Freud vs. The Neo-Freudians

<table>
<thead>
<tr>
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<th>Less emphasis on sex</th>
<th>Less emphasis on the unconscious</th>
<th>More emphasis on the interpersonal</th>
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<tbody>
<tr>
<td>Jung</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Adler</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
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<td>Horney</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
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<tr>
<td>Erikson</td>
<td>Yes</td>
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Inferiority and compensation: Adler

- Thought Freud was too focused on sex as the ultimate motivator and organizer of thought and behavior
- Social interest
  - The desire to relate positively and productively with others
- Organ inferiority
  - Individuals are motivated to attain equality with or superiority over others and try to accomplish it to compensate for what they felt was their weakest aspect in childhood
  - Masculine protest
    - Overcompensating behavior
      - i.e. muscle car or monster truck
- Everyone felt inferior as a child in some way and adult behavior is driven to overcome these feelings—this explains behavior
  - Needs for power, love, and achievement
- Inferiority complex
- Lifestyle
  - Compensations for perceived childhood inferiorities develop into particular behavior

Collective unconscious, persona, and personality: Jung

- Close to Freud for many years
- Collective unconscious
  - All people share certain inborn “racial” (species-specific) memories and ideas, most of which reside in the unconscious
    - Archetypes
      - Fundamental images such as earth mother, the hero, etc.
- Persona
  - Social mask worn in public
  - A false self b/c everyone keeps parts of real self private
- Anima
  - The idea of the female, as held in the mind of a male
  - Male’s anima is his “feminine side”
- Animus
  - The idealized image of the male, as held in the mind of a female
  - Female’s animus is her “masculine side”
- The anima and animus images lead to misunderstandings
- Introverts vs. extraverts—inward vs. outward focus
  - Big 5, MBTI, etc. measure

Feminine psychology and basic anxiety: Horney

- Deviated from Freud on his theory that many others—esp. women—have objected to
  - The portrayal of women as obsessed with “penis envy” and desiring to be male
  - Freud’s writings seem to view women as damaged and missing something—not whole persons of their own
- Adult behavior as focused on overcoming basic anxiety from childhood
  - Neurotic needs
    - Attempts to avoid this anxiety
Psychosocial development: 
Erikson

- Not all conflicts are in the unconscious part of the mind—many are conscious
  - i.e. must choose between 2 activities, 2 careers, 2 partners, etc.
- Erikson emphasized not the physical location of libido at each stage of conflict, but rather the conflicts that are experienced and their possible outcomes
- Psychosocial vs. psychosexual stages—developmental tasks
  - Trust vs. mistrust—corresponds w/ Freud’s oral stage—how needs are met, ignored, or overindulged
  - Autonomy vs. shame and doubt—anal stage—who’s in charge?
  - Initiative vs. guilt—phallic stage—develop sense of right and wrong—morality
  - Industry vs. inferiority—develop skills to succeed in work and society
  - Identity vs. identity confusion—latency stage—choose meaningful values and goals
  - Intimacy vs. isolation—find an intimate life partner
  - Generativity vs. stagnation—how contributing to the next generation

Object relations: Klein & Winnicott

- We can only relate to others via the images we hold of them in our minds, and these don’t always match reality
- 4 principle themes
  1. Every relationship has elements of satisfaction and frustration, or pleasure and pain
     - The 1st important “object” is the mother’s breast
     - Nutrition, warmth and comfort
  2. Mix of love and hate
     - Important people are sources of pleasure and frustration
     - Provide love, respect or criticism, but also harm, criticism and frustration
  3. Distinction between parts of the love object and the whole person
     - i.e. might appreciate someone’s humor
     - Enjoying someone’s attributes for your own benefit is different from loving the whole person
  4. The psyche of the baby and the adult are aware of and distressed by contradictory feelings
     - May feel guilt about these negative emotions but if expressed, might lose the person

- Melanie Klein worked with kids
- D. W. Winnicott
  - Transitional object
    - i.e. blanket, stuffed animal, or “niffle”—piece of cloth emotionally attached to
  - Transitional for 2 reasons
    1. Help the child change from the time adults are constantly caring for them to when they must face the world alone
    2. Real objects, but they exist in the space between fantasy and reality
  - False self
    - Put on to please others

Where have the neo-Freudian theorists gone?

- They’re dead
- Their kind of theorizing based on informal observation, clinical experience, and insight is in the past

Modern psychoanalytic research

- Research psychologists are often ignorant about psychoanalysis
- Psychoanalysts usually are less interested in conventional scientific research and prefer anecdotal evidence
- Usually ignore each other
- New researchers like Drew Westen are pursuing research relevant to psychoanalysis
  - Examination of independent mental processes that occur simultaneously in the same mind and can conflict with one another
  - Mental processes are unconscious
  - Compromises among mental processes that are negotiated out of consciousness
  - Self-defense thought processes and self-deception
  - The influence of the past on current functioning, esp. patterns laid down in childhood that endure into adulthood
  - Sexual or aggressive wishes as they consciously or unconsciously influence thought, feeling, and behavior