Counseling and Psychotherapy Theory

Week 3. Psychodynamic Approach I: Freud’s Drive Theory
Major Concepts and Propositions

1. Drive
   1. Overview
   2. Drive
Started from Freud

Overview

Conditions of the Psychodynamic Approach

- Unconsciousness
- Determinism
Overview

Conditions of the Psychodynamic Approach

Unconsciousness

- Unconscious contents
  - Secret contents that are embarrassing to reveal
- Unconscious process
  - Process of getting anxious when something is about to get revealed
  - Process of doing various things to avoid anxiety-provoking situations
Overview

Conditions of the Psychodynamic Approach

Determinism

- Experiences during early developmental stages determine the characteristics of adulthood
  - What makes one become particularly anxious
  - What one does to avoid anxiety
Overview

Determinism

Cause

variable

effect
Drive

- **Meaning**
  - = Drive, Instinct
  - Biological, psychological energy that moves towards a goal

- Evolutionary perspective
  
  > Every living organism has the energy to move toward
  > ‘preserving its gene’
Drive

Meaning

- 2 types of drive (Freud)
  - Self-preservation
  - Preservation of species
  - Breathing, eating, drinking, excreting
  - Having sex
- Libido
  - *Psychological energy* that stem from *sexual drive*
Summary

- Humans have the ‘energy’ to pursue something
  - Moving toward food: energy to pursue survival
  - Desire to ‘attack’ when someone tries to harm me: energy to survive
  - Flaring up when someone ignores me: energy to pursue respect
  - Feeling hurt when losing a good relationship: energy to maintain relationship
- Freud considered ‘sexual drive’ to be the most important

Points to learn

- When we understand human drive and desires, we can understand the meaning behind specific human behaviors.
- Understanding the hidden meaning behind opposite behaviors => Enables an integrated understanding
I. Major Concepts and Propositions

2. Consciousness Levels and Personality Structure

1. Levels of Consciousness

2. Personality Structure
Levels of Consciousness

“The mind is like an iceberg, it floats with one-seventh of its bulk above water.”

- Sigmund Freud -
# Levels of Consciousness

<table>
<thead>
<tr>
<th>Levels</th>
<th>Meaning</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>conscious</td>
<td>- What we are aware of at a certain point in time</td>
<td>- Recognizable vision, tactile sensation, thought</td>
</tr>
</tbody>
</table>
| preconscious | - Memories about an event or experience  
- Can be drawn out with some effort                                                  | - Conversation with friends  
- Food for lunch                                                         |
| unconscious  | - A ‘container’ that holds memories, emotions, desires, motives that are pushed away from the conscious domain  
- Unconscious motives are difficult to become aware of  
- But are revealed through thoughts and behaviors | - Automatic behavior  
- Way of forming relationships  
- Various mistakes                                                        |
Levels of Consciousness

Summary

• Human's inner world is divided into the conscious, preconscious, and unconscious

Points to learn

• There are more contents and processes that are being processed in the unconscious domain.
Superego

- The voice of social conscience
- Appears as moral standards, and values.
- Reflects parental and societal standards
- Spread out in all areas of unconscious, preconscious, and conscious
- At times, interferes with experiencing natural desires
- At times, interferes with realistic efforts toward goals
Ego

- Intervenes between id and superego.
- Enables realistic, rational thinking through reality check, future planning, logical thinking.
- Spread out in all areas of unconscious, preconscious, and conscious.
- Delays gratification and pleasure principle → secondary process.
Id

- Uncensored biological energy.
- Looks for **pleasure** only and seeks to reduce pain → **primary process**
- No conscious awareness
- Comprise of **unconscious response/information processing** only
- Basically an **unconscious domain**
Personality Structure

Summary

- Personality structure can be classified into id, ego, and superego
- At times, conflicts arise among them
- Especially between id and superego

Points to learn

- The conflict (awareness of sexual desire) triggers anxiety
I. Major Concepts and Propositions

3. Anxiety and Defense Mechanisms
   1. Anxiety
   2. Defense Mechanisms
Anxiety

Meaning

- a warning signal that tells us that there is a danger and that we need to do something about that danger

Anxiety
  - Realistic
  - Neurotic
  - Moral
## Types of Anxiety

<table>
<thead>
<tr>
<th>Types</th>
<th>Meaning</th>
<th>Example</th>
</tr>
</thead>
</table>
| **Realistic Anxiety** | • Source = external world  
• Appropriate in the given situation | • When a stranger follows you at night                                   |
| **Moral Anxiety**   | • Source = internal world  
• Occurs when worrying about violating parents’ or society’s moral standards | • When doing something your parents told you not to do                  |
| **Neurotic Anxiety** | • Source = internal world  
• Occurs when worrying about getting punished by a parent or an authority figure for not controlling one’s emotions or drive (id) | • When sexual desire that was in the unconscious is about to be revealed |
Anxiety

Note

- Unconscious nature of anxiety
  - Unconsciously/automatically stimulates reflex behavior, rigid thinking, tense muscles, etc.
Anxiety

Summary

- Freud emphasized ‘anxiety’ (as the stimulant that triggers problematic symptoms)
- Classified into realistic, moral, and neurotic anxiety
- Client problems are usually related to neurotic anxiety
Defense Mechanisms

Meaning

- Various mechanisms ego uses in order to deal with anxiety
Defense Mechanisms

Functions

• Unconsciously denies or distorts reality
• Helps us not to confront the ‘anxiety’ that is triggered in a specific situation

When used frequently, constantly, regardless of the reality, it develops a pattern of avoiding the reality ⇒ beginning of client problems (pathological)
## Defense Mechanisms

### Types

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Repression</td>
<td>Pushing away painful or unacceptable experience, impulse, thought, memory, or emotion from the consciousness</td>
<td>Memory loss about a traumatic event; Dissociation of pain</td>
</tr>
<tr>
<td>Denial</td>
<td>Similar to repression. Distorting and not being aware of a thought, feeling, or even sight</td>
<td>When a family member dies from an accident, one denies the occurrence of the accident or the death of the member</td>
</tr>
<tr>
<td>Reaction Formation</td>
<td>Behaving in the extreme opposite way from one’s actual desire</td>
<td>Being overly nice to someone you hate</td>
</tr>
<tr>
<td>Projection</td>
<td>Attributing unacceptable emotions or thoughts onto another person</td>
<td>A father who feels sexually attracted to his daughter but claims that the daughter seduced him</td>
</tr>
</tbody>
</table>
## Defense Mechanisms

### Types

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<tr>
<th>Type</th>
<th>Description</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Displacement</td>
<td>Pouring your emotions onto a relatively safer person</td>
<td>You feel threatened by your boss, but you go take out that anger upon your child at home.</td>
</tr>
<tr>
<td>Regression</td>
<td>The reversion to an earlier stage of development in an anxiety-provoking situation.</td>
<td>A child who is going to school for the first time becomes overly clingy and exhibit baby-like behaviors.</td>
</tr>
<tr>
<td>Rationalization</td>
<td>Making excuses to reduce the anxiety felt in embarrassing situations.</td>
<td>A student who screwed up on his test claims that the test was too hard or unfair.</td>
</tr>
<tr>
<td>Intellectualization</td>
<td>Dealing with emotional issues indirectly through abstract thinking.</td>
<td>When a family member dies, you fall into deep thoughts about the meaning of life and death instead of feeling the pain of loss.</td>
</tr>
</tbody>
</table>
Defense Mechanisms

Types

Sublimation
Identification
Introjection

Human attempts to deny/distort the reality, or block or control painful internal experiences such anxiety or fear, instead of confronting the reality or anxiety.
Summary/Points to learn

• Anxiety triggers **defense mechanisms**
• When reviewing defense mechanisms, there are anxieties **other than those caused by sexual desires.**
• There are **many different types** of defense mechanisms.
• Defense mechanisms form **patterns** or symptoms of problematic behaviors.
• All of them are **ways to deal with anxiety.**
• They are **all formed unconsciously** inside of individual's inner world.
• We don't face the reality or anxiety; instead, we deal with anxiety through denying the reality or distorting or blocking our inner experiences.
Major Concepts and Propositions

1. Personality Development

Personality Development Models
**Assumption**

At each stage, there are clearly revealed needs or tasks, and they must be resolved at each time point...

<table>
<thead>
<tr>
<th>Not met</th>
<th>Adequately met or adequately frustrated</th>
<th>Unrealistically overly met</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maladaptive defense mechanisms that were used to deal with inner anxiety due to unmet needs become permanent</td>
<td>Flexible, realistic ways to deal with inner anxiety are acquired, without rigid defense mechanisms</td>
<td>Ways to deal with anxiety are not acquired</td>
</tr>
</tbody>
</table>

Each case develops into different personality type.
Personality Development Models

Comparison of Freud and Erikson

- Freud explained development around the fulfillment of a person's sexual needs.
- Erikson explained development in terms of the fulfillment of a person's social needs.
## Comparison of Freud and Erikson

<table>
<thead>
<tr>
<th>Period</th>
<th>Freud</th>
<th>Erikson</th>
</tr>
</thead>
</table>
| Birth to 1 Year | • Oral stage: eating, sucking; primary source of fulfillment is through the mouth  
• Needs unmet: careless, inconsistent feeding  
• Needs overly met: allowing overdependence  
⇒ adulthood anxiety  
⇒ adulthood overdependence | • Basic trust vs. mistrust  
• Focused on sufficiently meeting physical, emotional needs  
• Needs met → basic trust toward the world/others  
• Needs unmet → deep mistrust toward the world/others |
### Comparison of Freud and Erikson

<table>
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<tr>
<th>Period</th>
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<th>Erikson</th>
</tr>
</thead>
<tbody>
<tr>
<td>1~3 Years</td>
<td>• Anal stage: anus is the primary source of pleasure</td>
<td>• Autonomy vs. shame (self doubt)</td>
</tr>
<tr>
<td></td>
<td>• Pleasure of withholding feces $\Rightarrow$ interested in cleanliness and orderliness</td>
<td>• Focused on testing limits, adventure, experiment, exploration, observing others’ reactions to mistake</td>
</tr>
<tr>
<td></td>
<td>• Pleasure of passing feces $\Rightarrow$ disorganized and destructive</td>
<td>• Regardless of mistake, relationship needs are met $\Rightarrow$ autonomy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Not accepting mistake and excessive anxiety $\Rightarrow$ shame (self doubt)</td>
</tr>
</tbody>
</table>
### Comparison of Freud and Erikson

<table>
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<tr>
<th>Period</th>
<th>Freud</th>
<th>Erikson</th>
</tr>
</thead>
<tbody>
<tr>
<td>3~5 Years</td>
<td>• Phallic stage: primary source of fulfillment is through the genitals</td>
<td>• Initiative vs. guilt</td>
</tr>
<tr>
<td></td>
<td>• Sexual love toward mother; hostility toward father</td>
<td>• Allow selection of meaningful activities =&gt; autonomy</td>
</tr>
<tr>
<td></td>
<td>• Castration anxiety and Oedipus Complex</td>
<td>(develop positive interest about self and others)</td>
</tr>
<tr>
<td></td>
<td>• Excessive identification, guilt, sexual identity</td>
<td>• Not allow selection of meaningful activities =&gt; guilt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(suppress active attitude; wish others would select for me instead)</td>
</tr>
</tbody>
</table>
Personality Development Models

# Personality development models of Freud & Erickson

<table>
<thead>
<tr>
<th>Ages</th>
<th>Freud</th>
<th>Erikson</th>
</tr>
</thead>
<tbody>
<tr>
<td>6~12</td>
<td>Latent period</td>
<td>Industry vs. inferiority</td>
</tr>
<tr>
<td>12~18</td>
<td>Genital stage</td>
<td>Identity vs. role confusion</td>
</tr>
<tr>
<td>18~35</td>
<td></td>
<td>Intimacy vs. isolation</td>
</tr>
<tr>
<td>35~60</td>
<td></td>
<td>Generativity vs. stagnation</td>
</tr>
<tr>
<td>Over 60</td>
<td></td>
<td>Integrity vs. despair</td>
</tr>
</tbody>
</table>
Summary

- **Significant experiences** at each developmental stage affects the formation of personality.
- **Experiences up to age 6** are very important.
- In case of Freud, experiences at each stage is about *dealing with sexual desires*.
- **The way a person takes care of his/her libido** affects his/her personality.
I I. Change Mechanisms & Intervention Methods

1 Moving from the Problem State to the Changed State
   1 Problem State vs. Changed State
   2 Change Facilitating Factor
Problem State vs. Changed State

Problem State

- From the unconscious domain
- Unique according to the situation/developmental stage
- Conflict between the internal drive and superego

(neurotic) anxiety occurs

- (to deal with anxiety) defense mechanism is activated automatically/unconsciously
- activated defense mechanism becomes rigid (formation of problematic personality)
- Previous way (inadequate in current situation) is maintained, even though the situation has changed
Problem State vs. Changed State

**Changed State**

- Having insight and awareness about **the unconscious contents and process**
- Knowing that **the current situation is not the same as the past situation**
- After becoming aware of these things, changes occur in **problem behavior, symptoms, and personality structures**.
“Awareness about the unconscious contents and process” $\Rightarrow$ insight

- Becoming conscious or aware of unconscious conflict or anxiety
- Becoming aware of unconscious contents
- Becoming aware of unconscious process
- Knowing that the current situation is not the same as a past situation
- Despite that, knowing that defense mechanism, problem behavior, or symptom is occurring over and over
- Internalizing the new insight and behavior
Change Facilitating Factor

The goal of every strategy and technique

To make the unconscious contents conscious

- Interpreting/making conscious the thoughts, imaginations, fantasies

To make the unconscious processes conscious

- Recognize one’s response/relationship style with others
- Recognize one’s response/relationship style with the counselor
Part II. Change Mechanisms & Intervention Methods

2 Strategies and Techniques

1 Free Association and Dream Analysis
2 Analysis of Transference/resistance and Utilization of countertransference
### Free Association

<table>
<thead>
<tr>
<th>Client</th>
<th>Talking and making associations about everything that comes to mind (physical sensation, emotion, fantasy, thought, memory, recent event, counselor etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analyst</td>
<td>Listens for any unconscious discrepancy or omission in meaning or story, and make interpretations.</td>
</tr>
</tbody>
</table>
Free Association and Dream Analysis

Dream Analysis

• an important means to providing insight about unconscious information and unresolved issues

• “the royal road to obtaining information about unconscious activities of the mind.”

• Example: ‘The road stood up and created a cliff.’
Interpretation

- Interpreting client's free association or dreams or slip of the tongue or transference.

Go to YouTube and enter 'slip of the tongue'
Interpretation and Analysis of Transference

- A phenomenon where client's early relationship is repeated in counseling relationship
- By analyzing transference, hypothesis is made regarding client’s core conflict and the way he tried to resolve it.
- Counselor shares his hypothesis with the client.

Example

- Interpreting client’s anger as the anger toward father poured out upon the counselor
- Interpreting client’s feeling that he is about to be rejected as a transference about his experience of past rejections by others
Interpretation and Analysis of Resistance

- Resistance
  - client behaviors that are unhelpful for counseling or analysis process.

Example

- Being late, forgetting a promise, losing interest in counseling, resisting counselor’s interventions, having difficulty engaging in free association, drinking alcohol in front of the counselor’s office
Interpretation and Analysis of Resistance

- Resistance
  - Listen to the message the client is trying to convey through resistance; share interpretation of the resistance

Example

- When late to a counseling session, explore its meaning
- Lateness may be interpreted as client’s difficulty with directly expressing his discomfort
Utilization of countertransference

- Countertransference
  - Counselor's reaction to the client

Example

- Counselor gets angry at the client
- Counselor gets bored by the client’s story
Utilization of countertransference

- Countertransference
  - Try to understand the message the client is sending through countertransference

Example

- When counselor gets angry at client, acknowledge that the client’s behavior is provoking counselor’s weak spot.
III. Theory’s Current State and Prospect

1. Current State and Prospect
2. Implications
**Current State and Prospect**

**Movement toward short-term psychoanalytic approach**

<table>
<thead>
<tr>
<th>Traditional psychoanalysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 5 times a week for 3 to 8 years</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Psychoanalytic psychotherapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>At minimum once a week for at least 3-4 years</td>
</tr>
</tbody>
</table>
The need for short-term format

<table>
<thead>
<tr>
<th>Length</th>
<th>Within 12~40 sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal</td>
<td>Set goals with clear focus</td>
</tr>
</tbody>
</table>
| Techniques   | • Does not use techniques like free association  
|              | • Questions, restatement, confrontation, dealing transference, topics related to core conflict techniques |
Change in the meaning of unconsciousness: from ‘contents’ to ‘processes’

- Early psychoanalysis emphasized unconscious ‘contents’, or the repressed contents
- Have been facilitating change by interpreting client’s ‘sexual drive’
- But recently, skepticism about the claim that the unconscious contents are always about ‘sexual drive’
- New meaning of unconsciousness: the focus shifted to bringing the information being processed via unconscious processes (instead of unconscious contents) into one’s awareness
Implications

- People have drives.
  - When we understand the drive, we can better understand the hidden meaning behind client behavior.
  - We can also understand seemingly opposite behaviors.

- A person's mind has an unconscious domain.
  - There are more unconscious contents than conscious contents.
  - There are more processes processed unconsciously than consciously.
Implications

- Unconscious contents sometimes trigger anxiety.
  - When conflicts or secrets show up, anxiety is triggered.
  - Anxiety triggers defense mechanisms.
  - Defense mechanisms creates problems.

- Defense Mechanisms
  - Include anxiety other than the anxiety due to awareness of sexual desire.
  - Once created defense mechanisms continue.
Implications

It’s important to not overly use defense mechanisms and to become aware and confront the reality.

- Drive/needs
- Anxiety/fear
- Awareness about the way (defense mechanism, various thoughts & behaviors) one manages/deals with anxiety/fear
- Need to discover and implement a new way to manage these feelings
Implications

Past me  Present me
THANK YOU