**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

**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.

**Personality theory**

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

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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.

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**History and background**

- Mother was father’s 3rd 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 taboo

...Victorian

- 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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**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

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**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*

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**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

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**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.