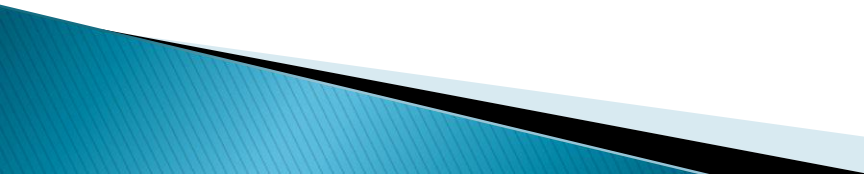




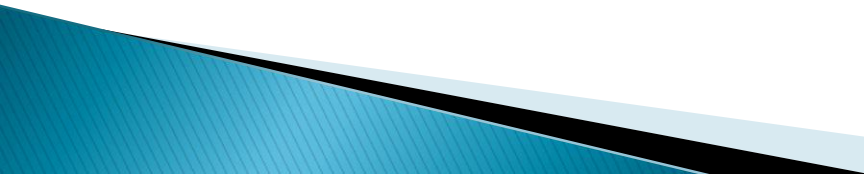
Psychoanalytical Therapy

Dr. Varsha Sharma


Assumptions

- ▶ Unconscious functioning is important
 - ▶ It can come out with association
 - ▶ Later mental process is connected to past
 - ▶ Psychosexual development is imp.
 - ▶ Unconscious is necessary as conscious experience leave gap in mental life and unconscious process bridge the gap
- 


Basic Elements

- ▶ Determinism – chain of events
 - ▶ Topography – accessibility to consciousness
 - ▶ Dynamic viewpoint– libidinal and aggressive impulses
 - ▶ Genetic viewpoint– present conflict, character, neurotic symptoms are related to childhood events, wishes and fantasies
- 


Basic Elements

- ▶ Id, Ego and Super Ego
 - ▶ Consciousness and Unconsciousness
 - ▶ Dreams– symbolic representation of unconscious needs, wishes, and conflicts
 - ▶ Slip of tongue and forgetting
 - ▶ For Freud consciousness is a thin slice of the total mind
 - ▶ Most psychological functioning exists in the out of awareness realm
- 


Basic Elements

- ▶ Anxiety
 - ▶ It's a feeling of dread that results from repressed feelings, memories, desires and experience that emerge to the surface of awareness
 - ▶ It can develop out of a conflict among the id, ego and superego.
- 

Basic Elements

- ▶ Ego Defense Mechanism
 - ▶ Helps the individual to solve the daily ego conflicts
 - ▶ They either deny or distort reality
 - ▶ They operate on an unconscious level
- 

Therapeutic techniques

- ▶ Maintaining the analytic framework
 - ▶ Free association
 - ▶ Dream analysis
 - ▶ Interpretation
 - ▶ Analysis of resistance
 - ▶ Analysis of transference
- 

Steps of Psychoanalytical therapy

- ▶ The Opening Phase
 - ▶ The development phase
 - ▶ Working through phase
 - ▶ Resolution of the transference phase
- 