

## P3 - Describe the application of psychodynamic in health and social care

### The unconscious mind

The unconscious mind is part of the brain that stores repressed memories that have been forgotten or stored away so that they are not brought to the surface to be remembered as they may be unpleasant.

Freud believed that the unconscious mind is very important as it determines someone's behaviour. This is called the dynamic unconscious.

Behaviour is changed through the unconscious mind because when a bad memory has been stored away and not resurfaced because of the pain it entails it makes someone unconsciously, for example more anxious, erratic and possibly scared of certain situations. According to [www.skepdic.com](http://www.skepdic.com) *'[the] unconscious mind has been restricted to potentially harmful memories that might be stored or stirring there, memories of bad experiences that influence our conscious behaviour even though we are unaware of their impact.'*

Because of this, behaviour is different and changed in someone and the unconscious mind is unaware of it which in conclusion makes the person unable to change their behaviour.

### Early experiences

Early experiences in a person's life are incredibly important for their behaviour and lifestyle in future life.

According to [www.psychology.about.com](http://www.psychology.about.com), 'According to Freud, much of a child's personality is completely established by the age of five. If this is indeed the case, those who have experienced deprived or abusive childhoods might never adjust or develop normally.'

Therefore the experiences children have before there five can often determine how they develop through childhood into adulthood.

However everyone is different and can learn to change their life if they have come from a deprived background to ensure a greater future for themselves and their family. However with other people that have experienced bad early experiences then they can often not recover or move on from what they had to deal with in their childhood.

### Freud and his theory

Sigmund Freud are most famous for his famous and controversial theories. Freud's theories have had a strong impact on today's society.

According to [www.psychology.about.com](http://www.psychology.about.com) 'He has Freud's theories were enormously influential, but subject to considerable criticism'



because of Freud's strong views and thoughts on the different aspects on psychology 'that an entire school of thought emerged from his work.' Behaviours was looked at in a unique and different way through Freud's ideas. ' , psychoanalysis had a lasting impact on both psychology and psychotherapy.'

### Erikson and his theory

Erik Erikson produced the stages of psychological development stages that people go through in their life time.

Erikson looked and explored childhood, adulthood and the elderly to explore the individual changes of the mind people encounter in their life time.

Freud and Erikson have similar ideas on psychological development in people and their behaviour and personality. While Freud concentrated mainly on the behaviour of people Erikson worked to understand the stages of personality changes and how social experiences affect the personalities of individuals throughout their life time.



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