

# Counseling Theories and Practice

## I. Psychoanalytic Therapy

**Psychoanalytic View of Personality:** Human behavior is shaped by early childhood experiences and driven by powerful unconscious forces.

**Id-** the first and only structure present at birth. Energy in the mind that seeks gratification. Operates on the pleasure principle- seeks pleasure and avoids pain. Pleasure= need gratification. The id is very immature and irrational as when you were born.

-illogical -impulsive -has no concept of time -demanding -cannot differentiate b/w reality and fantasy -amoral (no concept of right or wrong) -raw and primitive

Id is not suited for adaptive functioning only good for the basics of life.

-form of thinking referred to as primary process thinking

- o - The id is the primary motivator of personality is internal
- o Component of personality that is completely unconscious and contains all the instincts.
- o It is the animallistic portion of the personality that is governed by the pleasure principle.
- o demands immediate gratification.

**Ego-** the second structure [channels movement in the body]

-Almost in direct contact w/ reality- operates on the reality principle

-Opposite of the id—mature, rational, logical, reflective, very much realistic (know what is real and what is not)

-form of thinking referred to as secondary process thinking

-ego exists to give the id what it wants; serves the id [executive of personality that can be found on all levels]

- o One of the three parts of the personality
- o It is external; the executive of the personality whose job it is to satisfy the needs of both the id and superego by engaging in appropriate environmental activities.
- o Governed by reality principle.

**Superego-** the third structure that appears at 4 years of age other super dog who watches the I.

-Moral and ethical guide; operates on the moral principle- the rulebook in your life; judgment about your behavior. Two parts: a) conscience- punishes you when you do something wrong; mechanism known as guilt b) ego ideal- rewards you when you do something right; two mechanisms are pride and self-esteem

- o One of the three parts of the personality.
- o The moral component of the personality that has 2 parts: the conscious and ego ideal.
- o Includes moral codes and values.
- o Strives for perfection and determines what is right or wrong.

**Conscious vs. Unconscious:**

1. Conscious processes can be studied directly because they are usually manifested in behavior but unconscious material can't be studied directly.
2. Unconscious processes are inferred from behavior through dreams, slips of the tongue, post hypnotic suggestions, projective techniques and symbolic content of psychotic symptoms.
3. The unconscious stores all memories, experiences, and repressed material and needs and motivation.
4. The unconscious is the root of all neurotic symptoms and behavior.

**Ego-Defense Mechanisms:** Unconscious process that falsify or distort reality to reduce or prevent anxiety.

1. If ego is unable to reduce anxiety, the ego may revert to irrational methods (ego defense mechanisms)
2. They are unconscious and distorts personality

**Repression:** most basic defense mechanism; the ego prevents anxiety-provoking thoughts from being entertained at the conscious level (pulled into the unconscious).

**Displacement:** what is truly desired is repressed and is replaced by something safer (taking out impulses on a less threatening target)

**Denial:** denial of some fact despite abundant evidence for its reality (arguing against an anxiety-provoking stimulus by stating it does not exist)

**Intellectualization:** an idea that would otherwise cause distress is stripped of its emotional content by intellectual analysis (avoiding unacceptable emotions by focusing on the intellectual aspects)

**Projection:** repressing anxiety-provoking truths about oneself and seeing them in others instead, or by excusing one's shortcomings by blaming them on environmental or life circumstances (placing unacceptable impulses in yourself onto someone else)

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