



CHECK AND APPLY YOUR KNOWLEDGE

1. What was the purpose of psychoanalytic clinics?
2. Why did many professionals turn to psychoanalysis in the first half of the 20th century?
3. Which movie or literary character (classic or modern) would you consider most interesting for psychoanalysis and why?



Everett Collection Historical/Alamy

Photo 5.1 Anna Freud helped to break the “glass ceiling” for women in psychology. Today, more women than men in the United States and Canada major in psychology. Why do you think this trend occurred?

TABLE 5.1 ● Examples and Brief Descriptions of Defense Mechanisms

Defense Mechanism	A Brief Illustration
Repression: Shoving thoughts and urges—socially unacceptable or distressing—into the unconscious. The exclusion of certain psychological activities from conscious awareness.	Not remembering, thinking, or talking about a violent incident that took place years ago.
Regression: Reversion of the ego to earlier, “childish” or infantile ways of acting or feeling even though more mature responses have been learned.	Instead of planning his wedding, the fiancé spends all day long under the blanket playing video games.
Reaction formation: Establishment of a trait or behavioral pattern that is exactly opposed to a strong unconscious trend. Typically, such an unconscious trend is anxiety provoking and, therefore, appears as a threat to the ego.	A person who dislikes little children (especially noisy ones) volunteers to be a babysitter in the neighborhood.
Isolation: Manifesting a mental gap or a period of inactivity between a strong unconscious impulse and subsequent other thought and behaviors.	A client takes a long pause during a therapy session before talking about his or her traumatic experience 10 years ago.
Undoing: Overcoming or taking back threatening thoughts or actions by engaging in behavior or thinking that new ideas or deeds are supposed to “undo” the threatening actions or thoughts.	Turning to cooking dinner after feeling guilty for a particular act or a thought.
Projection: Self-denial and unwittingly attributing one’s own unacceptable thoughts and impulses to others.	A person who is jealous of his friend’s success accuses other friends of being jealous.
Introjection: Bringing external events or other people’s experiences and behaviors to own mental processes and actions.	An individual imitates the voice or manners of a particular movie character.
Self-Harm: Turning against oneself in words and actions.	A person is spreading disparaging yet unwarranted remarks about him- or herself.
Compensation: Exclusion of awareness of any anxiety-provoking deficiency by engaging in some activities or excelling in some way.	After a breakup, a woman turns to songwriting.
Sublimation: Transforming unacceptable ideas and impulses into socially acceptable ambitions and actions.	Instead of breaking up with his partner, an unhappy man begins studying yoga and meditation.
Rationalization: Giving improbable (or other) excuses for own shortcomings and mistakes, thereby avoiding responsibility.	A person says to her family members who ask her to make an important life decision: “I am a thinker not a decision-maker!”
Displacement: Redirecting impulses, emotions, fears, and so on, from the real Person A to a “substitute” Person B.	A person is frustrated with his boss at work and kicks his dog after returning home.

Sources: Freud (1966); English and English (1958).



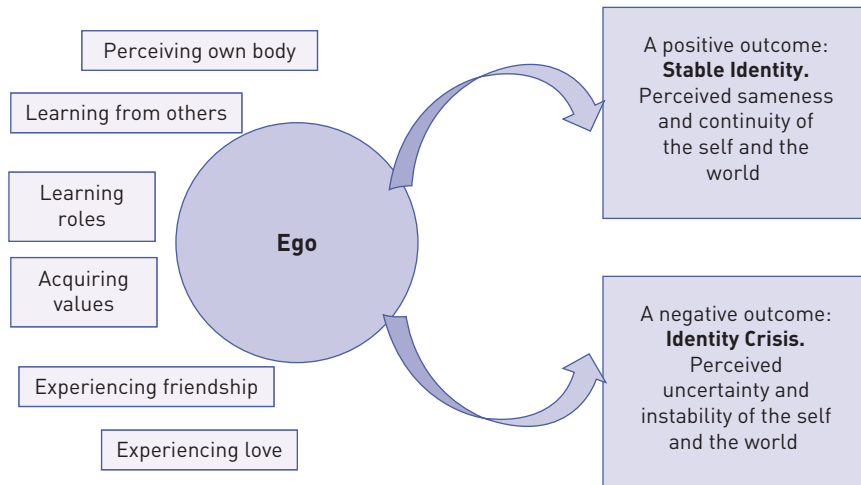
CHECK AND APPLY YOUR KNOWLEDGE

1. Who was Anna Freud? What did she do as a professional?
2. What is ego psychology's main subject?
3. Explain a defense mechanism.
4. Give an example of regression using your personal observations of other people.

TABLE 5.2 ● Developmental Stages According to Erikson (1950)

Stage	Ego Crisis	Age	Positive Outcome
1	Basic trust versus mistrust	0–2	Hope
2	Autonomy versus shame and doubt	2–3	Will
3	Initiative versus guilt	3–5	Purpose
4	Industry versus inferiority	5–12	Competence
5	Ego identity versus role confusion	Adolescence	Fidelity
6	Intimacy versus isolation	Young adult	Love
7	Generativity (nurturing things that outlast the individual) versus stagnation	Adulthood	Care
8	Ego integrity versus despair	Maturity	Wisdom

FIGURE 5.1 ● Identity Stability and Crisis According to Erikson



SELF-REFLECTION

Have you ever experienced an identity crisis? Have you ever lost confidence and certainty about who you are as a person and where you are going with your life? Psychologists believe that such “crises” are very common. Yet the degree or depth of such crises differs from person to person. How significant was yours? When did it happen? Most importantly, how did you solve this crisis? Feel free to share your ideas with others, if you feel comfortable. There is always someone who will learn from your experiences.



© iStockphoto.com/Tarzan9280

Photo 5.2 Erikson said that people should have choices when selecting identities, such as religious, social, and political views. In your opinion, are most people really free to choose their identities?

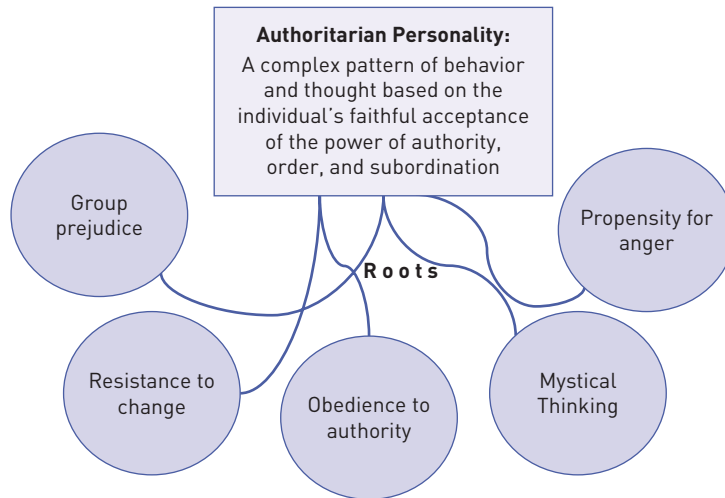
CHECK AND APPLY YOUR KNOWLEDGE

1. What is an identity crisis?
2. Why did Erikson study Martin Luther and Mohandas Gandhi?
3. Is Erikson's theory applicable across cultures? What are these theory cross-cultural limitations?

CHECK AND APPLY YOUR KNOWLEDGE

1. What is a significant other? Who are your significant others? Why are they so significant to you?
2. Explain the good-me, the bad-me, and the not-me concepts.
3. Which role do "they" (in Lacan's theory) play in a person's development?

FIGURE 5.2 ● **Model of the Authoritarian Personality**



CHECK AND APPLY YOUR KNOWLEDGE

1. Who wrote *The Psychology of Women*? What was the book about?
2. Who wrote *Escape From Freedom*? What was the book about?
3. Explain the authoritarian personality. Describe its main features. What is a modern example of this type?



© Photo Researchers, Inc./Alamy

Photo 5.3 Murray believed that by studying a person's descriptions of pictures, a trained psychologist could better understand this individual's inner world. What are the weaknesses of this method?

CHECK AND APPLY YOUR KNOWLEDGE

1. Explain neuropsychanalysis.
2. Explain psychodrama.
3. What is TAT? If you were a professional psychologist today, would you have used TAT?

Visual Review

