

COU1101 Exam Prep Notes

- Freud's psychoanalysis is the foundation of today's psychodynamic psychotherapy.
 - **Psychoanalysis = conflict model** (interpersonal, intrapsychical, defense, drives) where conflict is inevitable/ubiquitous (pessimistic view).
 - Purpose of PA was to remedy human ills, not to make humans happy.
 - The relationship between perception and representation – an object as it exists in the real world and perceived in our mind based on our subjective experience.
 - **Psychodynamic formulation** = applying PA concepts to thinking about people.
 - Internal object relations/phantasy: self representation, object representation, affect (feeling) linking the two.
- Freudian psychoanalysis was not a single, coherent theory but instead went through a number of changes and evolved over time.
 - From hypnosis to the 'talking cure'.
 - Hippocrates = influence of moral on the body.
 - Mesmer = animal magnetism/mesmerism gave rise to hypnotism.
 - Nancy School (Liebault and Bernheim) and Salpêtrière (Charcot and Janet) used **hypnotism** to invoke a trance in patient = susceptible to **suggestion** (induce healthy behavior by talking the patient out of symptoms, maladaptive thoughts replaced with adaptive thoughts, emphasis on persuasion).
 - Freud/Breuer different direction in that they viewed hypnosis as opportunity to get patients to expose thoughts.
 - **Pressure Technique** = involves constantly applying pressure onto patient's forehead in order to gain concentration without hypnosis
 - Freud became disillusioned with hypnosis (because he was bad at it...) and instead developed the talking cure (Anna O described as 'chimney sweeping').
 - **Insight** = patient's understanding (and the therapist's understanding of the patient) of their attitudes, feelings and behavior.
 - **Catharsis/abreaction** = relief after expending emotions.
 - **The Fundamental rule** = patient to speak about whatever comes to mind/free association, requires the absolute truth.
 - **The Rule of Abstinence** = consulting room for talking only.
 - **Resistance** = unconscious defense mechanism in which a patient seeks treatment for an issue but also raises objections (intentional or unintentional) to the therapy's progression therefore sabotaging its effectiveness.
 - **Transference** = the redirection of feelings and desires toward a new object – client to therapist, people in relationships etc.