

# CHAPTER 9

## THE PSYCHOLOGY OF THE UNCONSCIOUS

### OUTLINE

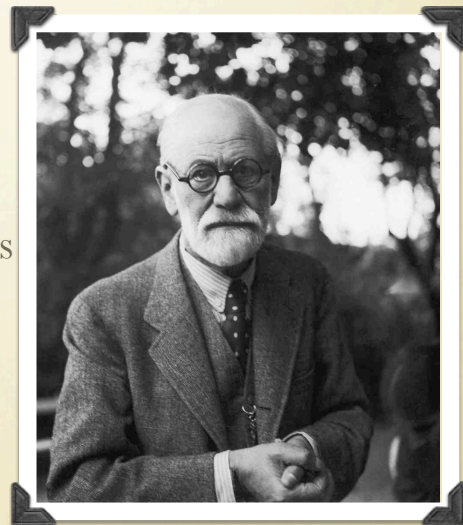
- Introduction
- Freud & Scientific Psychology
- Formation of Psychoanalysis (1884-1899)
- Psychoanalysis Goes Public
- Classical Psychoanalysis (1900-1919)
- Revising & Extending Psychoanalysis (1920-1939)
- The Fate of Psychoanalysis

# THE PSYCHOLOGY OF THE UNCONSCIOUS

- The psychology of the unconscious differed significantly from that of the conscious.
- Wundt focused on the conscious activity of the healthy mind.
- Sigmund Freud --in contrast-- focused on the unconscious and abnormal minds.
  - Used a clinical sample.

## SIGMUND FREUD (1856-1939)

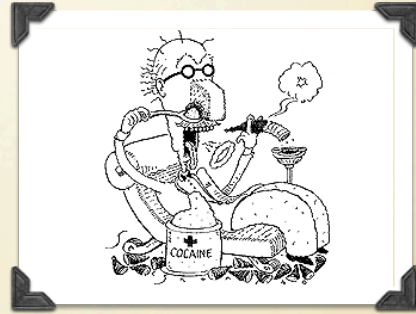
- née Sigismund Schlomo Freud
- Doctor of Medicine (Neurology)
- Founding Father of Psychoanalysis
- Born a Jew but was Atheist
- Self proclaimed “conquistador/adventurer”





## FUN FREUDIAN FACTS

- Freud was an advocate and user of cocaine.
- He had an obsession with the number 51 (he even thought he would die at this age!)
- Proficient in seven languages.
- Freud was exiled from Nazi Germany and his literature was burned.



## FREUD & ACADEMIC PSYCHOLOGY

- Felt that psychoanalysis represented the third greatest blow to humanity's self esteem.
- Academic psychology rejected psychoanalysis.
  - Psychologists of the conscious rejected the unconscious.
  - Behaviourists rejected the mind all together.
- Despite his rejection, Freudian psychoanalytic thought was influential.
  - "Freud is inescapable" Peter Gay (1989)

## **FREUD & ACADEMIC PSYCHOLOGY**

- Psychoanalysis --largely marginalized by the remainder of psychology.
- Freud objected: It is a part of science.

## **FREUD & EXPERIMENTAL METHOD**

- Why was Psychoanalysis rejected by scientific psychology?
  - Did not undertake experimental analysis.
  - Did not welcome attempts from others to use experimental analysis as a method of verification.
  - Cult Mentality: You can only criticize it if you practiced it.

# FREUD & EXPERIMENTAL METHOD

- Freud's "Reliable Observations" came from his clinical sample.
  - Freud: Talk of patients was scientific data.
- Therapeutic success was his way of validating his theory.
- Introspective (unscientific subjectivity!)



## FORMATION OF PSYCHOANALYSIS

- Helmholtz approached the study of perception from an empirical stand point.
- Ernst Brücke (a student of Helmholtz) influenced Freud's work in anatomy and physiology.
  - Reductionism (reduce to physiological underpinnings).
- Freud thus initially approached his study of the unconscious using the path through physiology.

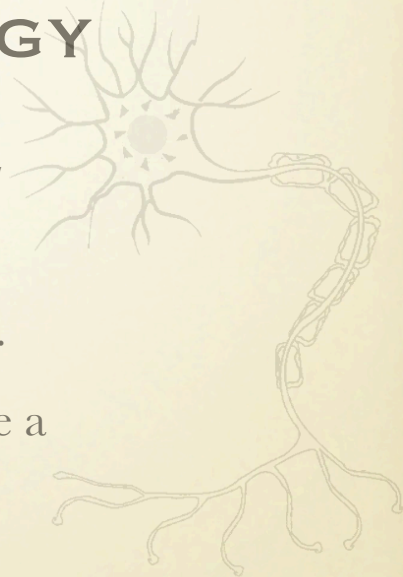


# THE PATH THROUGH PHYSIOLOGY

- Freud's emphasis on a clinical sample violated science's primary goal of seeking universal truths.
  - Parochialism: Narrow in Scope
- Freud counteracted this argument: using therapeutic findings to build on neurophysiological theory *is* helping to uncover universal truths.
  - Nervous system exists apart from culture.
  - Used path through physiology to justify his methods.

# THE PATH THROUGH PHYSIOLOGY

- In Freud's time neuroses were *neural* disorders.
  - Hysteria was the most common.
- Physical symptoms of Hysteria were a result of an organic cause.



## THE PROJECT FOR A SCIENTIFIC PSYCHOLOGY

- Wilhelm Fliess (an Otolaryngologist) was a former friend and correspondent of Freud.
  - Letters provide insight into the progression of Freudian theorization.

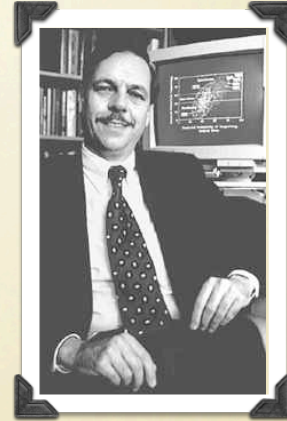


## THE PROJECT FOR SCIENTIFIC PSYCHOLOGY

- The Project: A general theory of the mind and behaviour in physiological & quantitative terms (1894-95).
- “Self Analysis” lead to the abandonment of “The Project”: Causes of behaviour are events occurring in the psychological unconscious.
  - Two types of Neuroses: Actual (physical) and Psychoneuroses (Unconscious repression).

# THE EVOLUTIONARY PERSPECTIVE

- Frank Sulloway (Evolutionary Biologist) maintained that Freud remained a biologist at heart.
  - Abandonment of the Project not a result of “Self-Analysis”
  - Failure to pinpoint a single neurophysiological cause.
  - Transitioned from Mechanistic Physiological Biology to Lamarckian Evolutionary Biology.



## BIOGENETIC LAW: PARALLELS WITH PSYCHOANALYSIS

- Ernst Haeckel (1834-1919) : Biogenetic Law
- Freud's psychosexual stages mimic the psychosexual development of our predecessor species.
  - Ice age = Latency Stage





## FREUD THE “CRYPTO” BIOLOGIST

- Haeckel’s theory provided explanation of the delay between the events causing hysteria and the actual neurotic manifestation of symptoms.
  - If the events that Freud believed to cause hysteria occur in childhood, why is hysteria a sickness of adulthood?
    - Became meaningful when sexuality emerged. (At this point in his career he felt children were asexual).

## FREUD THE “CRYPTO” BIOLOGIST



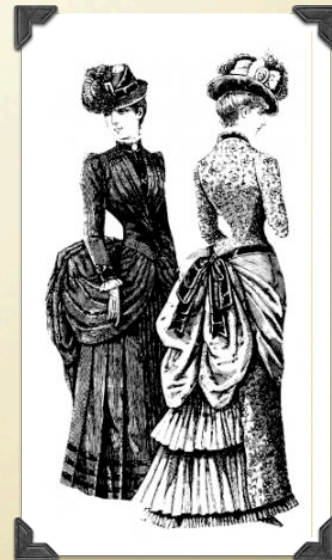
- Castration Anxiety needn’t result from seeing that the opposite sex has different genitals, this is written in our genes.
  - Sulloway: Freud never abandoned the search for an organic basis of hysteria, simply transitioned from a mechanistic to evolutionary perspective.

## SEXY SCIENCE?

- Sex is fundamentally biological.
  - Neither species nor culture specific.
  - Freudian Theory centred around sex as the primary cause of neurosis.
  - Sexuality is displaced from sexual satisfaction into socially accepted creativity **or** neurosis.
    - Social regulations on sexuality may facilitate manifestation of neurosis.

## CULTURAL CONTEXT: SEXUALITY IN THE VICTORIAN ERA

- Men and Women in the Victorian Era found sexuality hard to cope with.
- Women weren't seen to have sexuality.
- Children were an economic burden.



## SEXUALITY IN THE VICTORIAN ERA

- No modern contraceptives to control reproduction.
  - Economic success rooted in self-control.
- Looked upon lower class with a sense of superiority but also of jealousy.
- Sexuality became aversive to those of the upper class.
  - Freud: Such repression ultimately led to neurosis.



“Sexual activity appeared to the caretaker’s daughter just as natural and unproblematic in later life as it had in childhood [and is] free from neurosis. [The landlord’s daughter] experienced the impact of education and acknowledged its claims, [turned from sex with] distaste, [and became neurotic.]” (Gay, 1986)



# FREUD THE SEXUAL REFORMER

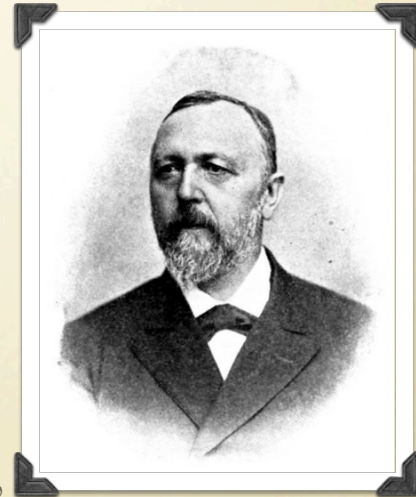
- He continued to live on nerve: never prescribing sexual liberation.
- Constantly suppressing our natural drives helps refine our character.
- Sex was the root of his patient's problems; could not accommodate sex with economic and moral aspirations.
- Ceased to have sex with his wife.
- Thought lack of sex made men become impotent and women hysteric.

# HYSTERIA

- Hyster: Greek word for “womb,” therefore only women could have it.
- Physicians thought that hysteria was a physical disease of unknown origin (before medicine, evil possession).
- Freud thought it was psychological; specifically sexual.

# RICHARD VON KRAFFT-EBING

- The greatest student of sexual psychopathology of the day.
- Chaired the Society for Psychiatry and Neurology (where Freud presented his paper for Hysteria).
- Referred to Freud's version of Hysteria as “scientific fairytale”.



## TREATMENT FOR HYSTERIA

- Electrotherapy was most common.
- Suffocation
- Beating with wet towels.
- Hard cold showers
- Insertion of tools in the rectum
- Application of hot irons to the spine
- Extreme cases: cauterization of the clitoris and ovariectomies

# CHARCOT AND FREUD

- Charcot believed hysteria was a unitary disease having a single underlying pathology.
  - Railway spine:
    - Underlying pathology more mental than physical (Trauma).
    - Extended the diagnosis to men.



## HYSTERIA: A HISTORICAL CONSTRUCT



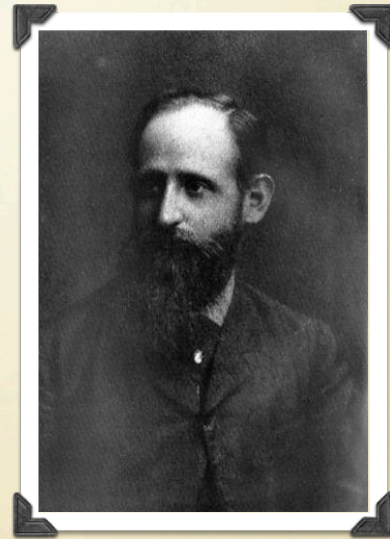
- Hysteria was scripted by medicine and adopted by suggestible patients.
  - Parallel: Hypnosis
- No underlying disease entity or distinct mental/neurological state.
- Human nature & psychopathology does not exist apart from social influence.



## JOSEF BREUER

### (1842-1925)

- Austrian Physician and Physiologist.
- Along with Freud, named the forerunner of Psychoanalysis.
- Treated the infamous Anna O.



## ANNA O.

- A patient with Hysteria.
- Found relief through talking about her symptoms
  - Recovered memories for events that appear to have caused them.
- Never Recovered.
- Anna O. was, in certain respects, the founder of “The Talking Cure”.



# ANNA O.

- <http://www.youtube.com/watch?v=517KMCPEyn4>

## STUDIES IN HYSTERIA

- Traumatic events are repressed and the affect later resurfaces as hysteria.
- Memory remains in the unconscious.
- Through hypnosis or uninterrupted talk memory is regained/symptoms disappear.

## FREUD THE CONQUISTADOR

- Freud felt that Breuer was too cautious with his scientific inquiry.
- Breuer felt that Freud dabbled in excessive generalizations.

## CHILDHOOD SEXUALITY

- Childhood sexuality was at the root of neuroses.
- Controversial:
  - [http://www.youtube.com/watch?v=I\\_EL-g83p4](http://www.youtube.com/watch?v=I_EL-g83p4)



## THE SEDUCTION ERROR

- Neurosis resulted from sexual abuse and seductions of a woman by her father during childhood.
- All patients supposedly reported such abuse.
- Phantasies (unconscious) were instead the cause of neuroses.
  - Oedipus Complex

## THE ABANDONMENT OF THE SEDUCTION THEORY

- In 1897 Freud confessed to Fliess that the seduction error was wrong.
  - Therapeutic Failure
  - Widespread Perversions Improbable
  - Unconscious distinction between truth and fiction is difficult.
  - Cases of Delirium.

# FREUDIAN SELF-ANALYSIS

- Freud found within himself the “evidence” for his Oedipus Complex.
- Being in love with his mother and jealous of his father.
- Theory revised: Events that cause neuroses are unconscious phantasies instead of actualized seduction.



## WHAT REALLY HAPPENED

- Freud bullied his patients into reporting childhood seductions.
- In actual fact, if abuse *was* reported it was typically from other children or adults -- not the father.
- Aggressive therapeutic techniques.
  - Impose sexual interpretations and force patients to believe them.

## CREATION OF PSYCHOANALYSIS

- Freud thus invented the Oedipus complex as a way of maintaining psychoanalytic therapy as a means for revealing scientific truth.
  - Events were internal not external.
  - Psychoanalysis concerned with inner life beginning with childhood.

## THEFT OF THE FLIESSIAN ID

- Sulloway suggests the idea of childhood sexuality came from Fliess.
- Freud borrowed these ideas from Fliess and claimed them as his own.
- The concept of the Id was predominantly Fliess'.



## PHANTASY TRUMPS REALITY

- Freud was uninterested in the life problems of his patients.
- Importance was the unconscious and internal states.
- Emma Eckstein & Nasal Reflex Neurosis



## PHANTASY TRUMPS REALITY

- Dora Bauer: a patient of Freud's.
- Freud's interpretation of her unusual circumstance was highly aggressive.
  - Coughing: Desire to perform fellatio on her father.
  - Fondling with purse: Desire to masturbate.



Dora & her brother Otto

## INTERPRETATION OF DREAMS

- Dreams not meaningless collections of experiences
  - The “Royal Road to the Unconscious”.
  - Wish fulfillment.
- Repressed desires (latent content) express themselves in the manifest content of dreams.
  - During sleep repression is weakened.

## THREE ESSAYS IN THE THEORY OF SEXUALITY

- Narrow Conception of Human Motivation:
  - Hunger, Thirst, Sex and Self Defence.
- Sex was the central focus of the essays.

## THE 1ST ESSAY

- Innate perversion.
- All neuroses have a sexual basis and arise out of the patients inability to deal with some aspect of his or her sexuality.

## THE 2ND ESSAY

- Finally introduced to the public, the concepts of the Oedipus complex and childhood sexuality.

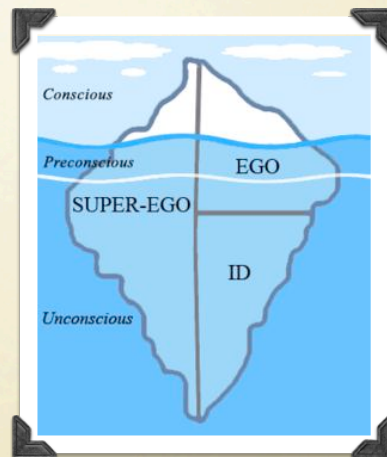


# THE 3RD ESSAY

- Adult sexuality.
  - Beginning in puberty.
- Sexual desire focused on a member of the opposite sex and childhood sexual instincts (kissing and caressing) cause arousal.
- Neurotic is overcome by sexual commands which convert into symptoms.

# THEORY OF PERSONALITY

- Topographical Model:
  - Views the mind as a space in which ideas move between consciousness and unconsciousness.



## REJECTION OF THE UNCONSCIOUS

- Proposal of the unconscious was met with disagreement by other theorists.
  - British Philosophers: Ideas are conscious by definition.
  - James & Brentano: Propose other reasons for a lack of conscious awareness.
- Unconscious lies outside inspection.

## DEFENDING THE UNCONSCIOUS

- First proof: Therapeutic success validated the underlying theory of personality.
- Second proof: Through introspection we come to acknowledge the presence of the other mind.

## **PASSING THE TEST OF CENSORSHIP**

- The consciousness is only the surface.
- All thoughts are first unconscious, awaiting acceptability to conscious processing.
  - Pass = Preconscious.
  - Fail = Unconscious
    - Repugnant reservoir of socially unacceptable thoughts and perceptions.

## **NEW THEORIES OF MOTIVATION & PERSONALITY**

- Instincts are drives -- motivated by drive reduction.
  - Repetition compulsion.
- What mental energy carried out repression of the libido?
  - Two primal instincts: Ego and Sexual.
  - Ego energy represses the wishes of the sexual instincts.



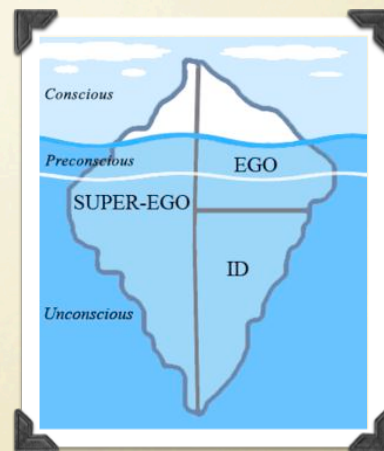
# FREUD THE PESSIMIST

- Contracted cancer of the jaw.
- Carnage of WW1
  - Increasingly pessimistic outlook on human nature.
  - “The aim of all life is death”
    - Thanatos: Death instinct.



# STRUCTURAL MODEL OF PERSONALITY

- Unconscious separate from consciousness.
- Follows its own principles.
- Three structural components:
  - Id, Ego, Superego.



## FREUD THE ATHEIST

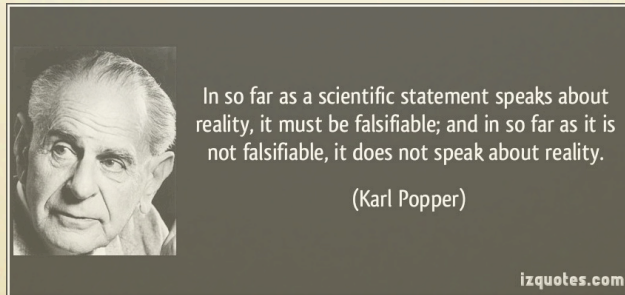
- Religion is an illusion.
- A massive attempt at wish fulfillment and infantile feelings of helplessness.
- Stunted human intellect: remaining in a child state.
- Religion is something to be outgrown.

## FREUD THE ANARCHIST?

- Happiness is sought through satisfaction of instinctual drives.
- The progress of civilization demands that we put aside such instinctual desires in favour of cultural activities.
- Sublimation
- Indecisive: On the other hand, protects us against our aggressive tendencies -- restraint.

# SCIENCE OR PSEUDOSCIENCE?

- Positivists: Psychoanalysis vague & difficult to test.
- Karl Popper: Pseudoscience.
  - Falsifiability



# PSYCHOANALYSIS: A FAILED SCIENCE?

- Adolf Grünbaum: Tally Argument
  - Therapeutic Success is falsifiable.
  - Failed science: Truth was distorted and patients were not successfully cured.



# PSYCHOANALYSIS AFTER FREUD



- Alfred Adler & Carl Jung
- Psychoanalysis split into two competing sects.
  - Object-relation “Self” Psychoanalysis
  - Jungian (Analytic) Psychology

## CONCLUSION

- The idea of psychiatry as a “talking cure” for psychiatric disorders helped lead to the creation of clinical psychology in the 1940’s.
- Freudian psychoanalysis should be regarded as a relic of nineteenth century psychology and psychiatry.
- Deluded as he was, Freud’s influence was undeniable.

# REVIEW QUESTIONS

- Describe the seduction theory and explain why Freud later abandoned it.
- Describe the development in explanations for hysteria and its most common methods of treatment.
- What role did Anna O. play in the development of psychoanalysis?
- Describe Freud's three essays on the theory of sexuality.
- Why was psychoanalysis rejected by academic psychology ?
- Why was sex so important to the development of psychoanalysis?