



Psychology



Lec no : Psychology 2

Done By : Batool ALzubaidi

وَقُلْ رَبِّ زِدْنِي عِلْمًا

Psychology Theories

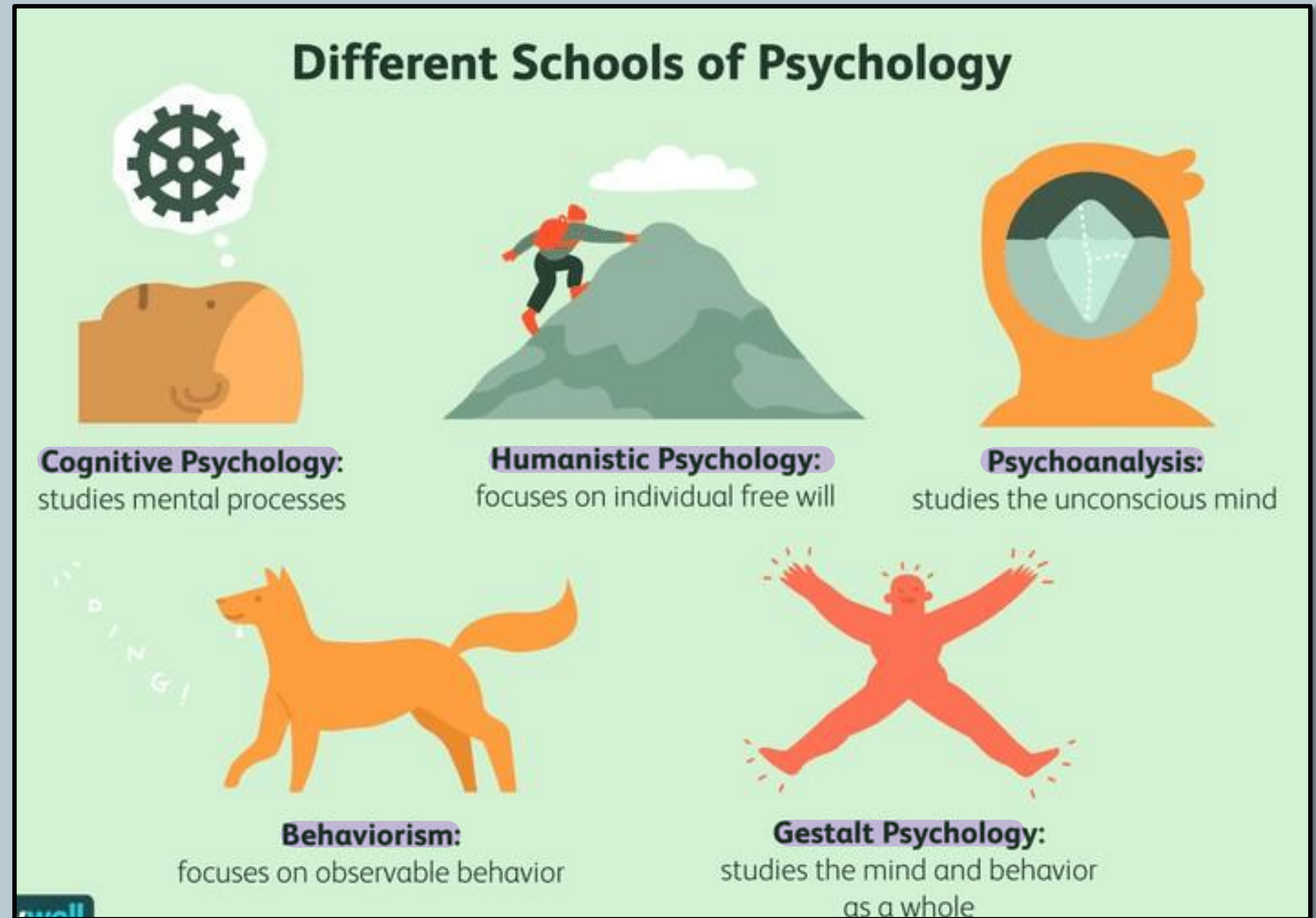
A way to predict and explain human behavior

ملاحظة : الجزئية الي شرحتها الطلاب راح اعملهم فايل لحالهم و بنزلهم بس يخلص ان شاء الله

Theories & theorist tend to fall under different schools of thought—the 5 most common are:

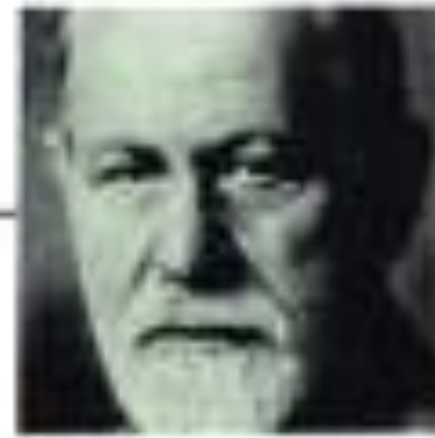
Researchers have also agreed upon the five following general rules.

- Development is similar for each individual
- Development builds upon earlier learning.
- Development proceeds at an individual rate.
- The different areas of development are interrelated.
- Development is a lifelong process.



Psychoanalytic & Psychosocial theories & theorists

Freud, Jung, Adler & Erickson



Freud



Adler



and

Jung



Where you have your thoughts present active and you comprise logical things, involves sensory awareness where you interpret visual and sensory stimuli (not just physical stimuli)

زي مثلا لما حدا يذكر شخص و بتحس انه مالوف او انت بتعرفه و بتصير تتذكر مين هو او حدا سلم عليك و نسيته و بتصير تتذكر شو اسمه و بعد بوقت بتتذكر ، المعلومة ما بتكون متوفرة بالوقت الحالي بس هي موجودة بذاكرتك و قدرت تطلعها



Freud & psychoanalytic theory



He thought that every behavior done consciously is affected by deep old memories and desires in the unconscious mind although you don't have access to them

مثال واحد قاعد بمحاضرة و بفكر شو هالشرح السيء هاي معلومات غلط شو هاي الزناخة و هاي افكاره و هو قاعد عبارة عن ال conscious mind و ممكن بعد شهر مع صحابه برة الجامعة بده يحكيلهم عن هاد الدكتور السيء الزنخ شو كان اسمه بفكر بفكر و بعدين بتذكر هاد ال subconscious ، ال unconscious يكون هو يكره هاد الدكتور لانه بال deep memories الي هو مش متذكرها اصلا بكون بشبه childhood bully فهو ب اللاوعي بكون ربط التنين مع بعض لانه بشبهه و صار يكره الدكتور .. عشان هيك type of treatment تبعه they will allow the patient to go deep in their unconscious و يعمل analysis لهدول ال deep memories and desires لانه حقيقة هدول هم مصدر السلوك



Divides the mind into three layers, or regions:

1. **Conscious:** This is where our current thoughts, feelings, and focus live;
2. **Preconscious** (sometimes called the subconscious): This is the home of everything we can recall or retrieve from our memory;
3. **Unconscious:** At the deepest level of our minds resides a repository of the processes that drive our behavior, including primitive and instinctual desires (McLeod, 2013).



Most primitive component, deeply embedded in the unconscious, develops self sense , it comprises your natural instincts and desires that could be aggressive

متعلقة بحاجات اساسية زي شعور الجوع مثلا و حاجتك للطعام، بالنسبة لل adults في aggressive behavior بعبروا عن مشاعرهم عن طريق anger بدون control فهائي النظرية بتفسر على انه كان عنده مشكلة بطفولته بتاثر على تصرفاته



The Unconscious Mind

Psychoanalytic Approach

The focus is on the unconscious mind rather than the conscious mind. It is built on the foundational idea that **your behavior is determined by experiences from your past that are lodged in your unconscious mind.**

- The significance of internal drives
- The impact of the unconscious on human personality and behavior
- Human thoughts, feelings, and behaviors as being rooted in our earliest experiences
- All behavior as being determined by internal factors (i.e., it is never random and behavior cannot be completely controlled by the individual) (McLeod, 2017).



ID

- Unconscious level only
- Instinct to survive (eros)
- Instinct to destroy (thanatos)

مثلا ال ID drives you انك تاكل سدر كنافة بس ال ego الي هي ال rational thinking بتحكى لا كل بس شوي .. شبيهها بانه ال ID حصان و ال EGO الفارس الي بروض



EGO

- Develops in infancy
- Keeps check on Id



ID is controlled by EGO



Here your doings, behavior, sayings controlled by something that has a meaning something more than a balance between ID and EGO



SUPEREGO

- Where morality resides
- Encourages social responsibility

Freud's psychosexual stages.

Children develop in five distinct stages, each focused on a different source of pleasure:

- **First Stage: Oral**—the child seeks pleasure from the mouth (e.g., sucking);

& Eating

If anything goes wrong during this stage, result: psychological problem called fixation

زي الي بعلق بهاد ال stage و later on in life راح يصير عنده مشاكل الها علاقة بال oral stage زي انه يصير يدخن (مثلا زي مشاكل الها علاثة بال breastfeeding)



لو صار مشكلة بهاي المرحلة راح يصير له fixation و تعمله مشاكل بالمستقبل زي obsessive compulsive جزء من anxiety disorder

- **Second Stage: Anal**—the child seeks pleasure from the anus (e.g., withholding and expelling feces);
- **Third Stage: Phallic**—the child seeks pleasure from the penis or clitoris (e.g., masturbation);
- **Fourth Stage: Latent**—the child has little or no sexual motivation;
- **Fifth Stage: Genital**—the child seeks pleasure from the penis or vagina (e.g., sexual intercourse; McLeod, 2013).

مشكلة ب اي وحدة منهم بصير fixation و بنتج عنها later on mental illness or dysfunction

Key Freudian Concepts



Defense Mechanisms

Freud believed these three parts of the mind are in constant conflict because each part has a different primary goal. Sometimes, when the conflict is too much for a person to handle, his or her ego may engage in one or many defense mechanisms to protect the individual.

مثلا اعتبر لو انت بتحلم انت في حدا بركض وراك و انت بتهرب هاد
غالبا عبارة عن suppressed fear فهو بشجعك انك تكتشفه

Interpretation of Dreams

Analyzing one's dreams can give valuable insight into the unconscious mind the manifest content (the actual dream) and the latent content (the true or hidden meaning behind the dream).

Fixations:

fixation is a persistent focus of the id's pleasure-seeking energies at an earlier stage of psychosexual development.

They occur when an issue or conflict in a psychosexual stage remains unresolved, leaving the individual focused on this stage and unable to move onto the next

The process of transference played an important role in treating such fixations. Essentially, an old fixation is transferred to a new one, allowing the person to consciously deal with the problem. Also women were expected to suppress their sexual needs. In many cases, this led to a neurotic disorder.

Are you fixated according to Freud???

Mechanism	Description	Example
Repression	Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious.	During the Oedipus complex aggressive thoughts about the same sex parents are repressed
Denial	Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it.	For example, smokers may refuse to admit to themselves that smoking is bad for their health.
Projection	This involves individuals attributing their own unacceptable thoughts, feeling and motives to another person.	You might hate someone, but your superego tells you that such hatred is unacceptable. You can 'solve' the problem by believing that they hate you.
Displacement	Satisfying an impulse (e.g. aggression) with a substitute object.	Someone who is frustrated by his or her boss at work may go home and kick the dog,
Regression	This is a movement back in psychological time when one is faced with stress.	A child may begin to suck their thumb again or wet the bed when they need to spend some time in the hospital.
Sublimation	Satisfying an impulse (e.g. aggression) with a substitute object. In a socially acceptable way.	Sport is an example of putting our emotions (e.g. aggression) into something constructive.

Examples of Psychological Fixations

Oral Fixations



Anal Fixations



Phallic Fixations



Carl Jung



Archetype » a symbol that has a common meaning for everyone like the idea of the hero

Collective Unconscious & Archetypes

He distinguished the **persona**, or the image of ourselves that we present to the world, from our **shadow**, which may be comprised of hidden anxieties and repressed thoughts

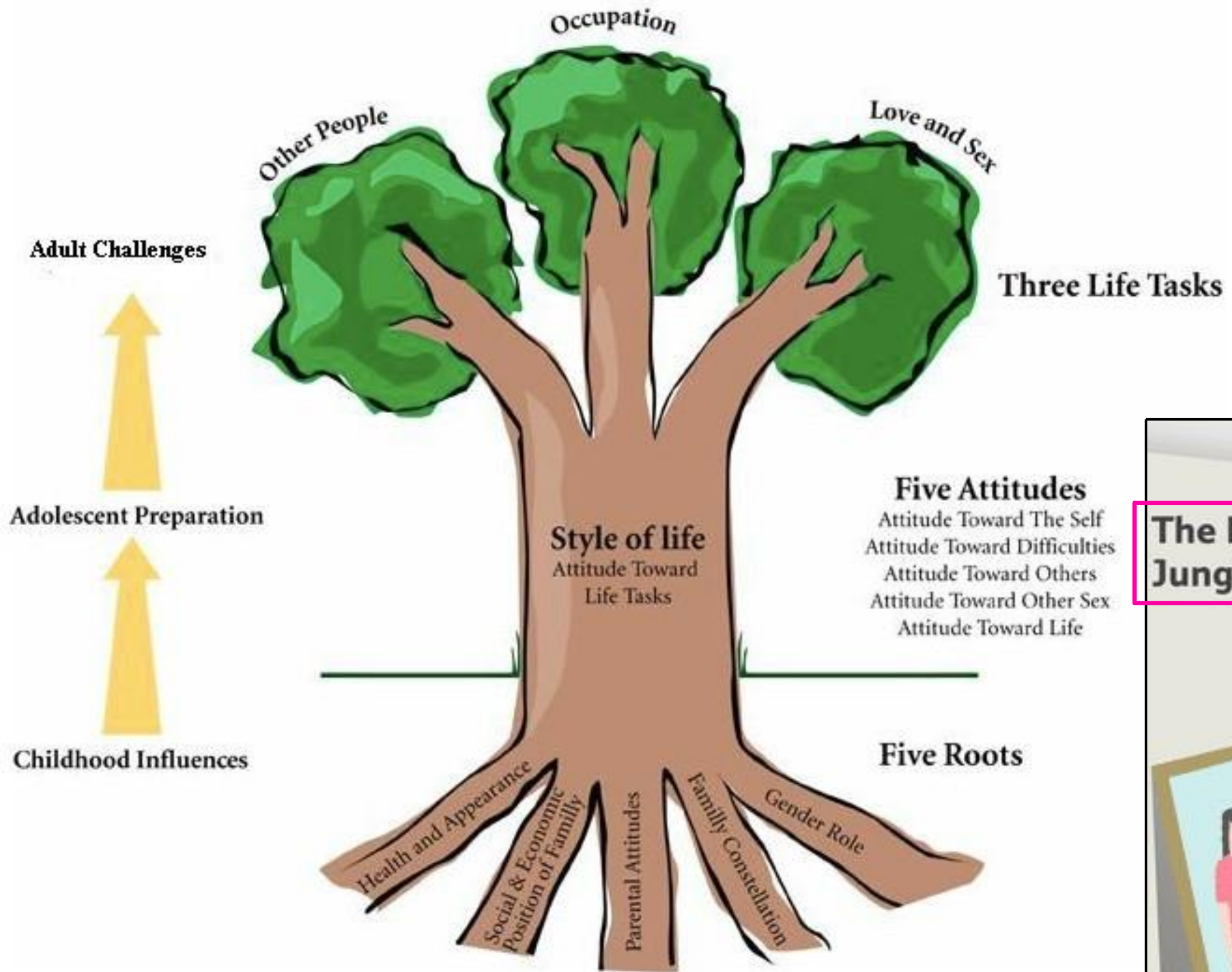
- *Nature and Purpose of the Libido*: the libido as a general source of psychic energy that motivated a wide range of human behaviors—from sex to spirituality to creativity
- *Nature of the Unconscious*: was more of a storehouse for the individual's

repressed memories and what he called the collective or transpersonal unconscious (a level of unconscious shared with other humans that is made up of latent memories from our ancestors)

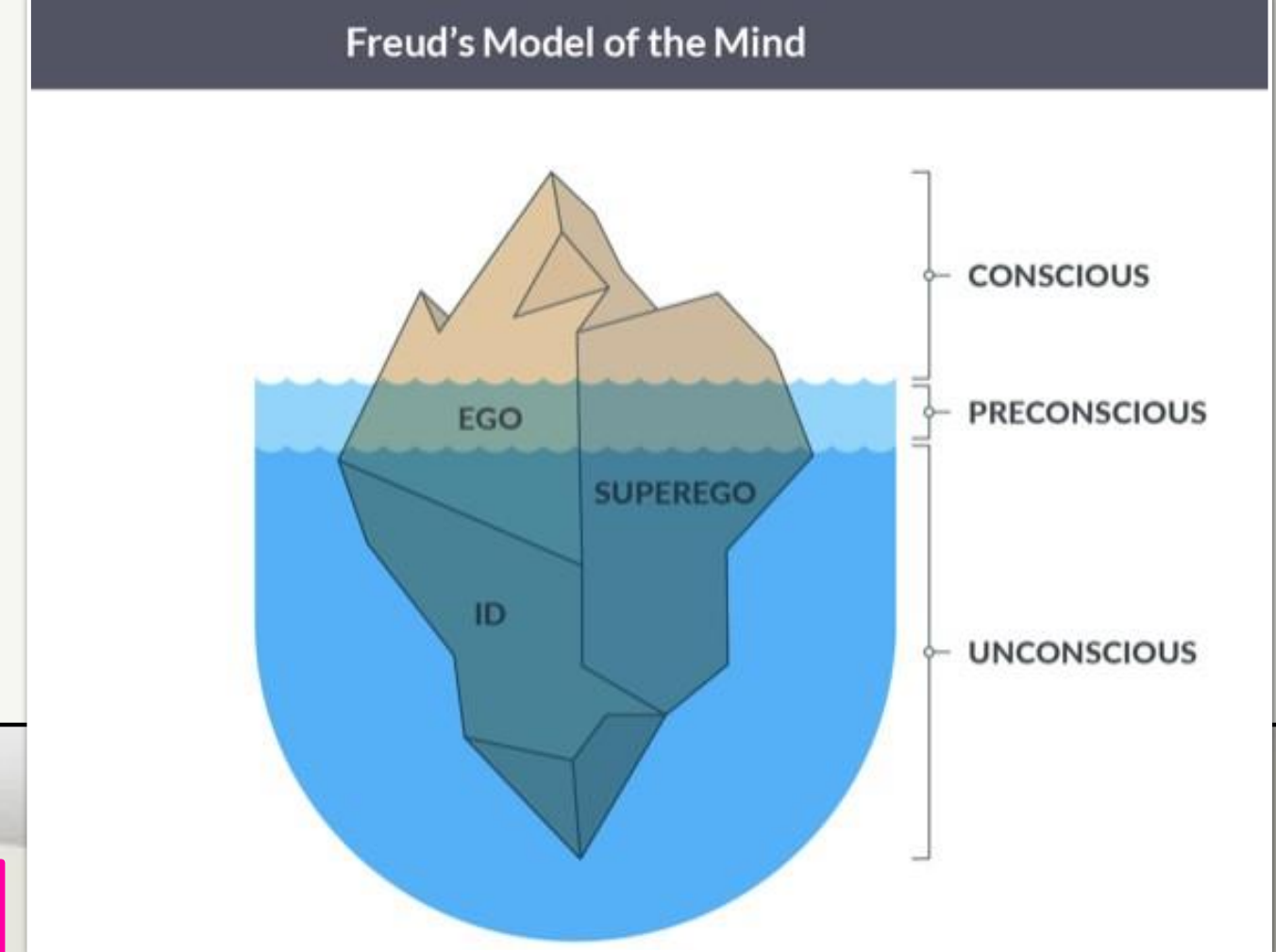
- *Causes of Behavior*: our future aspirations have a significant impact on our behavior as well (McLeod, 2014)

الفرق بين التنين بالمفاهيم

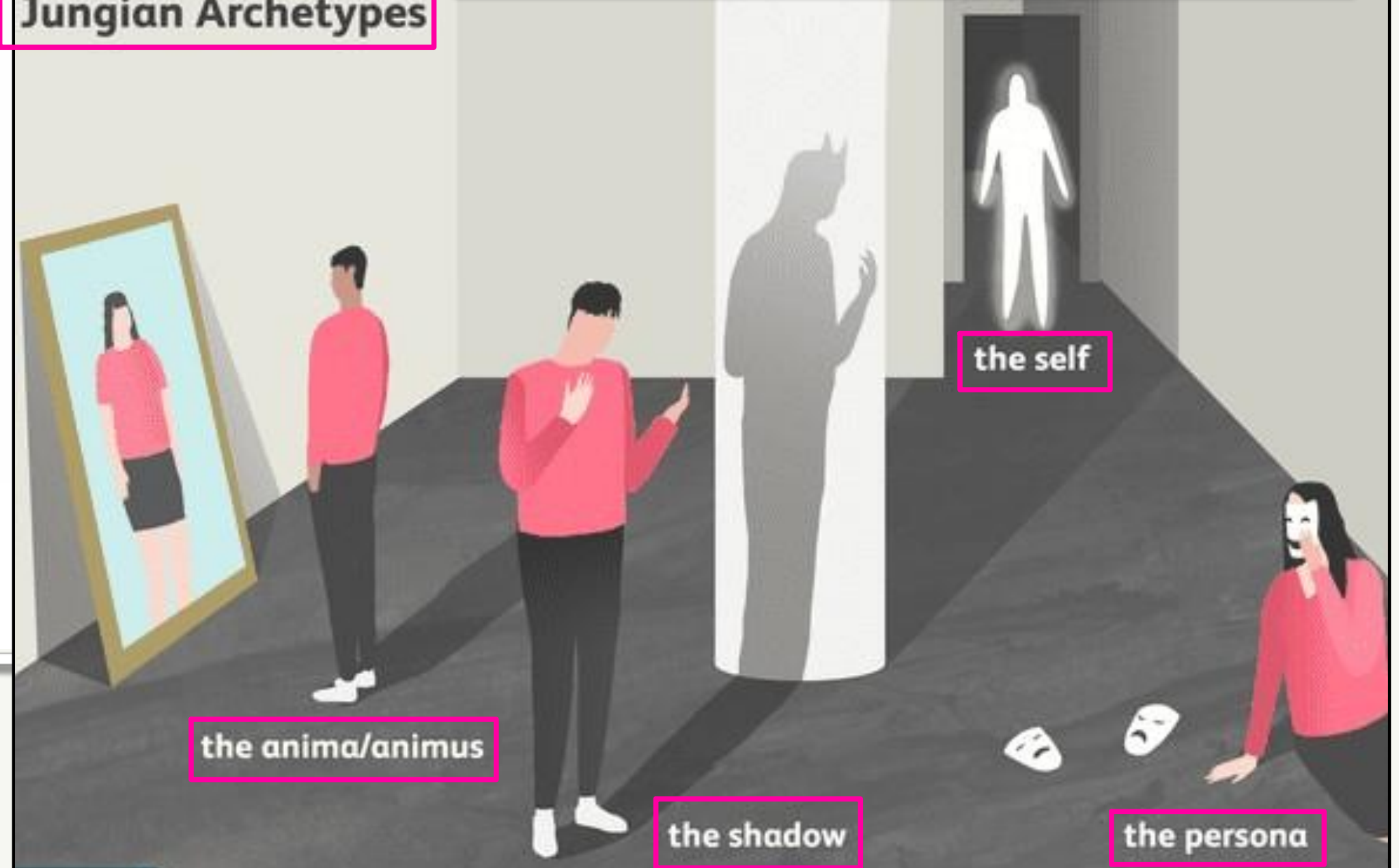
Assumption	Jung	Freud
Nature and purpose of the libido.	A generalize source of psychic energy motivating a range of behaviors.	A source of psychic energy specific to sexual gratification.
Nature of the unconscious.	A storehouse of repressed memories specific to the individual and our ancestral past.	A storehouse for unacceptable repressed desires specific to the individual.
Cause of behavior.	Past experiences in addition to future aspiration.	Past experiences, particularly in childhood.



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The Four Major Jungian Archetypes



verywell

- Persona » image that you display to people
- Shadow » repressed fears, desires, instincts
- anima هو الجانب الذكوري بالانثى و ال anima هو الجانب الانثوي بالذكر
- Self » aware part of persona and other parts

Freudian vs. Jungian Psychology: A Practical Example

**A comparison of therapeutic approaches using Salma's
recurring dreams**

Introduction

This presentation explores the differences between Freudian and Jungian psychology using a practical example. We will consider the case of Salma, a young professional experiencing recurring dreams about being chased by a shadowy figure.

Freudian Perspective: Key Concepts

- **Unconscious Mind**: Contains repressed memories and desires.
- **Oedipus Complex**: Childhood desire for the opposite-sex parent and rivalry with the same-sex parent.
- **Defense Mechanisms**: Ways the ego protects itself from anxiety (e.g., repression, projection).

Freudian Perspective: Interpretation

Freud would interpret Salma's dreams as **manifestations of repressed desires or unresolved childhood conflicts**. The shadowy figure represents a **repressed part of Salma's psyche, possibly linked to an unresolved Oedipal complex**.

 In this case unresolved problem with her mother

Freudian Perspective: Therapeutic Approach

Freudian therapy would focus on uncovering repressed memories and desires through techniques such as:

- Free association
- Dream analysis
- Transference

Salma would explore her childhood, relationships with her parents, and significant early experiences.

Jungian Perspective: Key Concepts

- **Collective Unconscious**: A deeper level of the unconscious shared by all humans, containing archetypes.
- **Archetypes**: Universal, symbolic images that appear across cultures (e.g., the Shadow, the Anima/Animus).
- **Individuation**: The process of becoming aware of oneself and integrating different aspects of the personality.

Jungian Perspective: Interpretation

Jung would see Salma's dreams as part of the individuation process. The shadowy figure might represent her 'Shadow' archetype, consisting of parts of her personality she has not yet integrated.

Jungian Perspective: Therapeutic Approach

Jungian therapy would focus on helping Sarah understand and integrate these shadow aspects through:

- Dream analysis
- Active imagination
- Exploring symbols and myths

The goal is to achieve a greater sense of wholeness by accepting and integrating disowned parts of herself.

Practical Differences

- **Focus on Past vs. Whole Self:** Freudian therapy focuses on past experiences and repressed desires, while Jungian therapy considers the whole self, including the collective unconscious and individuation.
- **Nature of the Unconscious:** Freud's unconscious is personal and filled with repressed desires and memories. Jung's unconscious includes the personal and collective unconscious.
- **Therapeutic Goals:** Freudian therapy aims to bring repressed desires to consciousness to resolve neuroses. Jungian therapy aims to integrate different aspects of the self to achieve individuation and self-realization.

Alfred Adler

Individualism

Emphasized the importance of nurturing feelings of belonging in everyone. Equality, civil rights, mutual respect and the advancement of democracy

Holism suggests that a person is working toward the same goal on all levels of his or her experience. It also views the behavior of a person as being socially embedded & the desire to achieve superiority stems from underlying feelings of inferiority that are universal. *عقيدة الفردية*

“Feelings of inferiority” become a motivating factor for us to develop skills, talents, and ways of overcoming our sense of inadequacy. Feelings of inferiority can give rise to genius. Unfortunately, they can also give rise to neuroses and problems in daily living when they are overwhelming or when we attempt to hide them rather than face them courageously.

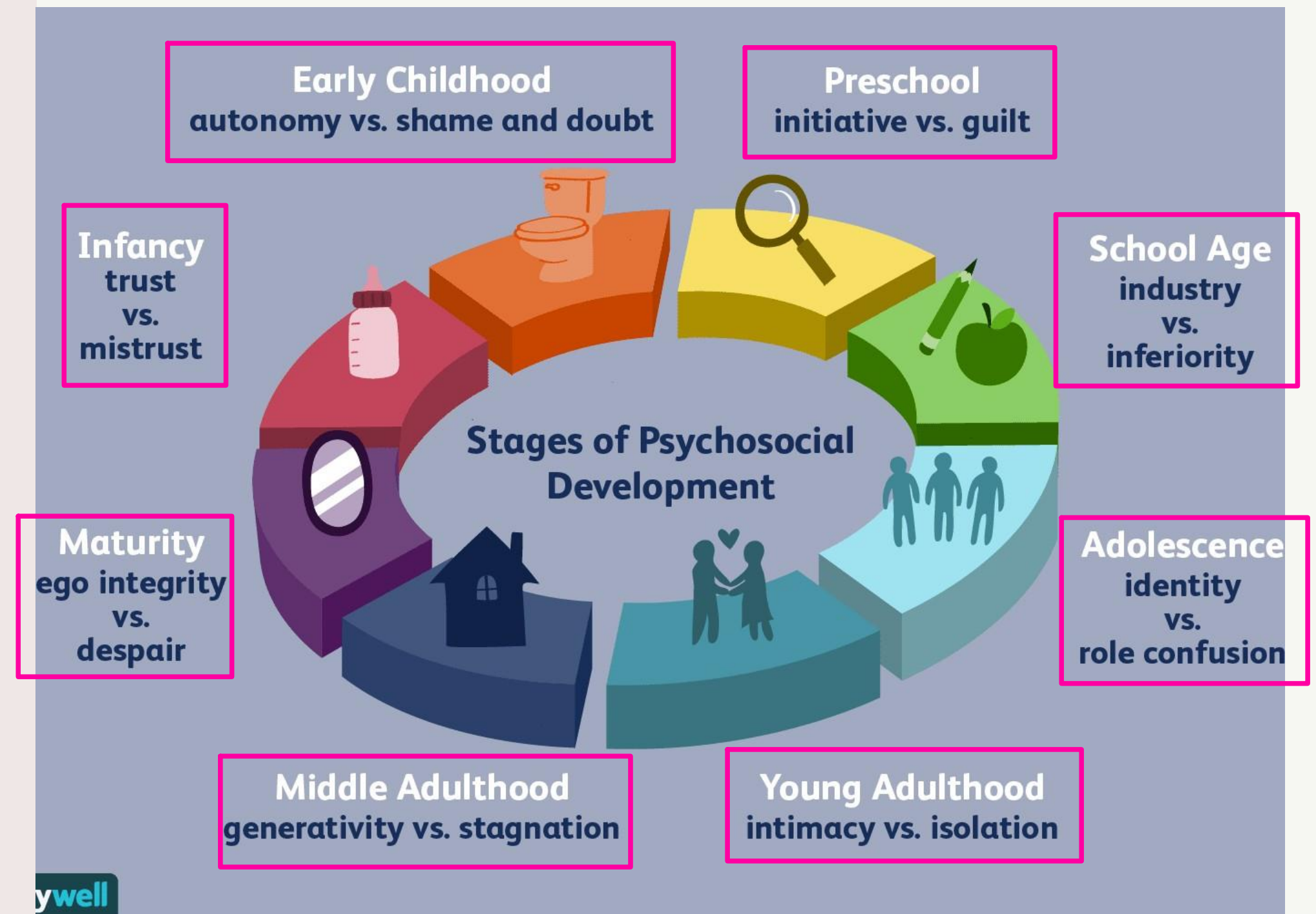
Eric Erickson

Erikson emphasized that the ego makes positive contributions to development by mastering attitudes, ideas, and skills at each stage of development.

Trust vs Mistrust

Infants depend on caregivers, usually parents, for basic needs such as food. Infants learn to trust others based upon how well caregivers meet their needs.

- Trust: When caregivers respond promptly to an infant's cries, the baby can learn to rely on others. As caregivers fill an infant's needs, the baby can develop a sense of trust and security.
- Mistrust: If caregivers neglect an infants' needs, or if care is sporadic, an infant may grow insecure. They may learn they cannot rely on others and thus feel unsafe.



Autonomy vs Shame & Doubt

Young children begin exploring the world around them. They learn more about their environment and their place within it. They also develop basic skills such as toilet training.

- **Autonomy:** In this stage, caregivers often serve as a safe base from which to explore the world. When caregivers encourage independence, children will feel secure enough to take risks.
- **Shame:** Children whose caregivers discourage them may develop feelings of shame. If caregivers foster excessive dependence, the child may learn to doubt their own abilities.

Initiative vs Guilt

Preschoolers are increasingly focused on doing things themselves and establishing their own goals.

- **Initiative:** When caregivers nurture these tendencies, children learn how to make decisions and plan for the future. They can grow into adults who are able to follow their ambitions.
- **Guilt:** If children are criticized for being assertive, they may feel guilt for pursuing their desires. Controlling caregivers may teach children to follow another's lead rather than starting their own plans.



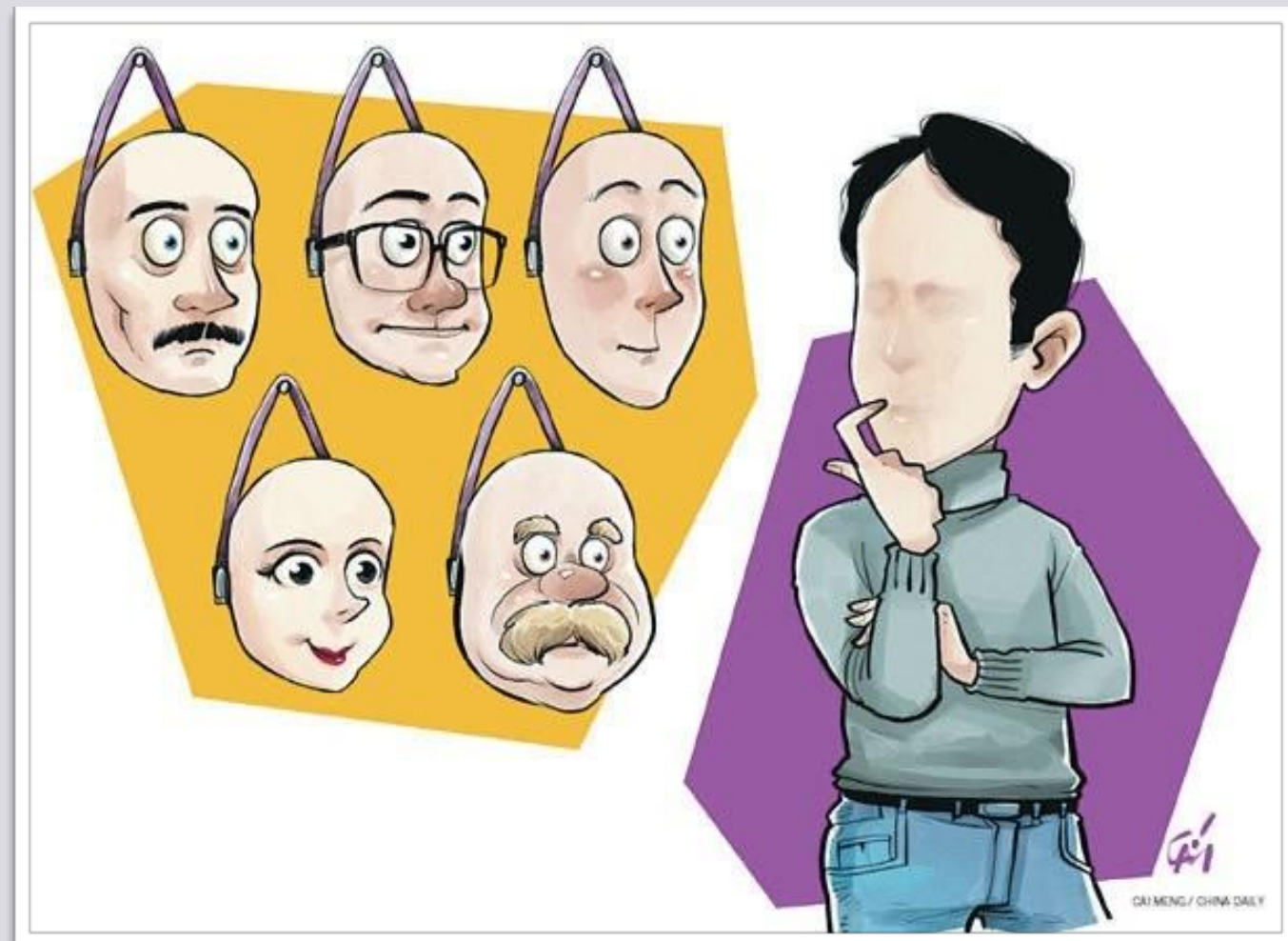


Early School Years: Industry vs. Inferiority

As children grow in independence, they become increasingly aware of themselves as individuals. They begin to compare themselves with others.

- **Industry:** Children who are accomplished compared to their peers can develop self-confidence and pride. Praise for their achievements can boost their self-esteem.
- **Inferiority:** Children who do not achieve certain milestones may doubt their abilities or self-worth. When children are constantly criticized, they may develop feelings of inferiority.

Identity vs Role Confusion



The famed term “identity crisis” comes from this period of development. During this stage, adolescents’ main goal is to answer the question “Who am I?” They may try different personas to determine which roles fit them best.

- **Identity:** To succeed in this stage, adolescents need to establish a coherent sense of self. They will need to determine their priorities in life (family, academic success, etc.). Then they will need to set goals for their adult selves based on those values.
- **Role confusion:** Some adolescents may have a weak sense of self. They may struggle to break away from the person their parents or peers expect them to be. Without a consistent identity they may grow confused about what they truly want for the future.

Intimacy vs Isolation

Young Adults

Is the period during which many people get married or develop significant **relationships**. It has been defined as anywhere from 20-24 years to 20-40 years.

- **Intimacy:** Relationships can be a key source of affection and **intimacy** in adulthood. Many find **emotional benefits from having a committed, lifelong bond**.
- **Isolation:** According to Erikson, people who **do not develop relationships may become socially isolated**. They may develop long-term feelings of **loneliness**.



The later life stages

Stage 7: Middle Adulthood: Generativity vs. Stagnation

The focus of this stage is to contribute to society and the next generation. Adults in this stage are often at the height of their careers. Many people are raising children.

- Generativity: People may offer guidance to the next generation through parenting or mentorship. They may also offer lead the way by leaving a legacy. Contributing to society's future can give people a sense of community and purpose.
- Stagnation: Some people may feel as if they have no impact on society. If people do not find their work

meaningful, they may feel restless or isolated. Some may feel they have "peaked" and that their lives will only get worse in the future.

Stage 8: Late Adulthood: Ego Integrity vs. Despair

During this phase, older adults reflect on the life they have lived.

- Ego Integrity: Those who feel fulfilled by their lives can face death and aging proudly.
- Despair: People who have disappointments or regrets may fall into despair.

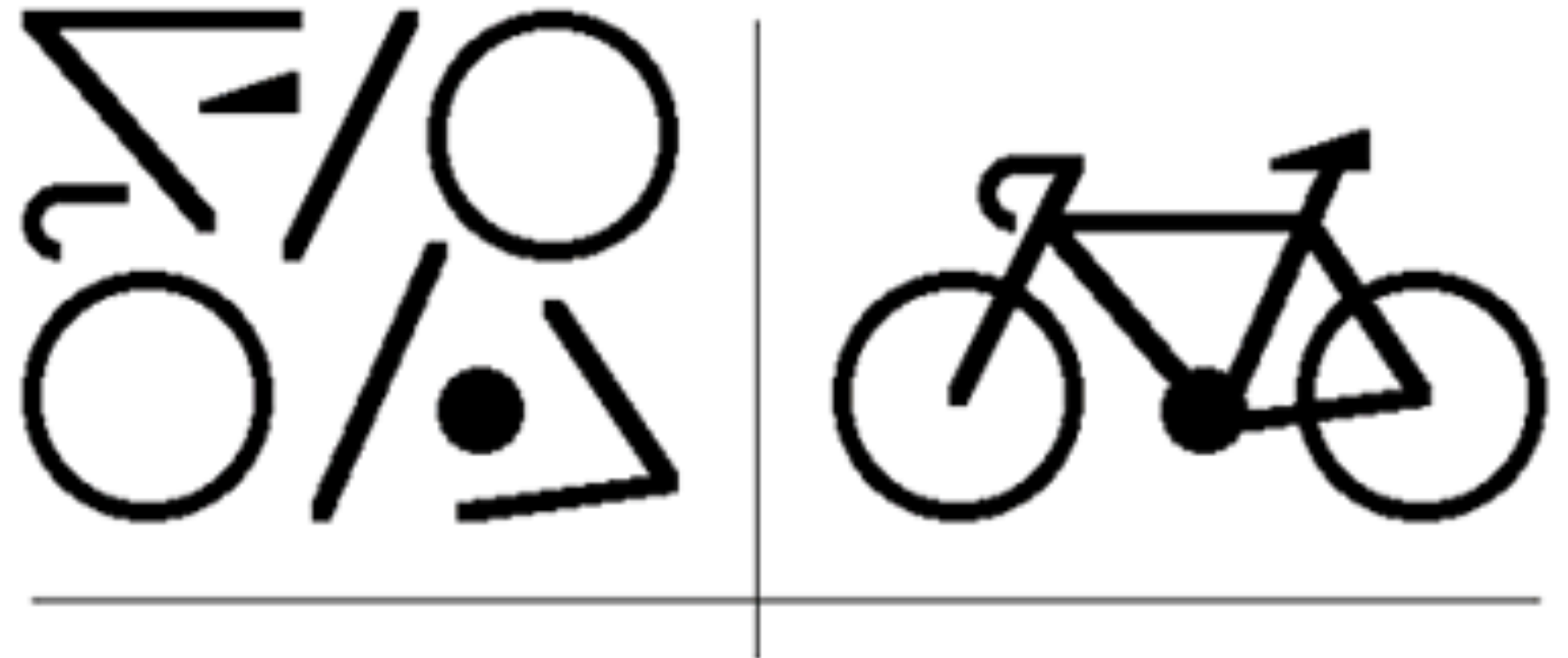
Problems with Erikson's Theory

- Focused too much on childhood, neglecting the development that occurs in adulthood.
- He admitted a person's identity could change in adulthood after the adolescent stage.
- Erikson agreed with Freud that personality differences between genders are rooted in biology
- He didn't rely on data — but speculation

Gestalt

Perls, Wertheimer, & Koffka

The unified whole is different from the sum of the parts.



In order to help a client you need to break the whole picture apart to pieces

The Phi Phenomenon

involves perceiving a series of still images in rapid succession in order to create the illusion of movement.



our minds tend to perceive objects as part of a greater whole and as elements of more complex systems.



PROXIMITY

When objects placed together, the eye perceives them as a group.



SIMILARITY

When objects look similar to one another, the eye perceives them as a group or pattern.



CONTINUANCE

The eye is compelled to move from one object through another.



CLOSURE

When an object is incomplete or not completely enclosed.



FIGURE & GROUND

When the eye differentiates an object from its surrounding area.

Koffka

Learning

Sensomotoric Learning

Most of early learning is what he referred to as, “**sensorimotor learning,**” which is a type of **learning which occurs after a consequence.** For example, **a child who touches a hot stove will learn not to touch it again**

Ideational learning

The highest type of learning is ideational learning, which makes use of language. It is an important time in children’s development is when they understand that objects have names



Fritz Perls

father of gestalt therapy

- **the extension of awareness, when all current senses and behaviors merge influencing the interconnection of the individual and his surroundings.**
- **‘concentration therapy’, aiming at synthesis, calling for a natural holistic approach to body and mind, and a fresh face-to-face encounter between therapist and patient.**
- **goal is to restore the self-awareness which is lost when a psychological disorder becomes evident.**

Thanks