalysis is a term referring to three separate concepts:
  - a theory of personality,
  - a theory of human nature; and,
  - a specific kind of psychotherapy.

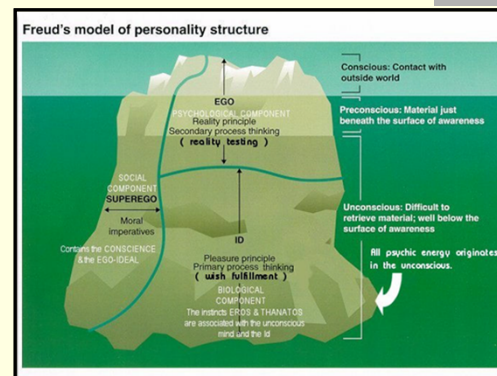


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## Components of Personality



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## Psychosexual Stages

FREUD'S STAGES OF PSYCHOSEXUAL DEVELOPMENT			
Stage	Approximate Ages	Erotic Focus	Key Tasks and Experiences
✗ Oral	0-1	Mouth (sucking, biting)	Weaning (from breast or bottle)
✗ Anal	1-3	Anus (expelling or retaining feces)	Toilet training
Phallic	3-6	Genitals (sexuality explored)	Identifying with adult role models; coping with Oedipal crisis
Latency	6-12	None (sexuality refined)	Expanding social contacts
Genital	Puberty onward	Genitals (being sexually intimate)	Establishing intimate relationships; contributing to society through working

**Oral-dependent personality:** a passive person who takes more than she gives.

**Oral-aggressive personality:** a hostile vocal person who is also exploitative.

**Anal-expulsive personality:** a disorderly, messy person (Oscar of "The Odd Couple").

**Anal-retentive personality:** an over-orderly, precise neatnick (Felix of "The Odd Couple").

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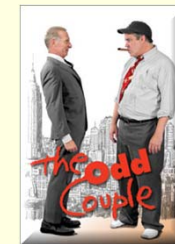
## Anal Personalities in the Theater



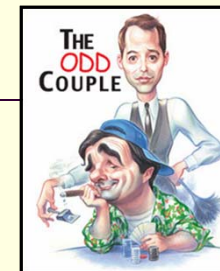
TV - Jack Klugman & Tony Randall



Film, 1968



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Nathan Lane & Matthew Broderick  
Broadway - 2006.



Providence, April 2010

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## Psychosexual Stages

Freud's Stages of Psychosexual Development			
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LATENCY is a "time out" stage where refinement of individual identity is completed.

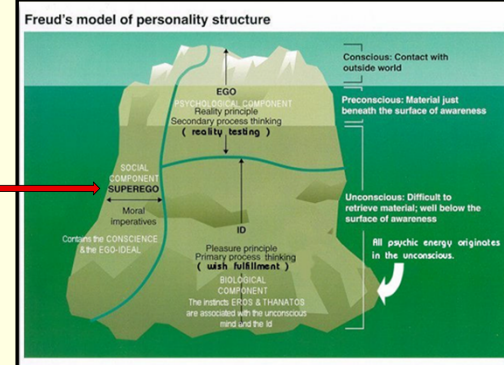
GENITAL refers to the "stage" that occurs at the onset of puberty and was of little interest to Freud.

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## Components of Personality



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## Anxiety & Psychoanalysis

- **Anxiety** is a term used to describe the physical and psychological feeling of discomfort associated with the emotions of...
  - ...apprehension;
  - ...fearfulness; and, an
  - ...uneasy cognitive sense of impending doom.
- Its effects can not be tolerated for long.
- It is a motivating force which propels the person to do SOMETHING to reduce, control, or eliminate it entirely.
- **Anxiety** involves the activation of the "fight or flight" reaction associated with the autonomic nervous system BUT it occurs without the presence of an identifiable external threat.
- **Anxiety** is associated with the production of **mental disorders** such as **phobias**, **panic attacks**, **obsessive compulsive behavior**, and others.

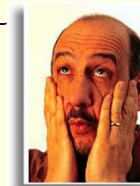
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## Anxiety & Psychoanalysis

- **Symptoms of anxiety include:**
  - heart palpitations
  - shortness of breath
  - clammy hands
  - goose bumps
  - chest pains, pressure, or discomfort
  - a choking sensation
  - derealization (a feeling that things are unreal)
  - depersonalization (a feeling of being apart from the self)
  - feeling that one is losing self control
  - trembling or "jelly" legs



The Scream (1910)  
Edvard Munch

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## Anxiety & Psychoanalysis

- Freud identified three kinds of anxiety:
  - **Reality anxiety** ~ this type of anxiety is what a person experiences when in real danger from an identifiable threat in the environment.
  - **Neurotic anxiety** ~ is anxiety experienced as the ego struggles to control ID impulses.
    - It is the feeling of fearfulness associated with the uncomfortable feeling that you are about to lose self-control and allow the ID free reign to satisfy its urges, either sexual or aggressive, unrestrained.
  - **Moral anxiety** ~ is apprehension experienced when thoughts, impulses, or actions conflict with superego standards as represented in the ego-ideal.

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## The Psychodynamic Model

- The classic psychoanalytic view of the origin of the **anxiety disorders** regards
  - ...**anxiety as central**,...but,
  - ...also regards **conflict as essential** as well.
- **Conflict** may arise as a result of the dynamic interplay of the **ID** and **EGO** or...
- ...arise as a result of **clashes** between **internal drives** and **external reality**.
- In either event, **ego defense mechanisms** come into play in the process of attempting to cope with the **conflict** and reduce, moderate, or eliminate the uncomfortable feelings of **anxiety** often associated with it.

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## Ego Defense Mechanisms

- **Ego defense mechanisms**, by and large, are unconscious processes.
  - This means that they are automatic and NOT purposely or consciously used.
- In general, they should be considered to be a normal human response to intolerable anxiety; however, ...
  - ...their use can become abnormal if they are...
    - ...used too frequently;
    - ...distort reality; or,
    - ...are used to an extreme degree leading to abnormal behavior.

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## Ego Defense Mechanisms

- **REPRESSION** is the **primary ego defense mechanism**.
- Repression involves the unconscious putting out of awareness
  - ...the sights, sounds, feelings and any and all other sensations and perceptions associated with an experience that lead to intense, intolerable, anxiety.
- The sights, sounds, etc. remain intact as they are banished, meaning they are figuratively sent, to the unconscious mind.
- Repression is "first in a series" of actions, however, meaning that the repressed material may re-emerge in the form of other defense mechanisms...
  - ...as the person strives to prevent the thoughts, sounds, feelings, etc. that lead to the anxiety in the first place from re-emerging.

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## Ego Defense Mechanisms

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- **Projection** ~ attributing to others one's own unacceptable thoughts, feelings, impulses, etc.
  - Example: the over-moralistic spouse, who is tempted to have an affair, accuses her partner of being unfaithful.
- **Displacement**~ redirecting impulses (often anger) from the real target (because it is too dangerous) to a safer but innocent person, animal, or object.
  - Example: the classic case is the frustrated worker, who can't yell at the boss but comes home and yells at his spouse or children or kicks the dog.

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## Ego Defense Mechanisms

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- **Reaction formation**~ behaving in a way that is the polar opposite to our true feelings.
  - Example: A woman, burdened with a child she wished she had never conceived, smothers the child with affection, and “plays the role” of the perfect loving mom...the exact opposite of her true unconscious feelings.
- **Rationalization**~ creating false but plausible excuses to justify our failures, shortcomings, or unacceptable behavior.
  - For example, a person who steals from his employer *rationalizes* it by telling himself that everyone does it anyway, so why not him?

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## Ego Defense Mechanisms

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- There are two types of rationalization:
  - In the **sour grapes** situation, a person who is unable to attain a desired goal *rationalizes* it after the fact by telling himself the goal was probably not worth it after all.
  - In the **sweet lemons** version of rationalization, a person turns a negative situation into a positive one by telling himself via *rationalization* that the goal or outcome has its **sweet** side after all. At least a rained out picnic is “good for the farmers.”



Aesop's fox & the longed-for grapes.  
Early 19<sup>th</sup> Century British Engraving.  
*It is easy to despise what you cannot get.*

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## Ego Defense Mechanisms

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- **Denial** ~ refusing to admit or face a threatening realities or situations by *denying* their seriousness.
  - For example, when a person with a heart condition denies that their overeating or smoking is of any consequence they may be described as *in denial*.

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## On the Impact of Psychoanalysis

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- Freudian psychoanalysis was the first theory to explain mental disorders as due to psychological processes.
- Furthermore, it *partially* replaced the biological model of mental illness fashionable at the time by explaining at least some psychopathology as due to...
  - ...intrapsychic conflict, and...
  - ...exaggerated ego defense mechanisms.
- Its emphasis on **unconscious determinism** and **the role of early life experiences**, moreover,...
  - ...advanced our understanding of both normal and abnormal behavior enormously.

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## Appendix

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# Hysteria Before Freud

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## Introduction

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- **Psychologically-based physical disorders** have been seen throughout history...
  - ...and explaining and treating them has often been strange.
- Furthermore, when a person with what appears to be a real physical illness...
  - ...but which in reality is an illness that is psychologically-based ...
  - ...is "**cured**" by methods that have no scientific foundation...
  - ...we now attribute the "**cure**" to the **power of suggestion**, to what is technically called the **placebo effect**.
- Before the **placebo effect** was named by modern psychology, however, its powers were still able to be evoked.
- Ancient healers who "**cured**" patients with bizarre procedures did not necessarily purposefully deceive them, but heal them they often did...
  - ...even though the reasons given for how their "healing" procedures worked had no basis in scientific reality.
- **Psychoanalysis**, which is a form of "**mental healing**," is part of this tradition in a most interesting way.

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## Psychoanalysis & Hysteria

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The earliest description of an illness very likely to have been caused by psychological factors is in the *Kahun Papyrus*, an ancient Egyptian medical document written in 1900 B.C.

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## Psychoanalysis & Hysteria

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- The Egyptians' belief that inanimate objects could behave purposefully, known as *animism*,
- ...lead them to blame certain female "illnesses" on the wandering actions of a discontented womb...
  - ... moving willfully about her body.
- In such cases bizarre treatments were often employed to lure the womb back to its proper anatomical location.

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## Psychoanalysis & Hysteria

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- Around 400 B.C., Greek physicians named disorders, allegedly due to a discontented womb, *hysteria*.
- Treatment focused on appeasing this presumably "starved" organ by prescribing marriage for single women and ...
  - ...a more active sex life for the already married.
- For centuries thereafter *hysteria* would be viewed as an exclusively female disorder; and,
  - ...would continue to be associated with sexuality.
- The term was still in use in clinical psychology until the early 1990's.

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## Psychoanalysis & Hysteria

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- During the *Middle Ages* psychologically based disorders such as *epileptic-like seizures* were often blamed on demonic possession or witchcraft.
- Persons so afflicted were either viewed as having been bewitched by another person; or,
  - ...as having purposefully entered into a union with the devil themselves.
- Physicians of the period had difficulty distinguishing between *hysteria* (which was believed then to be a "real medical" problem) &
  - *demonic possession* and therefore treated patients with a variety of therapies including:
    - ...prayer, exorcism, bleeding, laxatives, vomiting, leeching, or some combination of treatments.

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## Psychoanalysis & Hysteria



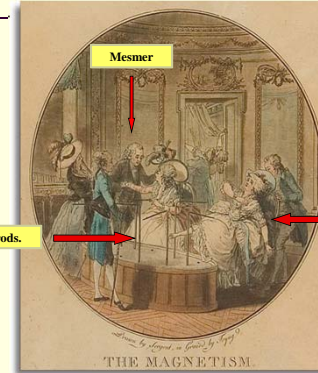
- In the late 1700's, Anton Mesmer claimed to have discovered a special human force he dubbed "*animal magnetism*."
- By all accounts, he "cured" many persons by means of this "force" at theatrical gatherings called *séances*.
- Mesmer's clients, however, were very likely suffering from psychologically-rooted disorders...and, therefore, ...
- ...his "cures," like those of the Egyptians, and Freud's later on, were very likely due to the power of suggestion, to the *placebo effect*.

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## Psychoanalysis & Hysteria



A mesmeric *séance*.

This "client" has just fainted after Mesmer passed his hands over her sending her into a trance-like state called the "crisis." When she awakes, she hopes to be "cured" of whatever ailed her.

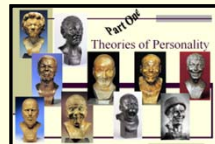
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## Psychoanalysis & Hysteria

- Franz Messerschmidt, who did the earlier title page sculptures, lived with Mesmer during the early 1770's and received treatment at his *séances* for his mental illness.
- In this self-portrait he depicts himself with the tranquil facial expression of a mesmeric "*crisis*" as he is about to...
  - ...enter into a deep "*healing sleep*."
- This work also shows the Mesmeric practice of wrapping the disease location with "*magnetized*" dampened rope amplifying the impact of the *animal magnetism* "current", in this case on Messerschmidt's brain.



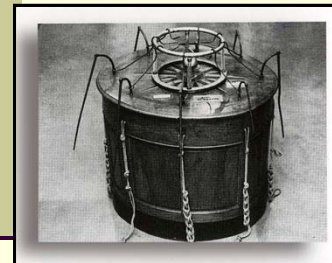
Messerschmidt entitled this piece, "A Scholar, Poet"

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## Psychoanalysis & Hysteria



Depicted above is an actual *baquet*.

Courtesy of the Musée d'Histoire de la Médecine, Lyon, France.



ANTONIVS.MESMER  
PHIL. ET MED.DOCTOR  
F. Messerschmidt, 1770

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## Psychoanalysis in the Beginning



An hysterical patient at the *Salpêtrière*.

In 1885 Jean Charcot at the *Salpêtrière* hospital in Paris concludes that hypnotizability was evidence enough to diagnose *hysteria*.

He proceeds to demonstrate that hysterical patients could be "cured" through post-hypnotic suggestion.



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