

What Would Freud Do

Sigmund Freud

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Sigmund Freud (FROYD; Austrian German: [?si?gm?nd ?fr??d]; born Sigismund Schlomo Freud; 6 May 1856 – 23 September 1939) was an Austrian neurologist and the founder of psychoanalysis, a clinical method for evaluating and treating pathologies seen as originating from conflicts in the psyche, through dialogue between patient and psychoanalyst, and the distinctive theory of mind and human agency derived from it.

Freud was born to Galician Jewish parents in the Moravian town of Freiberg, in the Austrian Empire. He qualified as a doctor of medicine in 1881 at the University of Vienna. Upon completing his habilitation in 1885, he was appointed a docent in neuropathology and became an affiliated professor in 1902. Freud lived and worked in Vienna, having set up his clinical practice there in 1886. Following the German annexation of Austria in March 1938, Freud left Austria to escape Nazi persecution. He died in exile in the United Kingdom in September 1939.

In founding psychoanalysis, Freud developed therapeutic techniques such as the use of free association, and he established the central role of transference in the analytic process. Freud's redefinition of sexuality to include its infantile forms led him to formulate the Oedipus complex as the central tenet of psychoanalytical theory. His analysis of dreams as wish fulfillments provided him with models for the clinical analysis of symptom formation and the underlying mechanisms of repression. On this basis, Freud elaborated his theory of the unconscious and went on to develop a model of psychic structure comprising id, ego, and superego. Freud postulated the existence of libido, sexualised energy with which mental processes and structures are invested and that generates erotic attachments and a death drive, the source of compulsive repetition, hate, aggression, and neurotic guilt. In his later work, Freud developed a wide-ranging interpretation and critique of religion and culture.

Though in overall decline as a diagnostic and clinical practice, psychoanalysis remains influential within psychology, psychiatry, psychotherapy, and across the humanities. It thus continues to generate extensive and highly contested debate concerning its therapeutic efficacy, its scientific status, and whether it advances or hinders the feminist cause. Nonetheless, Freud's work has suffused contemporary Western thought and popular culture. W. H. Auden's 1940 poetic tribute to Freud describes him as having created "a whole climate of opinion / under whom we conduct our different lives".

Freud's psychoanalytic theories

desires." Freud believed that people rely on religion to give explanations for anxieties and tension they do not want to consciously believe in. Freud argued

Sigmund Freud (6 May 1856 – 23 September 1939) is considered to be the founder of the psychodynamic approach to psychology, which looks to unconscious drives to explain human behavior. Freud believed that the mind is responsible for both conscious and unconscious decisions that it makes on the basis of psychological drives. The id, ego, and super-ego are three aspects of the mind Freud believed to comprise a person's personality. Freud believed people are "simply actors in the drama of [their] own minds, pushed by desire, pulled by coincidence. Underneath the surface, our personalities represent the power struggle going on deep within us".

Anna Freud

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Anna Freud CBE (FROYD; Austrian German: [ʔana ʔfr??d]; 3 December 1895 – 9 October 1982) was a British psychoanalyst of Austrian Jewish descent. She was born in Vienna, the sixth and youngest child of Sigmund Freud and Martha Bernays. She followed the path of her father and contributed to the field of psychoanalysis. Alongside Hermine Hug-Hellmuth and Melanie Klein, she may be considered the founder of psychoanalytic child psychology.

Compared to her father, her work emphasized the importance of the ego and its normal "developmental lines" as well as incorporating a distinctive emphasis on collaborative work across a range of analytical and observational contexts.

After the Freud family were forced to leave Vienna in 1938 with the advent of the Nazi regime in Austria, she resumed her psychoanalytic practice and her pioneering work in child psychoanalysis in London, establishing the Hampstead Child Therapy Course and Clinic in 1952 (later renamed the Anna Freud National Centre for Children and Families) as a centre for therapy, training and research work.

Sigmund Freud's views on homosexuality

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Sigmund Freud, the founder of psychoanalysis, viewed homosexuality, like all forms of sexuality, as being caused by a combination of biological, social and psychological factors. According to Freud, humans are born with unfocused sexual libidinal drives; he regarded homosexuality as a particular form of variation in the developmental process of the sexual function.

Contrary to common opinion at the time, Freud did not regard homosexuality in any sense as an illness or form of degeneracy. In 1935, when asked by a woman to cure her son's homosexuality, Freud famously rejected her request, saying: "Many highly respectable individuals of ancient and modern times have been homosexuals, several of the greatest men among them" and "It is a great injustice to persecute homosexuality as a crime."

Oedipus complex

female) Oedipus complex. The general concept was considered by Sigmund Freud in The Interpretation of Dreams (1899), although the term itself was introduced

In classical psychoanalytic theory, the Oedipus complex is a son's sexual attitude towards his mother and concomitant hostility toward his father, first formed during the phallic stage of psychosexual development. A daughter's attitude of desire for her father and hostility toward her mother is referred to as the feminine (or female) Oedipus complex. The general concept was considered by Sigmund Freud in The Interpretation of Dreams (1899), although the term itself was introduced in his paper "A Special Type of Choice of Object Made by Men" (1910).

Freud's ideas of castration anxiety and penis envy refer to the differences of the sexes in their experience of the Oedipus complex. The complex is thought to persist into adulthood as an unconscious psychic structure which can assist in social adaptation but also be the cause of neurosis. According to sexual difference, a positive Oedipus complex refers to the child's sexual desire for the opposite-sex parent and aversion to the same-sex parent, while a negative Oedipus complex refers to the desire for the same-sex parent and aversion to the opposite-sex parent. Freud considered that the child's identification with the same-sex parent is the socially acceptable outcome of the complex. Failure to move on from the compulsion to satisfy a basic desire and to reconcile with the same-sex parent leads to neurosis.

The theory is named for the mythological figure Oedipus, an ancient Theban king who discovers he has unknowingly murdered his father and married his mother, whose depiction in Sophocles' Oedipus Rex had a profound influence on Freud. Freud rejected the term Electra complex, introduced by Carl Jung in 1913 as a proposed equivalent complex among young girls.

Some critics have argued that Freud, by abandoning his earlier seduction theory (which attributed neurosis to childhood sexual abuse) and replacing it with the theory of the Oedipus complex, instigated a cover-up of sexual abuse of children. Some scholars and psychologists have criticized the theory for being incapable of applying to same-sex parents, and as being incompatible with the widespread aversion to incest.

Freudian slip

however, that this is simply a description of what Freud and Breuer termed the preconscious, which Freud defined as thoughts that are not presently conscious

In psychoanalysis, a Freudian slip, also called parapraxis, is an error in speech, memory, or physical action that occurs due to the interference of an unconscious subdued wish or internal train of thought. Classical examples involve slips of the tongue, but psychoanalytic theory also embraces misreadings, mishearings, mistypings, temporary forgettings, and the mislaying and losing of objects.

Freud's seduction theory

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Freud's seduction theory (German: Verführungstheorie) was a hypothesis posited in the mid-1890s by Sigmund Freud that he believed provided the solution to the problem of the origins of hysteria and obsessional neurosis. According to the theory, a repressed memory of child sexual abuse in early childhood or a molestation experience was the essential precondition for hysterical or obsessional symptoms, with the addition of an active sexual experience up to the age of eight for the latter.

In the traditional account of development of seduction theory, Freud initially thought that his patients were relating more or less factual stories of sexual mistreatment, and that only sexual abuse could be responsible for his patients' neuroses and other mental health problems. Within a few years Freud abandoned his theory, concluding that some of his patients' stories of sexual abuse were not literal and were instead fantasies. He never ruled out that sexual abuse could be the cause of illness, simply that it was not the only possible cause.

An alternative account that has come to the fore in recent Freudian scholarship emphasizes that the theory, as posited by Freud, was that hysteria and obsessional neurosis result from unconscious memories of sexual abuse in infancy. In the three seduction theory papers published in 1896, Freud stated that with all his current patients he had been able to uncover such abuse, mostly below the age of four. These papers indicate that the patients did not relate stories of having been sexually abused in early childhood; rather, Freud used the analytic interpretation of symptoms and patients' associations, and the exerting of pressure on the patient, in an attempt to induce the "reproduction" of the deeply repressed memories he posited. Though he reported he had succeeded in achieving this aim, he also acknowledged that the patients generally remained unconvinced that what they had experienced indicated that they had actually been sexually abused in infancy. Freud's reports of the seduction theory episode went through a series of changes over the years, culminating in the traditional story based on his last account, in New Introductory Lectures on Psychoanalysis.

Uncanny

elaborated on by Sigmund Freud in his 1919 essay "Das Unheimliche", which explores the eeriness of dolls and waxworks. For Freud, the uncanny is located

The uncanny is the psychological experience of an event or thing that is unsettling in a way that feels oddly familiar, rather than simply mysterious. This phenomenon is used to describe incidents where a familiar entity is encountered in a frightening, eerie, or taboo context.

Ernst Jentsch set out the concept of the uncanny, later elaborated on by Sigmund Freud in his 1919 essay "Das Unheimliche", which explores the eeriness of dolls and waxworks. For Freud, the uncanny is located in the strangeness of the ordinary. Expanding on the idea, psychoanalytic theorist Jacques Lacan wrote that the uncanny places us "in the field where we do not know how to distinguish bad and good, pleasure from displeasure", resulting in an irreducible anxiety that gestures to the Real. The concept has since been taken up by a variety of thinkers and theorists like roboticist Masahiro Mori's uncanny valley and Julia Kristeva's concept of abjection.

Id, ego and superego

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In psychoanalytic theory, the id, ego, and superego are three distinct, interacting agents in the psychic apparatus, outlined in Sigmund Freud's structural model of the psyche. The three agents are theoretical constructs that Freud employed to describe the basic structure of mental life as it was encountered in psychoanalytic practice. Freud himself used the German terms das Es, Ich, and Über-Ich, which literally translate as "the it", "I", and "over-I". The Latin terms id, ego and superego were chosen by his original translators and have remained in use.

The structural model was introduced in Freud's essay Beyond the Pleasure Principle (1920) and further refined and formalised in later essays such as The Ego and the Id (1923). Freud developed the model in response to the perceived ambiguity of the terms "conscious" and "unconscious" in his earlier topographical model.

Broadly speaking, the id is the organism's unconscious array of uncoordinated instinctual needs, impulses and desires; the superego is the part of the psyche that has internalized social rules and norms, largely in response to parental demands and prohibitions in childhood; the ego is the integrative agent that directs activity based on mediation between the id's energies, the demands of external reality, and the moral and critical constraints of the superego. Freud compared the ego, in its relation to the id, to a man on horseback: the rider must harness and direct the superior energy of his mount, and at times allow for a practicable satisfaction of its urges. The ego is thus "in the habit of transforming the id's will into action, as if it were its own."

Jofi

states. Freud often talked through Jofi. Dr. Grinker wrote that if she scratched to be let out, Freud would say, "Jofi doesn't approve of what you're saying"

Jofi, also known as Yofi (1928 – January 11, 1937), was a Chow Chow dog owned by Sigmund Freud, the founder of psychoanalysis. Known for her significant role in Freud's personal life, Jofi is often cited as an early example of the therapeutic benefits of the human-animal bond. Her companionship with Freud, particularly during his later years, highlights the influence of pets on psychological well-being and has been linked to the early development of animal-assisted therapy. Jofi's presence and behavior also contributed to Freud's understanding of non-verbal communication in therapy settings. American Kennel Club included Jofi in its list of the most important female dogs in history.

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