

The Psychodynamic/Psychoanalytic Perspective

Sigmund Freud – medical doctor, founded Psychoanalytic Psychology

- Focuses on the unconscious & early childhood experiences
 - Behaviour influences unconscious wishes, thoughts and desires
 - Mental events occurred outside of conscious awareness
 - Mental processes may conflict with one another

The Behavioural Perspective

John Watson & B. F. Skinner

- The study of behaviour
 - Focuses on the way objects or events (*stimuli*) in the environment come to control behaviour through learning
 - Emphasis on controlled, objective observations and the scientific analysis of behaviour

Ivan Pavlov

- **Origins of Behaviourism**

John Watson & B. F. Skinner

- **Behaviourism**

The Humanistic Perspective

Abraham Maslow, Carl Rogers

Opposition to ***Psychoanalytic Theory*** and ***Behaviourism***

- Assumes that people are innately good and free will
 - Strive hard to realise and become self-fulfilled

The Cognitive Perspective

- Focuses on mental processes as cause and effect

- Understanding mental processes through computer models: Information processing
- Led to new ways of understanding human behaviour
 - Language
 - Moral reasoning

The Sociocultural Perspective

- Focuses on social and cultural influences on behaviour
 - All human behaviour occurs within a social and cultural context
 - Social Psychological component
 - Overlaps with behaviourism
 - Overlaps with the cognitive perspective
 - Biological perspective
 - Cultural component

William James - a proponent of the approach to psychology known as:

Functionalism

→ falls under the Sociocultural Perspective

The Biological Perspective: the brain, genes and evolution

- Studies biological bases of behaviour & mental processes
 - Advances in technology
 - Explaining functioning through underlying physical structures and biochemical processes.
 - Behavioural neuroscientists
 - Reduction to most precise level of analysis
 - Behavioural genetics
 - How behavioural tendencies are influenced by genetics
 - Evolutionary psychology
 - Seeks to explain how evolution shaped modern human behaviour

The levels of analysis approach considers the **biological, psychological** and **environmental** perspectives when explaining a behaviour

The four central goals of psychology are:

Description, explanation, control, application (DECA)

Premises

- Statements offered as evidence or reason why we should accept the conclusion

Deductive

- conclusion is entailed by the premises

Neurology

- Studies of brain trauma in antisocial populations
- Most at risk males
- Most likely to display aggression if damage to frontal and temporal regions
- Insufficient cognitive and emotion regulation capabilities but same need to satisfy their desires through socially acceptable channels

Moral development

- Impaired moral development may result from neurobiological dysfunction
 - Psychopaths have a deficiency in empathy. They are less emotional and have no fear – nothing to stop them from going to far

Nutrition

- Malnutrition during infancy is related to increased aggression and attention
- Vitamin and mineral deficiencies relate to increased aggression
- Male offspring of women nutritionally deprived during the first and second trimesters have higher rates of antisocial personalities.
- Omega 3 fatty acids are related to low levels of violence

Psychosocial causes of criminal behaviour

Types of Empathy

- Cognitive Empathy
- Emotional Empathy

Our perspective determine what we see

We interpret events based on

- ***self-conceptions***
- ***past experiences***

We don't see the world as it is, but rather *how we are*. That is each of us has a world view which is influenced by:

- Our genetic history and make up
- Early socialisation processes
- The timeframe into which we were born and raised
- Cultural identity and influences
- Individual differences
- Current circumstances and social/cultural environment
- Underlying core paradigm (cooperative vs competitive)

What is an Indigenous Australian

- Someone who is Aboriginal or Torres Strait Islander
- Identifies as such
- Accepted by the community as an Aboriginal or Torres Strait Islander person
- **Psychology** is most concerned with the processes of the mind (*extremely difficult to study and understand*)
- **Social Workers** are often concerned with the contents of the mind (*more easily observed and responded to*)
- While the **processes** are the same for both, Indigenous and Non-indigenous, the **contents** can often be very different
- We need to be able to understand processes and content of the mind

Adopting the role of victim can provide a ready-made excuse for all failures or any aspect of our lives we don't like – or anyone else mightn't like – and that feels good

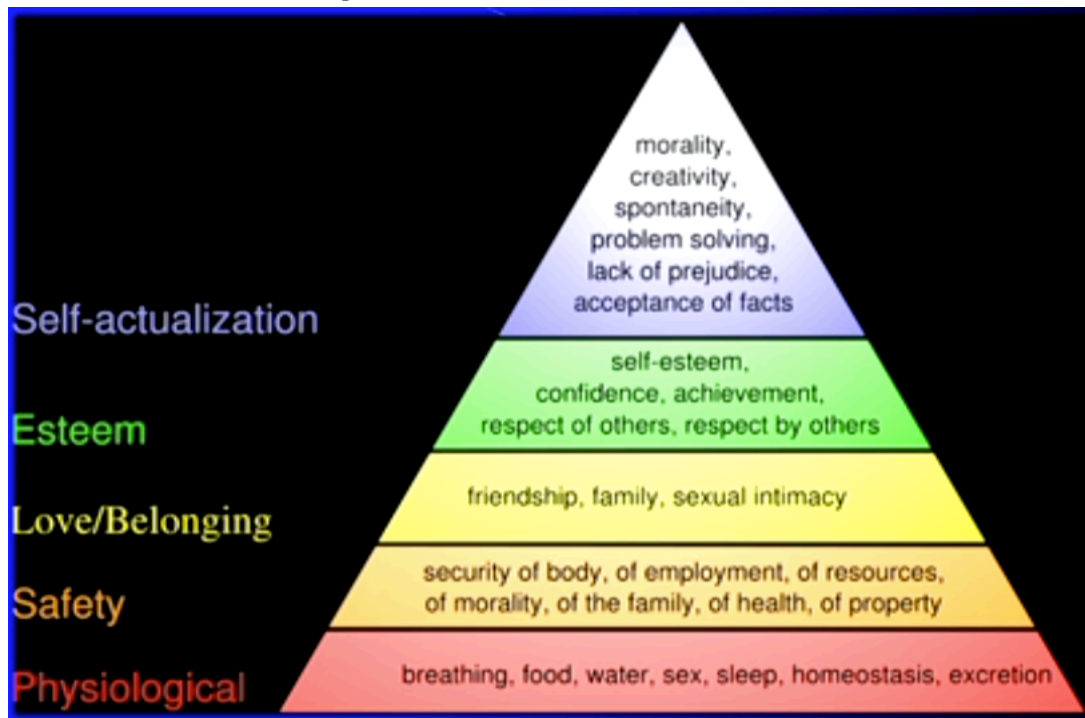
Recap from last lecture, Indigenous people

- Experience poorer physical and mental health and are more likely to be from a low SES background
- A relatively 'new' citizens in their own country
- Make up < 3% of Australia's population and are dispersed/marginalised
- Are different in some ways to the general population, but are similar in many other (more important) ways
- Are a diverse group of people
- Education and employment are crucial

Intelligence

Self-concept

Maslow's Hierarchy of Needs



The study of personality is about how a person is:

- Like other persons
- Like some persons and
- Like no other persons

Different personality theories provide different answers to these questions

There are 5 main approaches

- Trait Approach
- Biological Approach
- Social Cognitive Approach
- Psychoanalytical Approach
- Humanistic Approach

What does each approach say about a person

Which theory is best

1. Trait Theory

- A trait is an observed tendency to behave in a particular way

The Five Factor Model (*Mccrae & Costa, 2008*)

OCEAN

Openness to Experience

Active fantasy life, Artistic Interests
Emotionally Open, Flexible,
Intellectual and Unconventional

Closedness to Experience

Conscientious

Competence, Order, Dutifulness,
Achievement striving, Deliberation
Self-discipline

Lack of Direction

Extraversion

Warmth, Gregariousness,
Assertiveness, Activity,

Intraversion

Excitement Seeking,
Positive Emotion

Agreeableness

Trust, Straightforwardness, Altruism
Compliance, Modesty, Tenderness

Antagonism

Neuroticism

Anxiety, Angry, Hostility, Depression
Self-consciousness, Impulsivity, Vulnerability

Emotional Stability

Trait approach does not explain the underpinning of behaviours, it's just descriptive.

Hans Eysenck – Trait Theory Identified 3 Personality Factors

1. Extraversion vs Intraversion
2. Neuroticism vs Emotional Stability
3. Psychotism vs Impulsive Control

According to Eysenck, Introverts have higher levels of ARAS (ascending reticular activating system) arousal.

Hans Eysenck theorises that unstable or neurotic people have nervous systems that have a higher level of chronic visceral brain activation than stable individuals

Albert Bandura - Social Cognitive Theory

The social cognitive approach assumes that a person's conscious thoughts play a part in the causation of behaviour.

Raymond Cattell's 16 personality factor model was generated using the statistical tool called factor analysis

Sigmund Freud – Psychoanalytic Approach

States that all human behaviours are motivated by

- Sexual instincts
- **Self-preservative instincts**

- All drives work according to the pleasure principal, seeking immediate satisfaction
- The reality principal recognizes that the immediate desire for pleasure needs to be offset against the reality of what the consequences might be
- Physically dependent on its primary caregiver for a comparatively long time
- Socially unacceptable impulses are repressed and make up the **id**.
- Socially acceptable impulses remain conscious and constitute ego drives the **I**
- The internalization of society's moral values constitutes the super-ego (*tells you what right and what's wrong and elicits shame and guilt*) **over-I**

Compromised formations have

- Manifest content – *the dream*
- Latent content – *the hidden meaning of the surface behavior*

The function of the ego is to manage the needs of:

- **The id**
- **The superego, and**
- **External reality**

Carl Rogers' The humanistic approach

- We need unconditional positive regard, but we experience conditional regard which makes us think we must distort our organismic valuing to be the self that the others want us to be so we can maintain their positive regard (their love)
- Process of internalizing **conditions of worth** results in **incongruence** between self and organismic valuing

According to humanistic theory, a child who receives ____, from her parents is likely to avoid the problems associated with ____, which determine the circumstances under which people approve or disapprove

unconditional positive regard; conditions of worth

The ego and superego are similar in that both:
strive to control the impulses of the id

The creation of the _____ occurs through the process of identification with significant others, most often parents.

Superego

The activities of the _____ are primarily governed by the pleasure principle
Id

Sigmund Freud divided personality into three separate but interacting structures called:
The id, ego, and superego

What is intelligence

- Difficult to find consensus
- Multifaceted: can be expressed in one or more domains
- Functional: directed at solving problems or accomplishing tasks
- Defined and shaped by culture

Wechsler's scales

- most popular individually administered intelligence test is the

Psychometric Approach

- Attempts to map the structure of intellect and to discover the kinds of mental competencies that underlie test performance

Intelligence as a sensory capacity

- **Sir Francis Galton**
 - Believed that intelligence was the product of evolutionary process "survival of the fittest"
 - Hypothesized that intelligence is the by-product of sensory processing capacity
 - Galton believed certain people are occupationally and socially successful because of the efficiency of their nervous system

The ability to apply previously learned knowledge to current problems, which involves both verbal reasoning and factual knowledge, is called

- Crystallised Intelligence

$IO = (\text{Mental Age} / \text{Chronological Age}) \times 100$

9 year old can solve 12 year olds problem – $(12/9) \times 100 = 133$

12 year old can solve 9 year olds problem – $(9/12) \times 100 = 75$

- **Binet and Simon's** – first modern intelligence test that separated developmentally disabled from normal school children.
- Items assessed
 - Vocabulary
 - Spatial ability
 - Verbal reasoning

- Both believed a true measure of intelligence is individuals performance on complex tasks of memory, judgment and comprehension
- Intelligence as a general ability was first advanced by Chareles Spearman
- Their aim was to predict
- They believed they had taped in higher order processes

Alfred Binet

- Mental abilities develop with age and the rate of developmental change is relatively constant for a given individual.

Raymond Cattell is most strongly associated with

- Crystallized and fluid intelligence
 - Fluid IQ is more likely to decline with age
 - Crystallised abilities increase with age
 - Fluid abilities are more highly related to 'g' than crystalized abilities

Howard Gardner's multiple intelligences

- Don't have one type of intelligence at the exclusion of others
- Many ways to be smart

Robert Sternberg's Triarchic Model

- **Analytical intelligence**
 - **3 components**
 - Executive components (*making choices*)
 - Performance components (*carries out the actions*)
 - Knowledge acquisition components (*allowed new info to be gained and stored in memory*)

Sir Francis Galton: Genetic pre disposition

Nature vs Nurture

- Twin and adoption studies suggest 50 -70% od within group variation is attributed to genetics
- Environmental seems to account for 30-50% of the variability in IQ

- The family environment matters
 - Removing kids from deprived environment and placing them in richer environment increases IQ from 10-12 points
- The Flynn Effect
 - Over time we get smarter

Expectations influence behavior – the self-fulfilling prophecy

Development

- A process of systematic change across the life-span that occurs in the individual from conception to death.
- Development may be
 - *Continuous*
 - *Cumulative – past experiences will affect future experience*
 - *Directional*
 - *Differentiated*
 - *Organized*
 - *Holistic*

Developmental Psychology attempts to:

- Describe
- Compare
- Explain
- Predict
- Relate

Stages in Life-Span Development

- Prenatal - conception to birth
- Infancy - birth to ~18 months
- Early childhood - ~18 months to ~6 years
- Late childhood - ~6 years to ~13 years
- Adolescence - ~13 years to ~20 years
- Early Adulthood - ~20 years to ~30 years
- Middle Adulthood - ~30 years to ~65 years
- Late Adulthood - ~65 years and older

Concepts of Development

- Continuity
 - Development is continuous – *quantitative change*
- Discontinuity
 - Succession of reorganizations with development *qualitatively* different in different age periods
- Developmental stages
 - A pattern of abilities, motives or behavior appearing at different ages or in different life periods
- Critical period

- A sensitive time during development when an organism is optimally ready to acquire a particular behavior but certain experiences must occur for this to happen

Bronfenbrenner's model

- Microsystem – direct contact with the individual
 - Family
 - Work
 - Siblings
 - School
 - Peers
- Mesosystem
 - All of the above have direct contact with the people each other which will influence the individual
- Exosystem
 - Extended family
 - Neighbours
 - Media
- Macrosystem
 - Laws
 - Culture
 - History
 - Social conditions

Conception to Birth

The process of parental development occurs in three main stages

- Germinal Stage
 - The first two weeks after conception
- Embryonic Period
 - Third week through the eighth week
- Foetal Period
 - Ninth week until birth (40 weeks)

GENOTYPE

- The specific combination of genes that makes up an individual's genetic inheritance

PHENOTYPE

- Pattern of inherited traits. An individual's actual traits resulting from interaction of genes with each other and the environment.

Characteristics of the NEONATE – developing abilities

- **Rooting Reflex**
 - If you touch a children's cheek it will turn its head and mouth in the direction of the stimulus
- **Grasping Reflex**
 - Ability to grasp objects sturdily
- **Moro Reflex**
 - A thrusting out of the arms when a baby suddenly loses support of both neck and head

Physical Development

Head down approach when we are developing

- **Cephalocaudal**
 - Head to toe development
- **Proximodistal**
 - From the innermost parts of the body to the outermost

Jean Piaget Theory of Cognitive Development

- **Assimilation** and **Accommodation** are the means by which an individual interacts with the world and ADAPTS to it and achieves EQUILIBRIUM

Jean Piaget Stages of Cognitive Development

- **Stage 1 Sensorimotor period** – birth – 2yrs
 - Coordination of sensory input and motor responses; development of object performance
- **Stage 2 Preoperational period** – 2 – 7yrs
 - Development of symbolic thought marked by irreversibility, centration and egocentrism
- **Stage 3 Concrete Operational period** – 7 – 11yrs
 - Mental operations applied to concrete events; Mastery of conservation, hierarchical classification
- **Stage 4 Formal Operational period** – 11 through adulthood

- Mental operations applied to abstract ideas; logical systematic thinking

Object permanence

- Idea that people, places and things continue to exist even when they are no longer visible or detectable through the other senses

Preoperational Stage

- Difficulty in understanding that there are other points of view

Concrete Operational Stage

- Children are able to mentally manipulate things that they previously couldn't

Formal Operational Stage

- Hypothetical deductive reasoning

Erikson's 8 Stages of Psychological Development

- | | |
|---------------------------|------------------------------|
| • Infant | - trust vs mistrust |
| • Toddler | - autonomy vs shame & doubt |
| • Pre-schooler | - initiative vs guilt |
| • Grade-schooler | - industry vs inferiority |
| • Teenager | - identity vs role confusion |
| • Young Adult | - intimacy vs isolation |
| • Middle-age Adult | - generativity vs stagnation |
| • Older Adult | - integrity vs despair |

John Bowlby 1953

- Attachment is a biological predispositions (pre-programmed into children at birth)

Phases of attachment

- **Phase 1 (birth – 2 months)**
 - Indiscriminate sociability
- **Phase 2 (2 – 7 months)**
 - Attachments in the making
 - Increasing preference for familiar carers
- **Phase 3 (7 – 24 months)**
 - Specific, clear-cut attachments
 - Separation and stranger anxiety

- **Phase 4 (24 months +)**
 - Goal-coordinated partnerships

4 Different Parenting Styles

- **Authoritative**
 - High self-esteem, internalized moral standards, psychosocial maturity, academic success
- **Authoritarian**
 - Anxiety, withdrawal, low self-esteem
- **Permissive/Indulgent**
 - Impulsivity, disobedience, rebelliousness
- **Uninvolved/Neglectful**
 - Poor social-emotional development and self control, social alienation, low self-esteem

Kohlberg's Stages of Moral Development

- **Preconventional Level**
 - **Stage 1:** Punishment and Obedience
 - **Stage 2:** Instrumental Purpose
- **Conventional Level**
 - **Stage 3:** "Good boy-good girl" Morality
 - **Stage 4:** Social Order Maintaining
- **Postconventional or Principled Level**
 - **Stage 5:** Social Contract
 - **Stage 6:** Universal Ethical Principal

Psychological Assessment

- Use of specific procedures to evaluate abilities, behaviours and personal qualities
- Measurement of individual differences

Concept of Reliability

- Reliability is the stability or consistency of scores produced by an instrument
- Measured over time, space, and assessment forms
- The notion of "Reliability" is about consistency in measurement

Parallel form approach is very similar to the **split-half reliability**.

Test of reliability: Internal Consistency

- The extent to which items in a measuring instrument or scale are all measuring the same thing, and yield similar results
- Only one administration of the instrument

Inter-rater Reliability

- The consistency of measurement when different people observe the same event or score the same test

Validity

- The extent to which a measure assesses what it claims to measure

Different Types of Validity

- Construct
 - the degree to which a study measures and manipulates the underlying elements that the researcher aims to be measuring and manipulating
- Face
- Content
- Criterion-related

Face Validity

- The surface content of the test (does the test have face value)

Content Validity

- Refers to whether the items on a test measure all the knowledge or skills that are assumed to underlie the construct of interest

Criterion Validity (predictive Validity)

- Is about how well one test predicts other outcomes

Personality

- Psychologists use it to describe individual's reputation and the way the person acts across a variety of situations, and internal processes

Vocational Assessments (career counseling)

- Aim to measure whether personal attributes would suit a particular work environment.
- Used to assess aspects of individual behavior, opinions or attitudes, interests, values and motivations.

Personality assessment

- Used in a Clinical setting to assess
 - **Personality Disorders**
 - A chronic disturbance in one's relations with one self, with others and with the environment that results in distress or failure to fulfill social roles and obligations
 - **Impact on Therapy**
 - How agreeable a person is, may impact on how a person engages in therapy
 - **Couples or Family Therapy**

Q-Sort

- Respondent is asked to sort a group of statements in rank order ranging from most descriptive to least descriptive

Phrenology

- The study of brain function

Physiognomy

- Claimed to detect people's personality traits from their facial characteristics

NEO and MMPI (*Minnesota Multiphasic Personality Inventory*)

- Common structured personality tests

Projective tests

- Unstructured personality tests

Costa and McCrae developed a test called **the big 5**

- It measures the **Five Factors of Personality**

1. **O**penness
2. **C**onscientiousness
3. **E**xtraversion
4. **A**greeableness
5. **N**euroticism

MMPI personality scale is developed using empirical approach

- Clinical personality test looking for mental health issues
- Offensive
- Low face validity
- Uses 10 clinical scales

MMPI 2

- Revised version of the original test
- Contains a lie scale

The Clinical Scales for MMPI 2

1. Hypochondriasis

- Measures health concerns

2. Depression

- Describes people who have poor morale, lack of hope in the future, general dissatisfaction with one self

3. Hysteria

- Describes hysterical reactions to stressful situations

4. Psychopathic Deviation

- Looks at rebelliousness and social deviation

5. Masculinity – Femininity

- Tests for homosexual tendencies

6. Paranoia

- Measures paranoia symptoms

7. Psychasthenia

- Obsessive compulsive disorder, abnormal fear, self criticism

8. Schizophrenia

- Assesses bizarre thought processes and peculiar perceptions

9. Hypomania

- Elevated mood, accelerated speech, irritability

10. Social Introversion

- Tests persons tendency to withdrawal from social contact and responsibilities

Projective Tests

- based on psychoanalytic theories of unconscious and unconscious drives.
- Present participants with ambiguous stimuli and ask for some interpretation of them.

Two main **Projective Tests** are:

- **The Rorschach test** – looks at associations (shows ink plot image)
- **The Thematic Apperception test** – looks at how people construct stimuli

Intelligence Assessment and the Measurement of Intelligence

Raven's Progressive Matrix has often been used too measure **Fluid Intelligence**

What is Abnormal?

- **Madness**
- **Psychiatric disorders**
- **Psychological disorders**
- **Mental illness**
- **Mental health problems**

History of Psychological Disorders

- **Ancient Greece**
 - Imbalances of bodily fluids “humors” as cause of abnormal behavior
 - Phlegm = sluggish; Black bile = melancholic
- **17th Century**
 - Madness as evil. Theological control
- **18th Century**
 - Mad – animals; madness = animals; as spectacle
- **19th Century**
 - Madness as illness to be cured
- **19th-20th Century**
 - Taxonomies of mental illness developed

Gender Differences in Mental Health Problems

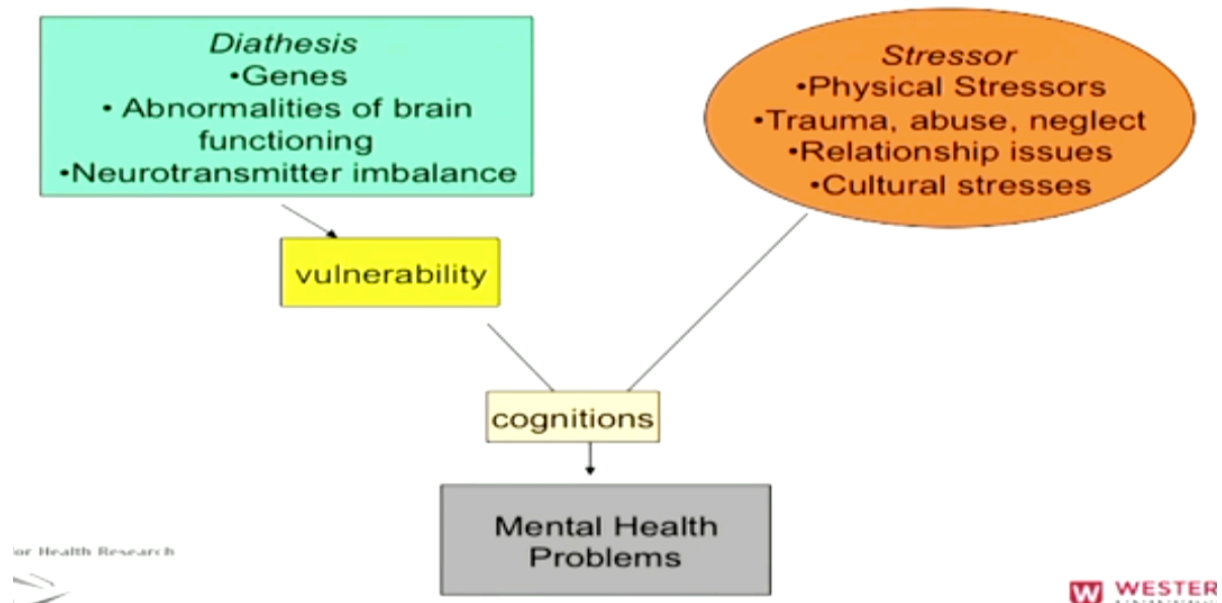
- Women higher on anxiety, depression, eating disorders 2:1 – 4:1
- Men higher substance use

Aetiology of Mental Health Problems

Different Models

- Biomedical
- Cognitive
- Behavioural
- Psychoanalytic
- Humanist
- Social constructionist
- Feminist
- Ecological

Diathesis Stressor Model



Types of Depression

- **Dysthymia** – depressed mood for most of the day (2 years), no extreme episode of depression
- **Bipolar Disorder** – Manic or hypomanic episodes, often followed by depression

Bothe depressions are treated differently

Anxiety Disorder

- State of extreme fear and foreboding
 - Panic Attacks
 - Phobias
 - Obsessive compulsive disorder
 - Post-traumatic stress disorder

Schizophrenia

- Delusions
- Hallucinations
- Disordered Behaviour

- Disorganized speech
- Flat affect
- Alogia (brief, slow, empty responses)
- Avolition (inability to initiate goal directed behavior)

Conformity – Norms and Roles

- Social norms are shared expectations about how people should think, feel, and behave.
- Social roles consist of a set of norms that characterizes how people in a given position ought to behave.

We conform due to

- Informational Social influence
 - Follow the opinions or behaviours of others because we believe they have accurate knowledge
- Normative Social influence
 - Conform to obtain the rewards from the group that come from being accepted

Conformity – Solomon Asch experiment

- Conformity refers to the tendency of people to alter their behavior as a result of group pressure

Obedience – Stanley Milgram

Attitudes predict behavior when attitudes and actions are specific

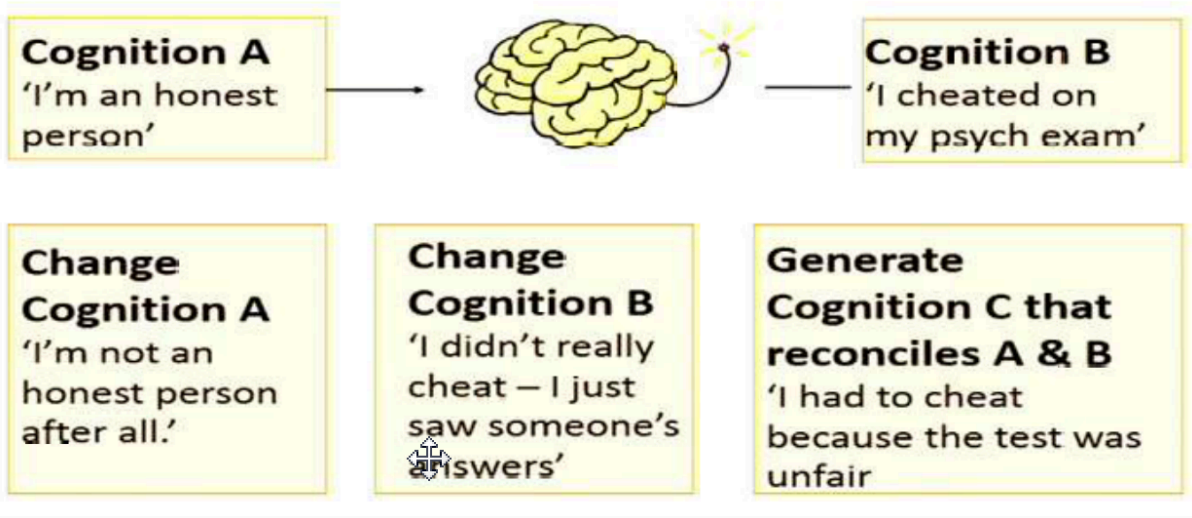
U get validation on the behavior for holding those attitudes

Accessibility of your attitudes is more likely to predict behavior

Cognitive Dissonance

- The unpleasant mental experience of tension resulting from two conflicting thoughts or beliefs
- Motivates the individual to reduce tension by:
 - Changing the behavior
 - Changing the attitude
 - Changing the perception of the inconsistent information

Cognitive dissonance in real life



Leon Festinger

- People are susceptible to suffering cognitive dissonance because they strive for consistency in the cognitions

Elaboration Likelihood Model

- There are two ways persuasion can occur
 - Through the **Central Route**
 - **Audience** (*analytical & motivated*) , **Processing, Persuasion**
 - Through the **Peripheral Route**
 - *Not analytical or involved*

Persuasions techniques – foot in the door

- **Norm or reciprocity**
 - Involves the expectation that when others treat us well, we should respond in kind
- **Door-in-the-face technique**
 - We start with a large request before asking for a smaller one
- **Foot-in-the-door technique**
 - We start with a small request before asking for a bigger one
- **Low-ball technique**
 - The seller of a product starts by quoting a price well below the actual sales price

When someone is nice to us eg. offers us a drink, we feel the need to reciprocate that in a nice gesture

Conformity is to obedience as Asch is to Milgram

Follow up studies on Milgrams obedience experiment show that modern studies have obtained similar obedience rates

Darley and Latane - Bystander Effect

- When participants are more likely to help when alone than in groups
 - **Pluralistic ignorance** – the error of assuming no one in the group perceives things as we do.
 - **Diffusion of responsibility** - the presence of others makes each person feel less responsible for the outcome
 - **Cultural norms** – may prevent us from opting to help

Factors leading to interpersonal attraction

1. Proximity
2. Similarity
3. Interpersonal rewards
4. Physical attractiveness

Halo Effect

Schemas

Initial schemas people form when they first encounter someone
Patterns of thought that organize experience/knowledge
Schemas guide information processing
Schemas influence memory of an event or person

- **Personal Schemas**
- **Situational schemas**
- **Role schemas**
- **Relationship Schemas**

Stereotypes and Prejudice

Stereotypes

- Not necessarily negative or inaccurate
- Some stereotypes contain kernel of truth

Medications Taken for Mental Health

- Sleeping tablets
- Tranquilizers
- Anti-depressants
- No-medication

Interventions for Mental Health Problems

Behaviour Therapy

- Focusing on observable, measurable behavior
- Therapy: Behaviourism -> originates in work of **Wolpe**
- **ABC** – **A**ntecedents (stimulus that triggers problem behavior)
Behaviour (symptoms/problem)
Consequences

Cognitive Therapy

- Interested in thoughts
- Perceptions of experiences
- Cognitive distortions

Rational Emotional Therapy – **Albert Ellis**

Identify irrational beliefs – **ABCDEF**

- **A**ctivating event
- **B**eliefs
- **C**onsequences
- **D**ispute (change beliefs)
- **E**ffect (new way feeling/behaving)
- **F**urther action to solidify change in beliefs

****Aron Beck's** Cognitive Theory**

- **Cognitive distortions lead to irrational thoughts**

Cognitive Distortions

1. **Dichotomous thinking** – **Black and White** thinking
(extremes)
2. **Mental Filter** – magnifying negative - filtering positive
3. **Mind Reading** – imagining others thought – often negative

- 4. **Catastrophic exaggerations** – if I fail the exam it's the end of the world
- 5. **Control Beliefs** – believing self helpless and must control life for fear of losing control forever

Insight Orientated Therapy

- Focus on past
- Feelings about childhood and current relationships
- Feelings about life in general

Psychoanalysis and Psychodynamic Therapies

- Freud argues that we have unconscious competing demands which cause symptoms of mental health
- **The GOAL** is to help patients understand unconscious motivations that lead to behavior or distress

Defense mechanisms

- Projection
- Repression
- Denial
- Intellectualisation
- Sublimation (redirecting impulses)
- Reaction Formation (opposite)

Psychoanalysis – 4-5 sessions per week, 4 years

- Free association
- Dream Analysis

Psychodynamic Therapy – 1 or 2 weeks, 10-20 sessions

- Focus on current relationships

Humanistic Therapy – **Carl Rogers**

- the most important curative agent in psychotherapy is the relationship between client and therapist
- Problems arise because of a lack of coherent, unified sense of self

Biomedical Therapies

Three procedures used are drug therapies, electroconvulsive (shock) treatment, and psychosurgery.

