

السنة 2 علم النفس المقياس: الإنجليزية 2nd year Psychology Module: English language

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Psychoanalysis *n.* an approach to the mind, personality, psychological disorders, and psychological treatment originally developed by Sigmund Freud at the beginning of the 20th century. The hallmark of psychoanalysis is the assumption that much mental activity is unconscious and that understanding people requires interpreting the unconscious meaning underlying their overt, or manifest, behavior. Psychoanalysis (often shortened to **analysis**) focuses primarily, then, on the influence of such unconscious forces as repressed impulses, internal conflicts, and childhood traumas on the mental life and adjustment of the individual. The foundations on which classical psychoanalysis rests are (a) the concept of infantile sexuality; (b) the oedipus complex; (c) the theory of instincts or drives; (d) the pleasure principle and the reality principle; (e) the threefold structure of the psyche into id, ego, and superego; and (f) the central importance of anxiety and defense mechanisms in neurotic reactions. (...) Psychoanalysis as a therapy seeks to bring about basic modifications in an individual's personality by investigating his or her transference with the analyst or therapist and thereby eliciting and interpreting the unconscious conflicts that have produced the individual's neurosis. The specific methods used to achieve this goal are free association, dream analysis, analysis of resistances and defenses, and working through the feelings revealed in the transference and countertransference process.

Reference : VandenBos, G. R. (ed.) (2015). *APA Dictionary of Psychology*. 2nd Ed. Washington, DC: AMERICAN PSYCHOLOGICAL ASSOCIATION. p. 854

Unconscious : the region of the psyche containing memories, emotional conflicts, wishes, and repressed impulses that are not directly accessible to awareness but that have dynamic effects on thought and behavior. p. 1119

repression *n.* **1.** in classical psychoanalytic theory and other forms of depth psychology, the basic defense mechanism that excludes painful experiences and unacceptable impulses from consciousness. 907

infantile sexuality in psychoanalytic theory, the concept that psychic energy or libido concentrated in various organs of the body throughout infancy gives rise to erotic pleasure. This is manifested in sucking the mother's breast during the oral stage of psychosexual development, in defecating during the anal stage, and in self-stimulating activities during the early genital stage 536

pleasure principle the view that human beings are governed by the desire for gratification, or pleasure, and for the discharge of tension that builds up as pain or "unpleasure" when gratification is lacking. 803

reality principle in classical psychoanalytic theory, the regulatory mechanism that represents the demands of the external world and requires the individual to forgo or modify instinctual gratification or to postpone it to a more appropriate time. 886

defense mechanism in classical psychoanalytic theory, an unconscious reaction pattern employed by the ego to protect itself from the anxiety that arises from psychic conflict. Such mechanisms range from mature to immature, depending on how much they distort reality: denial is very immature because it negates reality, whereas sublimation is one of the most mature forms of defense because it allows indirect satisfaction of a true wish. In more recent psychological theories, defense mechanisms are seen as normal means of coping with everyday problems and external threats, but excessive use of any one, or the use of immature defenses (e.g., displacement or repression), is still considered pathological. 289

free association a basic process in psychoanalysis and other forms of psychodynamic psychotherapy, in which the patient is encouraged to verbalize without censorship or selection whatever thoughts come to mind, no matter how embarrassing, illogical, or irrelevant. The object is to allow unconscious material, such as inhibited thoughts and emotions, traumatic experiences, or threatening impulses, to come to the surface where they can be interpreted. Free association is also posited to help the patient discharge some of the feelings that have given this material excessive control over him or her. 435-436

resistance *n.* **1.** generally, any action in opposition to, defying, or withstanding something or someone. **2.** in psychotherapy and analysis, obstruction, through the client's words or behavior, of the therapist's or analyst's methods of eliciting or interpreting psychic material brought forth in therapy. 910

defense *n.* physical features or behavior that reduce the likelihood of an individual being harmed by another. 289

working through (...) **2.** in psychoanalysis, the process by which patients gradually overcome their resistance to the disclosure of unconscious material; are brought face to face with the repressed feelings, threatening impulses, and internal conflicts at the root of their difficulties; and develop conscious ways to rebound from, resolve, or otherwise deal with these feelings, impulses, and conflicts. 1162

transference *n.* in psychoanalysis, a patient's displacement or projection onto the analyst of those unconscious feelings and wishes originally directed toward important individuals, such as parents, in the patient's childhood. It is posited that this process brings repressed material to the surface where it can be re-experienced, studied, and worked through to discover the sources of a patient's current neurotic difficulties and to alleviate their harmful effects. 1101

countertransference *n.* the therapist's unconscious (and often conscious) reactions to the patient and to the patient's transference. These thoughts and feelings are based on the therapist's own psychological needs and conflicts and may be unexpressed or revealed through conscious responses to patient behavior. 260