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# Psychoanalytic Counseling

- *A moment's insight is sometimes worth a life's experience.*

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## •Chapter Objectives

***After reading this chapter, you should be able to:***

- Outline the development of psychoanalysis and Sigmund Freud
- Explain the theory of psychoanalysis including its core concepts

- Discuss the counseling relationship and goals in psychoanalysis
- Describe assessment, process, and techniques in psychoanalysis
- Demonstrate some therapeutic techniques
- Clarify the effectiveness of psychoanalysis
- Discuss psychoanalytic play therapy

- **Sigmund Freud**  
**(1856-1939)**

- Lived in Vienna for 80 years
- Noticed patients' physical symptoms seemed to have mental base
- He began to get the idea that most of the forces at work were unconscious

- From this came the foundations for a theory of personality

- **Sigmund Freud**

- Developed his model of people over five decades of observing and writing
- Major principles were based on the clinical study of individual patients undergoing treatment for their problems
- The father of psychoanalysis and the grandfather of child psychoanalysis

- **Nature of People**

- Psychic determinism and unconscious mental processes
- People basically evil and victims of instincts that must be balanced
- To achieve balance people need a deep understanding of the forces that motivate them
- Psychic energy systems are the id, ego, superego
- Behavior determined by energy, unconscious motives and by instinctual and biological drives

## • **Basis**

- Psychic determinism implies mental life is a continuous logical manifestation of cause-related relationships

- Unconscious mental processes are the causative factors that are unknown, below conscious level
- Thus people often do not understand feelings or actions
- Basis for much of what is involved in psychoanalysis

## • **Terms**

- Unconscious
- Conscious
- Preconscious
- Subconscious
- Collective unconscious

## • **Theory Concepts**

### **Structural**

- Id هوية الشخصية
- Ego الغرور

- Superego الانا العليا

## **Dynamic**

- Instinct غريزة
- Cathexis تركيز فكري
- Anticathexis كبت الخواطر السيئة
- Anxiety

# • **Structural Concepts**

- **Id:** basic instinctual drives and seeks pleasure.
- **Ego:** attempts to balance the desires of the id and the reality of the external world.
- **Superego:** personal moral standard

# • **Dynamic Concepts**

- **Instinct:** inborn psychological representation
- **Cathexis:** directing energy toward an object that will satisfy a need.
- **Anticathexis:** ego's restraint of the id's impulses.
- **Anxiety:** conscious state that reflects the presence of an emotional experience by external or internal nervous energy.

# • **Developmental Concepts**

- **Defense mechanisms** أسلوب  
الدفاع: operations of the mind that aim to ward off anxiety and depression; unconscious distortions of reality that reduce painful affect and conflict through automatic, habitual responses
- **Psychosexual** النفسية  
**Stages:** succession of stages characterized by dominant mode of achieving libidinal pleasure and by specific developmental tasks
- **Defense Mechanisms**
  - Identification هوية
  - Displacement الازاحة
  - Repression قمع and suppression



- Projection اسقاط
- Reaction formation انعقاد ردة فعل
- Rationalization ترشيد
- Denial انكار
- Fantasy خيال
- Withdrawal انسحابي
- Intellectualization ذهني
- Regression انحسار
- Fixation تثبيت
- Undoing خراب
- Acting out يتصرف بدافع
- Compensation تعويضات
- Sublimation تسام

## • **Psychosexual Stages**

**ORAL STAGE:** Birth to 1 1/2 Years

- Adjust to the weaning process and learn to chew food

**ANAL STAGE:** 1 1/2 to 3 Years

- Regulation of natural functions

## **PHALLIC STAGE: 3 to 6 Years**

- Oedipus/Electra complex
- Sexual desires and attitudes take shape

## **LATENCY** وقت الاستجابة **STAGE: 6 to 11 Years**

- Developmental skills and activities

## **GENITAL STAGE: Adolescence**

- Developing heterosexual relationships

# • **When analyzing children**

- Develop a warm, friendly relationship
- Accept the child
- Create an atmosphere of permissiveness in the relationship
- Recognize the child's feelings and reflect them
- Respect the child's ability to solve problems

- Allow the child to lead and follow that lead
- Do not hurry
- Use only necessary limits (Merydith, 2007, p. 112).

## • **Process:** **Beginning**

- *Opening phase*
  - reasons for seeking treatment
  - triggers *اثار* to current problems
  - degree of distress of the client
- *The elements of treatment*
  - building the therapeutic relationship
  - exploring the client's concerns

## • **Process: Middle phase**

- *Working through*
  - themes revisited and explored
  - increase understanding of the forces, past patterns, and inner conflicts that are causing the client's problems.
- The elements of treatment
  - analysis of transference
  - examination of other relationships

## • **Process: Final phase**

- *Ending*
  - goals have been reached
  - transference is resolved
  - separation is the next step

# • **Psychoanalytic Counseling and Self-Esteem**

**Simon's six conditions for  
nurturing and maintaining self  
esteem and mental health:**

- Belonging
- Child Advocacy
- Risk Management
- Empowerment
- Uniqueness
- Productivity

# • **Counseling Methods**

**CATHARSIS:**

- Process of remembering,  
verbalizing, and emotionally reliving  
an early childhood event in order to

eliminate the symptoms that had been caused by the event.

### **FREE ASSOCIATION:**

- The process in which unconscious thoughts are brought to the conscious mind by vocalizing whatever thoughts or feelings come to mind.

### **INTERPRETATION:**

- DREAMS - express wish fulfillment
- PARAPRAXIA - “Freudian Slips”
- HUMOR - Jokes, puns, satire are all acceptable means for unconscious urges to gain access to the conscious.

# **•Counseling Methods**

### **ANALYSIS of TRANSFERENCE**

- Client views the counselor as someone else

### **ANALYSIS of RESISTANCE**

- Client resists the attempts of the counselor to help

### **ANALYSIS of INCOMPLETE SENTENCES**

- Projective techniques to understand the client

### **BIBLIOCOUNSELING:**

- Reading and discussing books about situations similar to clients' issues

## **•Counseling Methods**

### **STORYTELLING:**

- Client tells a story and the counselor retells the story with better responses/alternatives

### **PSYCHOANALYTIC PLAY THERAPY**

- Toys and games assist the counselor with putting the child at ease, creating an alliance, and

discovering clues about  
the client's inner life.

- **Psychoanalytic  
Play Therapy**

Fundamental goal: the child's  
insight into self

- aim is moving past the current  
pain in  
order to accept one's self  
and develop  
security, adaptability, and  
self-accepting  
ways

- **Psychoanalytic  
Play Therapy**

More specific goals:



- decreasing suffering,
- recovering from trauma,
- adjusting to life,
- following a medical treatment plan,
- eliminating fears,
- advancing academically,
- managing anger, and accepting disabilities.

## • **Object Relations Theory**

- Early family relationships affect relationships outside the family.
- Family relationships that model appropriate and healthy models for future relationship development

are the best assistance  
children can have in  
learning to build  
relationships outside the  
family.