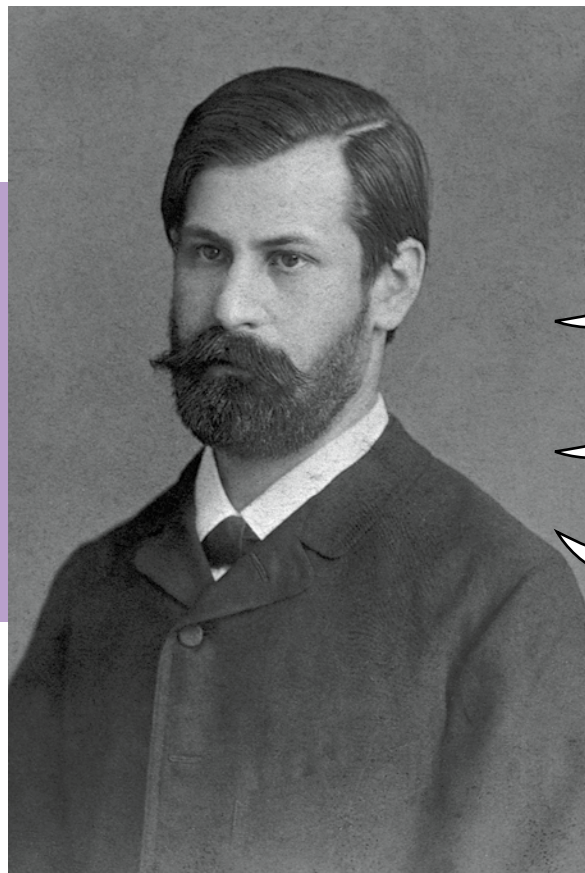


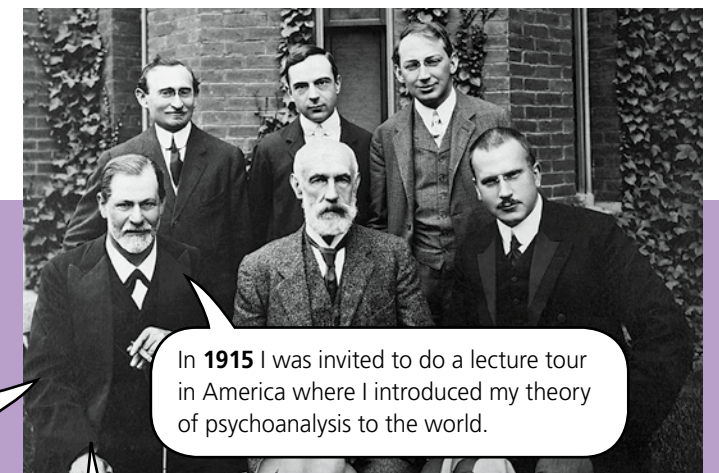
Psychoanalysis at a glance



Hello. I am **Sigmund Schlomo Freud**. I was born in **1856** and grew up in Vienna. I trained as a medical doctor, specialising in the treatment of nervous disorders.

I studied many cases of people with nervous disorders and realised that the causes were often psychological rather than physical in nature.

For example, this is **Anna O.**, a patient I treated with Josef Breuer in the 1880s. She couldn't speak and was partially paralysed. We used **free association** to enable her to process her traumatic memories buried in her unconscious mind. This was the beginning of **psychoanalysis**.

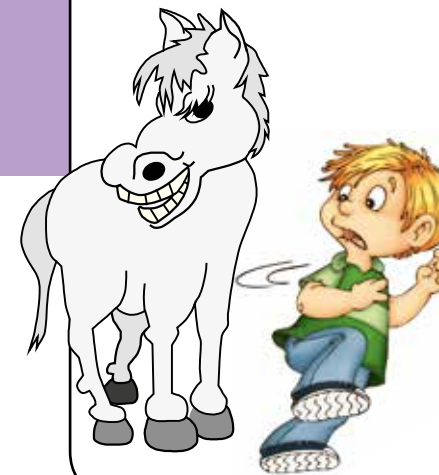


In **1915** I was invited to do a lecture tour in America where I introduced my theory of psychoanalysis to the world.

My years of theory and practice have led me to believe that psychoanalysis is the **most effective way of helping people** with their problems, not by 'curing' them as such, but by making their unconscious thoughts and motivations conscious, thus giving them much greater self-insight for resolving their past, present and future problems.

The rise of the **Nazis** in 1930s Germany was a threat to me because I was a Jew. They also disliked my ideas and burned my books. I was able to leave Vienna in 1938 but four of my sisters died in concentration camps.

Another of my well-known case studies was **Little Hans**. I used this case to demonstrate the **Oedipus complex**, part of my theory of personality development.

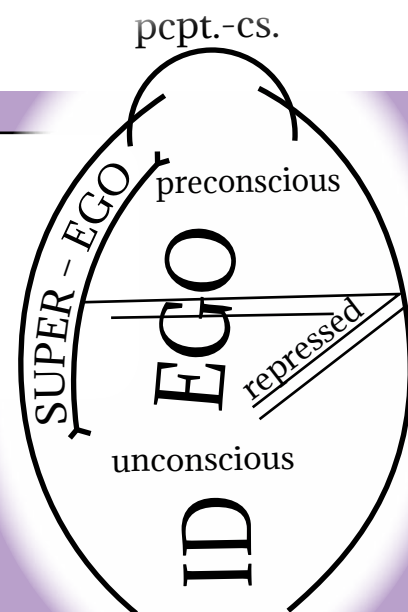


I believed that young children go through the **phallic stage** around the age of 4, when little boys experience sexual desire for their mother and see their father as a rival. Hans revealed such thoughts and these led him to develop a fear of white horses because he associated the horses with his repressed feelings about his mother and father.

My basic tenets of psychoanalysis

- 1 In addition to the inherited constitution of personality (nature), a person's development is determined by events in early childhood (nurture).
- 2 Human behaviour, experience and cognition is largely influenced by irrational drives.
- 3 There is a link between early experience and later behaviour.
- 4 Experience and cognition are largely influenced by irrational rather than rational impulses.
- 5 Irrational drives are unconscious.
- 6 Attempts to bring these irrational drives into awareness meet psychological resistance in the form of defense mechanisms.
- 7 Conflicts between conscious and unconscious (repressed) material can result in mental disturbances such as neurosis, neurotic traits, anxiety, depression etc.
- 8 The liberation from the effects of unconscious material is achieved through bringing this material into the conscious mind (e.g. through therapeutic intervention).

In **1923** I proposed the structural model of the personality. On the right is the diagram I drew to represent the relationship between the **id, ego, superego** and the unconscious and conscious mind.



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Psychoanalysis, the therapy, in a nutshell

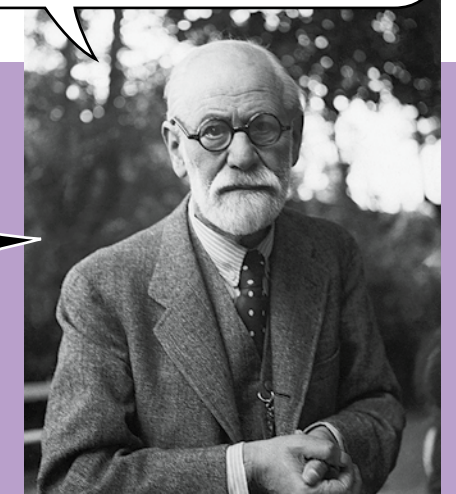
Free association The analytic patient expresses thoughts exactly as they occur, even though they may appear unimportant to them. This is intended to reveal areas of inner conflict (causing symptom and character problems) and to bring repressed memories into conscious awareness. As a therapist, I help to interpret them for the patient.

Dream analysis I believe that dreams are the 'royal road' to the unconscious mind. The dream that is reported is called the 'manifest content' (e.g. losing your teeth) while the hidden meaning of dreams is the 'latent content' (e.g. anxiety over losing a friend). Recalling your dreams helps to reveal your unconscious, latent thoughts.

Criticisms

People criticised my emphasis on **sexuality** but I think they misunderstood me. I meant the concept of sexuality as a broader concept, incorporating sensuality. In addition, in my defense, when I wrote about the repression of sexual thoughts it was a time when sexual feelings were much more repressed than they are today.

Another criticism has been that my theory is **pseudoscientific**. If you must insist in going down this more scientific route, we clearly need better designed studies using a range of different outcome measures, over longer time periods, and in better controlled studies, to better examine the effectiveness of psychoanalysis. I prefer to let others get busy with this kind of research and leave you all with my creative and imaginative ideas.



Freud lived the final year of his life in London, and died there from cancer in 1939

Long live psychoanalysis

There are many criticisms made of Freudian psychoanalysis, but recently there has been increasing support. A **2005 review** of randomised controlled trials found that psychoanalytic therapy is **(1)** more effective than no treatment and **(2)** more effective than shorter forms of psychodynamic therapy. This is also supported in a recent large-scale **systematic review** in the Netherlands by Saskia de Maat et al. (2009) involving more than 5000 patients in 27 empirical studies: psychoanalysis was highly effective for long-term reduction of symptoms in a large range of pathologies (e.g. schizophrenia, depression) though only moderately effective for personality change. However, this effectiveness data showed higher recovery rates on termination of psychoanalysis (i.e. treatment had finished) compared with follow-up measures some months later.

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