

"Classical" and "Modern"**Psychoanalytic theory****introduction :**

Psychoanalytic theory is the theory of personality organization and the dynamics of personality development relating to the practice of psychoanalysis, a clinical method for treating psychopathology. First laid out by Sigmund Freud in the late 19th century, psychoanalytic theory has undergone many refinements since his work. The psychoanalytic theory came to full prominence in the last third of the twentieth century as part of the flow of critical discourse regarding psychological treatments after the 1960s, long after Freud's death in 1939. Freud had ceased his analysis of the brain and his physiological studies and shifted his focus to the study of the psyche, and on treatment using free association and the phenomena of transference. His study emphasized the recognition of childhood events that could influence the mental functioning of adults. His examination of the genetic and then the developmental aspects gave the psychoanalytic theory its characteristics. Starting with his publication of *The Interpretation of Dreams* in 1899, his theories began to gain prominence.

1- Definition:

Psychoanalytic and psychoanalytical are used in English. The latter is the older term, and at first, simply meant 'relating to the analysis of the human psyche.' But with the emergence of psychoanalysis as a distinct clinical practice, both terms came to describe that. Although both are still used, today, the normal adjective is psychoanalytic.

Psychoanalysis is defined in the Oxford English Dictionary as A therapeutic method, originated by Sigmund Freud, for treating mental disorders by investigating the interaction of conscious and unconscious elements in the

patient's mind and bringing repressed fears and conflicts into the conscious mind, using techniques such as dream interpretation and free association. Also: a system of psychological theory is associated with this method.

- Classical psychoanalytic theory

- HISTORY OF PSYCHOANALYSIS

Attempts to trace back the history of psychoanalysis invariably lead to one renowned figure—Sigmund Freud. Born in 1856, Freud was a distinguished neurologist whose practice exposed him to individuals with symptoms of a condition similar to somatization, which was called hysteria at the time. Influenced by the work of fellow neurologist Jean-Martin Charcot, Freud began experimenting with hypnosis in treating these individuals.

As Freud's interest in hypnosis deepened, he collaborated with Josef Breuer to develop a new form of treatment that centered around helping individuals recall memories of traumatic events that occurred near the time symptoms began. Both Freud and Breuer observed that when people accessed these memories under hypnosis and spoke freely about them, their symptoms diminished. In 1895, Freud and Breuer published *Studies on Hysteria*, in which they described several cases of individuals treated through psychoanalysis. This publication is widely regarded as the first contribution to psychoanalytic literature.

After encountering several problems with hypnosis, Freud later abandoned this method in favor of what he termed "free association." By asking individuals to speak freely about whatever came to mind and analyzing these free associations, Freud found he could work his way back to the root of the psychological issues he encountered by uncovering repressed memories. He coined the term "psychoanalysis" to describe his new approach to treatment and its theoretical underpinnings.

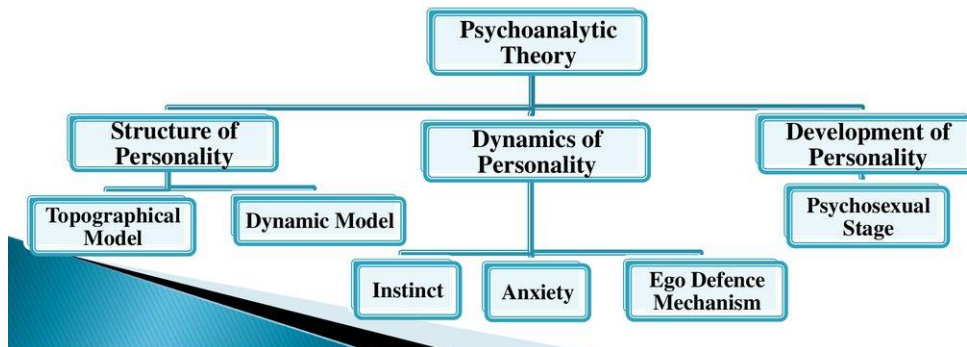
As time passed, Freud expanded and refined his theory. Although he maintained that sexual trauma affected mental health, he began viewing symptoms primarily as the result of unconscious conflict. In 1900, he published *The Interpretation of Dreams*, in which he described dreams as the result of this conflict. He theorized that dreams are unconscious attempts to work through conflicts or express desires too threatening to be allowed into awareness.

Freud's Psychoanalytic Theory

Sigmund Freud (1856-1939) developed the best-known theory of personality focused upon internal growth or psycho dynamic. Freud urbanized this theory of personality out of his observations of patients over a period of forty years.



He had deterministic and pessimistic view of human nature. Freud assumes that human personality is composed of three interrelated, but often conflicting psychoanalytic concepts:



The theory of modern psychoanalysis

Early in the twentieth century, Freud's ideas began to increase in popularity among other progressive thinkers in Vienna, where he lived and worked. Notable among these were Alfred Adler, Carl Jung, and Otto Rank, who all became part of the first organized group of psychoanalysts called the Wednesday Psychological Society, later known as The Vienna Psychoanalytic Society. In 1909, Freud travelled to the United States with Jung, where he delivered a series of lectures and spread ideas of psychoanalysis far beyond the boundaries of Vienna. However, after a few years, some of Freud's closest associates began protesting several of his key ideas. Some, including Adler and Jung, went on to propose their own theories and methods for psychoanalysis.

As World War I broke out, the psychoanalytic movement received an enormous boost, particularly in Britain. Numerous soldiers were returning from war with symptoms of shell shock, known now as posttraumatic stress (PTSD). Psychoanalysis was revealed to be useful for understanding and treating this condition, especially considering the limited options available in the field of

psychiatry at the time. The war's aftermath also prompted Freud to think deeply about the role of aggression in human behavior. Instead of focusing on sexual instincts as the primary motivating force, he adjusted his original theory to include emphasis on what he termed the death instinct. Despite failing health, Freud continued revising and refining his theory until his death in 1939. By then, the theory and method of psychoanalysis had been established internationally.

While many people maintain a strong interest in psychoanalysis, the movement has slowed dramatically. In the United States, only a relatively small percentage of therapists engage in psychoanalysis as their primary mode of treatment, and it is rare to find a therapist who strictly adheres to classical psychoanalytic methods. Most analysts adopt contemporary approaches to psychoanalysis that have modified Freud's version in obvious ways. For example, brief, time-limited versions of psychoanalysis are becoming more popular, and the therapeutic relationship tends to be more interactive. Greater emphasis is also placed on how the ego functions as opposed to the id and on current problems rather than early childhood experiences. Although psychoanalysis has been overtaken in popularity by other approaches, such as cognitive behavioral therapy (CBT), it is still considered a valid form of treatment for most anxiety and personality issues.