

The psychoanalytic movement is a highly personal school centred primarily on Freud and the group of his loyal disciples. Despite the restricted theoretical position, this school of psychology captured the imagination of the general public to the extent that many layman erroneously equate psychology with psychoanalysis. This highly influential movement got underway in Vienna, near the end of the last century, under the leadership of Sigmund Freud (1856-1939).

At this time, Freud was a practicing physician who specialised in diseases of nervous system. Gradually he became aware that many of his patients with "nervous" diseases were in reality suffering from mental conflicts and neurotic states while manifested themselves as physical disorders or as conflicts of extreme fatigues, nervousness, insomnia and the like. And his probing of these revealed that there were some dynamic forces, mostly in the form of unconscious, at work which were responsible for creating the abnormal symptoms that he was called upon to treat. While he

was puzzling over these difficulties, in 1885, attracted by the fame of a French practitioner Martin Charcot (1825-1893), he went to Paris and studied with the master for a year. He ~~was~~ was much impressed by his use of hypnosis in the treatment of hysteria. But he soon found difficulties with this method. Because, first the cures were apt to be temporary and second, many nervous patients could not be hypnotized.

Later on, he met with an eminent German physiologist, Dr. Joseph Breuer (1842-1925) and became close with him. They two often discussed some of Breuer's patients, one of whom was "Frau Anna O". Anna showed a wide range of severe hysterical symptoms and states of mental confusion. He started treating her by using hypnosis. And like Janet, Breuer also found that under hypnosis, a patient could remember emotional experiences that had given rise to specific symptoms. But this patient led him one step further when she reported that after remembering an emotional

experiences and talking it out with him, while under hypnosis, she found herself free from the particular symptom that dated from this experience. Breuer followed up this lead and succeeded after many such sessions in getting all her symptoms, talked out and "abreacted". Here, "ABREACTION" (or CATHARSIS) was the term he used to describe the release of a blocked emotional charge through consciousness and movement and in this case, it seemed to account for the fact that the patient was able to resume her normal life.

Freud took a keen interest in the information he received from the Breuers and tried out the method successfully on other patients. Thus, this was the remarkable beginning of Psychoanalytic method, in which catharsis was included as essential but hypnosis was discarded as superficial. But after some ~~time~~ times, Freud discarded that during the course of treatment, the patient gradually became ~~unduly~~ unduly attached to the analyst. He realised then that something must have taken place to cause

this attachment in the sense that the love was transferred to him as a substitute for the real and original object toward whom it was directed and he called ~~and~~ this phenomena a ~~Trans~~ "TRANSFERENCE". When Breuer became convinced that transference was regularly aroused, he felt obliged to reject the analytic procedure. He also objected to Freud's excessive emphasis on the role of sex in the causation of neuroses. So, in spite of this promising beginning, Breuer refused to make any further use & development of this cathartic method and the two went their separate professional ways.

Freud was then led to take a most important step in the development of his method. As instead of urging his patients to search their memories, he instructed them to relax mentally and let ideas come up spontaneously. This is the method of "FREE ASSOCIATION". Although it was controlled to some extent by the whole doctor, patient relationship, it was free in the sense that Freud gave the patient lead, making very few commentary and interfering as little

as possible. But the patient was also supposed to accept the Fundamental Rule of Psychoanalysis which was to give full expression to every idea as it ~~came~~^{came} up, however embarrassing, unimportant, irrelevant or even foolish, the idea may it might appear be. And sooner or later, a point is reached where the patient is unwilling or unable to go on: _____ because he has ~~come~~ come upon ~~sometimes~~ something too painful or hidden or shocking to face, unable because his mind has become a blank and he is completely at a standstill due to a forceful repression. Although they are simply two degrees of resistance, the latter the more serious. Both are ways in which the patient tries to protect himself from pain and the presence of pain means that the analysis is probing a real wound. RESISTANCE, therefore, shows that the treatment is going in the right direction, is reaching a critical point and this must be continued along the line it has taken. In the course of complete analysis, it is encountered not once but often and each time, it must be overcome relentlessly. Though it is a

painful process, the patient gradually begins to face the reality. But in this cordial and sympathetic atmosphere the phenomena of 'TRANSFERENCE' arises which is then neutralized by the method of 'COUNTER-TRANSFERENCE'. And this can be made possible only by an Artist the rapist by generating full confidence and the patient to take a decision for the 'TERMINATION' of therapeutic session. So the last stage is 'Terminal stage', as recognized by Sigmund Freud. Thus, psychoanalysis as a method of treatment was evolved slowly and tentatively and it achieved its maturity only after it had conquered stubborn difficulties related with it.

In the course of his work, Freud had discovered that a patient's dream could be an excellent source of new association (1900). He realised that dream is the 'Royal Road' to the unconscious, they are far more elaborate and meaningful than they seem. Thus the dream is essentially a disguised satisfaction or a wishfulfillment of those desires that have been

repressed during the waking life. Then, by analyzing them thoroughly, he found that dreams reveal two distinct types of ~~content~~ content, the manifest and the latent content. The "MANIFEST CONTENT" is the story one tells in recounting the dream — the dream at its face value. But the "latent content" holds its true significance, specially in the form of symbols, because in the process of ~~dreaming~~ dreaming conscious, it has undergone considerable distortions in order to make it acceptable to the dreamer's conscious self. This "Dream Work" includes many processes in the form of Symbolization, Displacement, Personification, Condensation, Dramatization (all at 'vis' level) and then "Secondary Elaboration" (conscious level after waking).

In this connection Freud made the surprising discovery that some of the significant and shocking memories of childhood sexual episodes reported by his neurotic patients as a result of dream analysis had never actually happened. This realization marked a turning point in the history of psychoanalysis. It was at that time, he

propounded his unique theory of 'INFANTILE SEXUALITY' as gradually he became more and more convinced that sexual striving operates powerfully before the age of sexual maturity and they are ~~of~~ at work even in infancy. And upto now, Freud's practices had thoroughly convinced him of the sexual basis of neurosis.

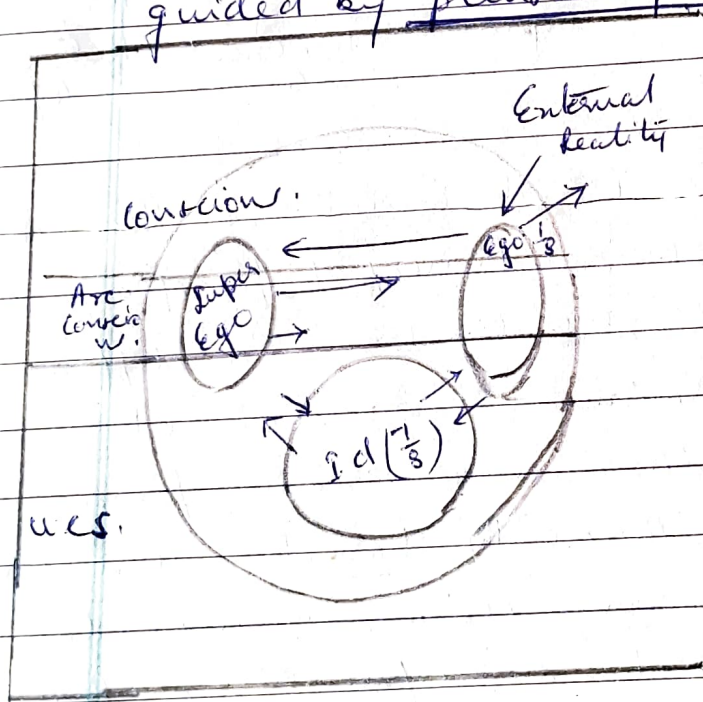
By sex, he never meant only a physical contact between the opposite sex but any type of physical pleasure accompanied by psychological feeling was sexual in nature. On the basis of this concept of 'libido' he introduced a new and widened theory of 'Psychosexual Development'. Age to him, "Personality is a developing process from infancy to childhood through several stages of psychosexual development". And these stages can be divided into five categories.

Stages	Age	Zone	Characteristics	Fixation
Oral Stage oral sucking oral biting	(Birth to 18 months) (6-18 months)	Lips	Self love & Analytic Relation	Alcoholism, Smoker & critique
Anal Stage Anal Expulsive Anal Retentive	(18 months - 4 yrs.)	Anal	Expulsion & Retention of feces Toilet Training	Miser vs Philanthropic
Phallic Stage	3-7 Yrs.	Reproductive organs	Oedipus & Electra Complex castration anxiety	Masochism Narcissistic tendency Euthanasia
Latency Stage	5-12 Yrs.	Absence of any libidinal localization	objective love. Infertile Amenorrhea	Homosexuality
Genital Stage	12-20 yrs.	Reproductive organs	objective as well as self orientation	A normal heterosexual life

Thus Freud considered this concept to be very important and useful for specific character formation mental disorders and different types of human behaviours. It is also to be said that the source of all neurosis is to be found in pre-genital stage. Thus, "the character is nothing but a fixation of any stage during the period of psychosexual development, i.e. regression is always located to the point of fixation"

Then, Freud conceived the concept of different factors of mind in terms of

topographical (conscious), sub-conscious & unconscious and "structural or dynamic" (Id, Ego & Super ego) aspects of mind. Further studies in this field have shown that there is a great similarity between them and all these three i.e. id, ego & super-ego have their roots in unconscious. However id impulses are totally confined to the ucs. whereas ego & super-ego can function at any of the three level. It consists of instinctive and repressed wishes right from the childhood which is guided by "pleasure principle". At the surface of ucs.



a "censor" is working. (as shown in the figure) to repress the struggling instincts content. Ego symbolizes the refined aspect of id as the individual grows which is always guided by "Reality principle" due to the social & family do's & don'ts.

That ego is further refined by growth and an ideal pattern may take place. This is the concept of conscience — "Super Ego" which is guided by a "Morality" — a what should be

principle. Although they are very distinct in nature, they work as whole under the administrative leadership of ego. Thus ego is the controlling & balancing power within the organism, while threatened it adopts various "Defense-Mechanisms" in the form of Projection, Sublimation, Reaction formation etc., to maintain its balance and effectiveness. However, the "Symptom formations" are either the result of ~~excess~~ excessive, less or inaccurate use of such defenses.

Then Freud talked about "~~principles~~" "psychic-determinism" in which he emphasised on the cause behind every actions. He firmly say, "Nothing is incidental as all actions are governed by some cause, a meaning and economy all the determining force of them is unconscious." An action seems meaningless because we are simply unable to understand them. In this very content, he introduced "The Psychopathology of everyday life" in the form of slip of tongue or forgetting etc.

By revising his earlier theory of instincts, he gave the concept of "Eros and Thanatos" i.e. the principle of life and death instincts. Eros is

H. instinct for self preservation, the desire to propagate the species, self love, love for other and the tendency to grow and realize one's ~~potentialities~~ potentialities. There is also the creative force that underlies life itself and the form of energy used by this is called is called 'libido'. However, the individual also may have some destructive ~~energy~~ urges within himself which get satisfaction in aggression and destruction. As he clearly said in one of his important statements, 'for every human being you will find an animal within him because man is basically an animal. Since Eros & Thanatos exist side by side, we are all driven by conflicts in unconscious forces but at the same time others help in maintaining a balance due to their pulling & pushing behaviour in opposite directions which help an individual to lead a stable life.

So, Freud during formulation of his earlier theories, highly emphasized the concept of sexual energy. Of course, had in a restricted sense and that's why he has been very much criticised. However he modified his own theory later on and equally emphasized aggression and destruction in man, sometimes attributing more

importance to aggression. He claimed that for any construction, destruction is essential, e.g. for making a door, the wood is to be cut. Even in the area of sexual pleasure, sex and aggression go together specially in the form of sadism and Masochism. And in this context he said the war would be continue, aggression would be there and there is no way to cope with them.

Though various controversial issues have been raised regarding Freud's contribution but it is difficult to assume that his views are not acceptable. His approach to explain human behavior is so "scientific" that it clearly proves that Freud is not meant for "drawing room" discussion. 'After all, Psychoanalysis is a theory of theories. As in the process of development, it gradually becomes far away from psychoneurosis and fact becoming the means for understanding all human motivations and personality — a conceptual ~~group~~ system in which the human pattern of world events could be understood.

Thus, Freud is appropriately considered to be one of the three men who helped

in giving shape to the 20th century, the other two
being Karl Marx and Albert Einstein. He was
really a "GENIUS" because whatever Freud
touched, he illuminated. And, at last
we can only say in tribute of this great
personality that knowledge comes but
wisdom lingers.
