

Foundations, Part I: Freud

<https://classesv2.yale.edu/>

Evaluation

- Midterm (30%)
- Final (35%)

- Weekly reading responses (15%)
- Book review (20%)

- Experimental participation

Experimental participation requirement

- Students must complete 5 'units' (hours) of research participation credits -- which can be satisfied by participating in experiments, observing experiments, or in other ways such as writing research reports. Details are in the handout, which is also available on the class website (the last 4 pages of the syllabus).
- Opportunities for experiments will begin soon after January 31.

Volunteers?

- New applications from investigators who wish to use the pool need to be reviewed by a committee to ensure educational benefit for the students.
- This committee must contain 2-3 undergraduate students from this class. Students must be available to meet Friday, January 26, at 2pm.
- If you are interested, please speak to me after class.

Foundations, Part I: Freud

Many of the core ideas have
been rejected
But many remain

Some interesting and influential ideas

- Unconscious reasons for feelings and actions
- Unconscious dynamics (conflict)
 - leading to dreams, speech errors, jokes, madness

Psychoanalytic Divisions of the Mind

- Id - instinctual drives present at birth
 - does not distinguish between reality and fantasy
 - operates according to the pleasure principle
- Ego - develops out of the id in infancy
 - understands reality and logic
 - mediator between id and superego
- Superego
 - internalization of society's moral standards
 - responsible for guilt

Psychosexual Stages

- Freud's five stages of personality development, each associated with a particular erogenous zone
- Fixation - an attempt to achieve pleasure as an adult in ways that are equivalent to how it was achieved in these stages

Oral Stage (birth - 1 year)

- Mouth is associated with sexual pleasure
- Weaning a child can lead to fixation if not handled correctly
- Fixation can lead to oral activities in adulthood

Anal Stage (1 - 3 years)

- Anus is associated with pleasure
- Toilet training can lead to fixation if not handled correctly
- Fixation can lead to anal retentive or expulsive behaviors in adulthood

Phallic Stage (3 - 5 years)

- Focus of pleasure shifts to the genitals
- Oedipus or Electra complex can occur
- Fixation can lead to excessive masculinity in males and the need for attention or domination in females

Oedipus Complex

- Mom is nice
- I love Mom
- But Dad is in the way
- Kill Dad!
- Uh oh. Dad is mad
- What is the worse that Dad can do?

Oedipus Complex

- **Castration!**
- I give up. Dad wins.
- Let's not think about sex for a while

Latency Stage (5 - puberty)

- Sexuality is repressed
- Children participate in hobbies, school and same-sex friendships

Genital Stage (puberty on)

- Sexual feelings re-emerge and are oriented toward others
- Healthy adults find pleasure in love and work, fixated adults have their energy tied up in earlier stages

Defense Mechanisms

- Unconscious mental processes employed by the ego to reduce anxiety

Defense Mechanisms

- Sublimation - displacement to activities that are valued by society
- Displacement - re-direction of shameful thoughts to more appropriate targets

Defense Mechanisms

- Projection - reducing anxiety by attributing unacceptable impulses to someone else
- Rationalization - reasoning away anxiety-producing thoughts
- Regression - retreating to a mode of behavior characteristic of an earlier stage of development

Hysteria and its treatment

- Blindness and deafness, paralysis, trembling, panic attacks, gaps of memory, etc.
- These symptoms are a way of keeping emotionally charged memories under lock and key
- When memories are recovered, there is **catharsis** -- an explosive release

Hysteria and its treatment

- Freud originally tried to get at these memories through hypnosis, but later moved to free association
- Patients offer resistance
- Freud used the methods of psychoanalysis to explore these conflicts

More Freud

- Dreams
- Myth & Literature
- Religion

Freud: Scientific assessment

Falsifiability (Karl Popper)

Scientific predictions need to
make strong claims about
the world, and run the risk of
being proven false

Freud: You hate your mother

Patient: Wow. That makes sense

Freud: Yes, I am right!

Freud: You hate your mother

Patient: No, I don't! What a terrible idea!

Freud: Your anger shows that this idea is painful to you. You have repressed it from consciousness. I am right!

Freud: Adult personality traits are shaped by the course of psychosexual development. All dreams are disguised wish-fulfillment. Psychoanalysis is the best treatment for mental disorders.

Scientist: I disagree. There is little or no evidence that supports any of those claims.

Freud: Your rejection of my ideas shows that they are distressing to you. This is because I am right!

Also, you have deep psychological problems, and require extensive therapy.

When specific predictions are made, they don't do too well

- Oral and anal characteristics
- Role of weaning and toilet training
- Sexual preference
- Success of psychoanalysis

The core Freudian insight --
the importance of the
unconscious --
remains intact

Freud meets Darwin:
Why would an unconscious
evolve?

Deception

How to be a good liar

Self-deception

The unconscious in modern psychology

1. Language

-- John thinks that Bill likes him

The unconscious in modern psychology

1. Language

-- John thinks that Bill likes him

The unconscious in modern psychology

2. Habit

driving, chewing gum, shoelace tying

The unconscious in modern psychology

3. Likes and dislikes

Hazing

Subliminal Death Primes

The unconscious in modern psychology

3. Likes and dislikes

Hazing

Subliminal Death Primes

CORPSE

The unconscious in modern psychology

3. Likes and dislikes

Hazing

Subliminal Death Primes

The unconscious in modern psychology

3. Likes and dislikes

Hazing

Subliminal Death Primes

Making a list

Think about someone you
love

List 3 positive features of that
person

List 10 positive features of
that person

How much do you like that
person?

How much do you like that
person?

Liking goes up in 3 group
Liking goes down in 10 group