

Psychodynamic Theories

What is it to be human through the lens of psychodynamics? Most psychodynamic came in the idea from the development of a early life of childhood, which are in some part of the unconscious. Evolutionists have recognized that evolutionary psychoanalysis have a big gap between psychoanalytic theory and the extrospective biological and social sciences. As for their methods, they observed more closely in perspective's contributions and it become very important in psychodynamic theory to the study of psychology. For psychodynamic considerations there are four main topics. Reductionism, falsifiability, universality and retrospective accounts and fallible memories. As Reductionism is the idea to explain the behaviors of human reducing the way of explaining the psyche function of psychodynamic. It is often in literary psychobiographies, which explains the behavior of some famous person but it cant hurt anyone, except it might ruin the persons reputation on the subject.

Fasifiability it's " theory that is impossible to disconfirm in principle is not a scientific theory, which you can't prove it." (Tavis & Wade, 2000) This made many of the psychologist theories being disconfirmed, so they only depends on the popularity of their proponents than on their content. Universality is what involved with everyone. An example, "if a gay man goes into therapy for help with emotional problems, a

therapist cannot logically conclude that all gay men have emotional problems, gay men who are not in therapy would have to be studied." (Tavis & Wade, 2000) The last topic is the Retrospective accounts and fallible memories of patients. Psychodynamic theorists worked in backward that are based on themes in adult's recollections of childhood to find the origins of their emotional problems. "It creates the illusion of causality between the events." (Tavis & Wade, 2000) As putting together psychodynamic theories, the tracing of evolution begins from Freud's and it influenced on other people like Jung, Horney, Erikson and Adler.

However, Psychodynamic theories are basically the study of human behavior that includes internal processes, personality, motivation, drives, and the importance of childhood developments. In the past theories, the role of unconscious sexual and aggressive drives has been changed to a conscious experience like the birth of ego-psychology. The role of focuses in the unconscious and conscious from Freud and Jung's theories were the importance change of view in the past till now. As a most famous psychodynamic theorist is Sigmund Freud who found the unconscious and tries to hold peoples minds in ego-psychology in his literary techniques of sympathy, trust, rhetoric, fragmentary knowledge by using the dream analysis for interpretation to study the unconscious, but caused many people that criticizes him. Freud believes that the "only treatment that can be proved and being correct could produce true and

permanent cures” (Sollaway, 1992) in his psychoanalysis. As Carl Jung, who was one of Freud’s closest friends, but has a different theory on the nature of the unconscious with Freud. The greatest difference is that in the unconscious, “there is a collective unconscious shared by all human beings, containing universal memories, symbols, and images that are the legacy of human history.”(Tavris & Wade, 2000) He called them archetypes, which it symbolizes the “true self”. “Jung distinguished the conscious self from the unconscious archetypes that govern our behavior.” (Tavris & Wade, 2000) He also identified the personal unconscious, which is called complexes; it can become conscious or stay unconscious and interacts between a person’s collective unconscious and environment. Not only Jung has difference with Freud’s theory, Adler and Horney also are the one’s that has different views in the human psyche.

Adler and Horney were people that had been working with Freud before, but because of some different agreements, they broke with Freud and went against him. Adler created the individual psychology. He described the “inferiority complex”, which helps people to overcome feelings of inferiority. The reason Adler left Freud because he sees that he has obsession with sex and death, who put too much concern with the past as himself , he sees it in future with expectations rather than the past to explain our behaviors. As Horney also left Freud because she has her own believes on

the basic Anxiety that are from the hostile world, which man has good and evil that are depended on the environments. Once Adler and Honey were against Freud they became as “Neo-Freudians”. They still have some commonalities with Freud’s views on the human behaviors, role of instincts, but emphasized the possibility of self-improvement. The commonalities that they have with Freud’s have been the based methodology and still studying on the unconscious of the Human Psyche. Even they have commons; they have more divergence on Freud. Freud’s view of man is everyone is selfish, sexually minded and aggressive divined. As on “Neo-Freudians”, they believe people have the potential for good and bad. Freud’s on Human Psyche was instinctual and universal, which are opposite of Neo-Freudians that they depends on learning and on the environment or situational that are from its relative. Having similar methodologies or Ethnics between Freud’s and the “Neo-Freudian’s, it had been spread out and involved with most of the psychodynamic theories.

For finishing off between “Neo-Freudians” and Freud’s similarities on the methodology, Freud’s on the free association view is seen as Bias, that they associates from the support preconceived ideas and takes the greatest leaps. It is based on Biological Determism. On the other hand, neo Freudians free association was improved from the patients that reports with the articles in the situation they worked

as back ward in systematically. As "...to Object-relations theorists, other people are important sources of attachment." (Tavris & Wade, 2000) and "...to some object-relations analysts, the real origin of moral values lies in the infant's early relationship to the mother long before the emergence of the superego, and it is me who have more limited moral capacity." (Tavris & Wade, 2000) Not only object-relation uses methodology, but also Erik Erikson too. He studies the psyche social in contact from Ana Freud. "Psychoanalysis assumes the early process of differentiation between inside and outside to be the origin of projection and introjections which remain some of our deepest and most dangerous defense mechanisms. (Erikson, 1966) In Erikson's eight stages or social stages the methodology use was "a favorable ratio of basic trust over mistrust is the first step in psychosocial adaptation, a favorable ratio of autonomous will over shame and doubt..."(Erikson, 1966) Shame and doubt is the next stage of the trust and mistrust. As all of us know that psychology was never a "pure psychology", but is a complex psychobiology, which is an aspect that increased being cryptic now. In the history of psychoanalysis of Freud, it mentioned that "A supreme irony lies in Freud's development of concepts like censorship and repression and his clinical attempts to overcome their supposedly pathogenic affects through psychotherapy" (Sulloway, 1992) This happened when Freud began to study, he felt pressured to show the world

of his psychoanalysis until once he had become famous because he treated the “rat man” of one of his patient and that is how when Freud started his methodology studies from. Many studies on methodology came from the past of childhood developments too.

The influences of childhood developments had been studied by Freud, Horney, Adler, Erikson and object-relation. As Jung he sees it only one way, which means its one path of the childhood road not like Erikson’s who made it into a eight stages path of childhood development. In one of the Freud study on childhood would be fixation, which means that being stuck or “fixed” in a development stage of an early childhood life or even adulthood. Freud thinks that “first love relation of the child is doomed to extinction for the very reason that it is the first, for these early object-cathexes are always ambivalent to a very high degree; alongside the child’s intense love there is always a strong aggressive tendency present, and the more passionately the child loves an object, the more sensitive it will be to disappointments and frustration coming from it. In the end, the love is bound to capitulate to the accumulated hostility.” (Freud, 1933) Looking at this point of view from Freud is it most likely similar to the theories of Erikson’s and Object relations. In Erikson’s view in his first stage the Basic Trust and Basic Mistrust, is similar to Freud’s., like the beginning of the breast feeding the baby for providing the sense of ego identity. The trust does not

come from the experience that depend on food or love it's about the maternal relationship. The mother gives the sense of trust for what a baby needs so then later the sense will be all right when is being oneself. Basically if the babies have the trust in their mothers, the fewer frustrations will form in the following stages of the life cycle. "Children become neurotic not from frustrations, but from the lack or loss of societal meaning in these frustrations." (Hopcke, 1989) As in "object relations theorists hold that the infant's first two years are the most critical for development of the analyst's core of personality. Freud emphasized the child's fear of the father and object-relations analysts emphasize the child's need for the powerful mother." (Tavris & Wade, 2000) The object relation works in three steps. 1) Depends on how you relate to an object, which means how you will be developed in your life later on. 2) Depends if you're raised in good condition or bad condition that will lead your later life. 3) "Splitting means the separating of the opposites: good and bad, right and wrong, weak and strong, pleasure and pain." "The key issue in life is the constantly changing balance between independence and connection to others. Such as Girls, who are the same sex as the mother, do not need to separate from her, the mother treats a daughter as an extension of herself. But boys, if they are to develop a male identity must break away from the mother." (Tavris & Wade, 2000) The last based on childhood studies is Adler and Horney, the "Neo-Freudians" the studies in the back

work ways to understand the problems caused from the childhood development view.

About “Neo-Freudians” They are based on the Western Milieu’s dependent psychology of men and women that have been shaped.

Western Milieus dependent psychology has to do a part from the Culture and Genders point of view in the psychodynamic. In Western view is that men and women are about shape by patriadical society, division between sexes influenced by economic and relaxing of gender role. The social milieu has detracted from enhancing the potential development of life in men and women society, they try be living in a best environment and be against the characters forces. Basically this study is for balancing out the struggles from men and women society in a peaceful life. In culture and gender roles, all the psychodynamic aspects in every theorist are involved in. “The original components of the id, the sexual drives with which we are born, are impervious to social and historical change.” (De Berg, 2003) Freud, as all you know that he is really into sex drives and death issues. He believes that everyone is all born selfishness, which causes the social and antisocial. For his solution to this he said “We need both id-drives and super-ego drives; only when there is a balance between the two can we live happily as social beings. The fit between the individual and society will therefore never be perfect.” (De Berg, 2003) In Jung believes, he mentions that it refers to everyone’s self that is being unique, universal and eternal. “...the one

expressing man's essence, and the other being a God-image, an archetypal symbol" (Moacanin, 1986) He called the female complex in man the anima and male complex in woman the animus. It is also "psychologically through their enmeshment with or distance from the cluster of archetypal images, which is Mother within all of us." (Hopcke, 1989) The most influenced in culture view would be Erikson's. Based on the social context, "his aim is to detect the key psychological dimensions which characterize the culture---its particular integrated pattern of values, beliefs, behaviors and relationship." He then tries and explains in his own studies on the culture of white and Sioux between the two tribes. He then understood and "recognized that cultural and economic factors affect these stages of psychological development. Some societies, for example, make the transition from one stage to another relatively easy. If you know you are going to be a farmer like your mother and father and you have no alternative, then moving from adolescence into young adulthood is not a terribly painful step (unless you hate farming)." (Tavris & Wade, 2000)

As the matter of fact, most of Freud's followers and friends were all based on his under studies once you put all the psychodynamic theories together in one piece. "Psychodynamic" is a group of theories that emphasized or influenced on the instinct drives and forces. The most important is the development experiences in shaping a person's personality. Focusing on the childhood it is what influenced the unconscious

drives and forces but it also got criticized “psychodynamic psychology has been produced widespread controversy for having new ideas and more researches. Over all in summary, the conscious and unconscious studies, free association methodology (Ethic), childhood, Culture and gender in psychodynamic views is that there’s no absolute femininity or masculinity. Woman and men are equal; it doesn’t depend on biological ways but more dependent in our society. I think psychodynamic is to let us become who we truly are. It is universal and we gain and lose of our skills through out our lives. Even though, that psychology can never be proved that there’s no answer to it, everything is jus a consideration or in theory that we called it Fasifiability.

