

Freud: A basic outline of his "system" from an energistic viewpoint

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Based on Hall, *A Primer of Freudian Psychology* (NY: Penguin, 1982)

I. Background

A. Human sciences

1. Darwin: humans as animals
2. Fechner: scientific psychology

B. Physics

1. Helmholtz: conservation of energy
2. Freud: humans as an energy system

C. Psychology

1. Charcot:
 - a. F in Paris (1885-6)
 - b. hypnosis in treatment of hysteria
 - c. F rejects: only temporary symptomatic relief
2. Breuer: talking therapy
3. Fliess:

II. Freud's breakthrough works

- A. *Interpretation of Dreams* 1900: not just dreams, theory of mind too
- B. *Psychopathology of Everyday Life* 1904: slips of tongue, errors, accidents, etc.
- C. *A Case of Hysteria* 1905
- D. *Three Essays on Sexuality* 1905
- E. *Wit and its Relation to the Unconscious* 1905: jokes as meaningful

III. Freud's Metapsychology

- A. *Beyond the Pleasure Principle* 1920:
 1. pleasure principle and reality principle
 2. life and death drives
- B. *The Ego and the Id* 1923:
- C. *Civilization and Its Discontents* 1930:

IV. Freud's labels:

- A. physician
- B. psychiatrist
- C. psychologist
- D. psychoanalyst
- E. psychotherapist
- F. philosopher
- G. social critic

V. Personality as an energy system

- A. Id: das Es: the it:
 1. immediate discharge: quantities of excitation released internally by internal/external stimulation
 - a. fulfills the pleasure principle
 - b. modes: muscle activity or image formation
 2. earliest form is a reflex: removal of stimulus
 - a. but many tensions have no reflex:
 - b. this leads to frustration and ultimate development
 3. primary process: via repetition of association, forms memory image of tension-reducing object
 - a. id doesn't distinguish image and object
 - b. this allows for wish fulfillment
 4. id is source, pool, of psychic energy
 - a. new deposits made in id by repression
 - b. energy not released in id is bound by ego
- B. Ego: das Ich: the I
 1. governs transactions of organism and world
 - a. fulfills the reality principle
 - (1) postpones discharge of energy
 - (2) still in ultimate service of pleasure principle
 - b. secondary process:

(1)discovers or produces reality thru plan of action

(2)separates image and object

2.four processes of the ego

a.perception

b.memory

c.judgment

d.motor skills

3.daydreams and fantasy are ego processes

C.Superego

1.child's assimilations of parents' superegos

2.two forms

a.ego-ideal: morally good

b.conscience: morally evil

3.developed through parental rewards and punishments

4.maintained by internal rewards (pride) and punishments (guilt)

5.controls sex and aggression

VI.Dynamics of personality

A.psychic energy: convertible back and forth with bodily energy

B.instincts: provide direction to processes: located in id

1.source: need: energy release must be diminished

2.aim: removal of need (=diminution of energy)

a.thus instincts are conservative

b.they bring about regression to earlier state

c.they set up repetition compulsion

3.object: means to accomplish aim

4.impetus: force of instinct (=amount of energy released)

C.Distribution and disposal of psychic energy

1.id:

a.expends its energy in object-cathexis

b.this energy can be shifted in displacement

2.ego:

a.identification: process by which ego uses image to guide its action toward an object

b.ego-cathexis: secondary process

(1)toward the image,

(2)as opposed to object-cathexis of the id

c.wishful thinking: reactivation of the primary process

d.anti-cathexis: postponement by 2nd process & reality prin. of immediate e-discharge desired by id

3.superego

a.conscience uses anti-cathexis against ego and id

b.tries to suspend pleasure principle. and reality principle

D.Cathexis and anti-cathexis:

1.anti-cathexis:

a.internal frustration

b.prepared for by external frustration

2.memory can be blocked by anti-cathexis (=repression)

E.Consciousness and unconsciousness

1.revised after 1920 to become qualities of mental phenomena

2.unconscious = energy below threshold level

F.Instincts

1.life and death instincts

a.life as disturbance of death

b.life as round-about detour of death

c.sex instincts as subset of life instincts

2.libido

a.at first = sexual energy

b.later = energy of all life instincts

3.fusion of life and death instincts

a.eating

b.sleeping

4.ego directs life instincts

a.transactions with world

- b.transformation of death instincts
 - (1)death-wish becomes aggression
 - (2)in encountering counter-aggression
 - (a)identify with authority
 - (b)=formation of superego

G.Anxiety: emotional pain caused by internal excitation

- 1.reality anxiety
 - a.perception of danger in world
 - b.trauma = reduction to infantile helplessness
- 2.neurotic anxiety
 - a.perception of danger from the instincts
 - b.three forms
 - (1)free-floating
 - (a)attaches to anything in world
 - (b)afraid id will seize control of ego
 - (2)phobia
 - (a)excessive fear attached to innocuous object
 - (b)phobic object:
 - i)temptation for instinctual gratification
 - ii)associated w/ instinctual object choice
 - (3)panic
 - (a)allows for acting out
 - (b)which reduces anxiety by reducing id pressure
- 3.moral anxiety
 - a.perception of danger on part of conscience
 - b.close to neurotic anxiety in that it fears id obj-choices

VII.Development of Personality

A.Identification

- 1.narcissistic: spread of narc. cathexis (=self-love)
 - a.derivation of homosexuality
 - b.group identification
- 2.goal-oriented: identification with successful person
- 3.object-loss: make self like lost object
- 4.agressor: identify with prohibitions of authority figure

B.Displacement:

- 1.rechannel energy from one object to another
- 2.instinct fusion
 - a.overdetermination
 - b.one object satisfies a number of instincts
- 3.what determines course of displacements?
 - a.social approval/disapproval
 - b.resemblance to initial love object

C.Sublimation:

- 1.displacement onto higher cultural object
- 2.compensation for loss of initial love object

D.Defense mechanisms of the ego

- 1.repression: countering cathexis by anti-cathexis
 - a.primal repression:
 - (1)prevents never-conscious instinctual object choice from ever becoming conscious
 - (2)e.g.: incest taboo
 - (3)saves psyche from anxiety cost
 - b.repression proper
 - (1)drives dangerous elements out of cness and
 - (2)sets up barrier to motor activity
 - (3)four possibilities for repressed cathexes
 - (a)remain unchanged
 - (b)win out over repression
 - (c)displacement
 - (d)repression can be lifted
- 2.projection: attributes cause of anxiety to the world
 - a.relieves anxiety

b.by rationalization, allows expression of feelings that would otherwise have been repressed

3.reaction formation:

a.hides one instinct by its opposite

b.example: phobia: one fears what one wants

4.fixation

a.stopping development

b.often from separation anxiety

5.regression

a.retreat to previous stage

b.example: dreaming = retreat to childish wish-fulfillment

E.Transformations of the instincts

F.Sex instinct: pleasure channeled from auto-erotism to reproduction

1.oral

2.anal

3.phallic

a.male

(1)pre-Oedipal

(a)loves mother

(b)identifies with father

(2)Oedipal scene

(a)desire for mother

(b)rivalry with father

(3)castration anxiety

(a)punishment by father

(b)females as castrated

(4)repression of mother desire and father rivalry

(5)identification

(a)with lost object = mother

(b)with father

b.female

(1)initial

(a)loves mother

(b)no identification with father

(2)castration scene

(a)feels castrated

(b)blames mother

(3)penis envy

(a)drawn to father away from castrated mother

(b)counterpart to boy's castration anxiety

(4)Electra complex

(a)loves father

(b)jealous of mother

4.genital

a.adult stage

b.oriented to reproduction