Theories of Personality and Beyond!

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In the beginning, the universe was created. This made a lot of people very unhappy, and was widely regarded as a bad move.
- Douglas Adams
Overview of the Course

1) Classical theories of personality
2) Alternative theories of personality
3) Modern personality research
   • Interpreting personality questionnaires
4) Dark Personalities
5) Psychopathology
   • Mental illness
6) Personality and applied psychology
   • CBT
A Little About Misha
A Little About Misha

• Honours BA Psychology
  • Research Topic: Emotion Perception and Mimicry in the Non-Suicidal Self-Injury Population

• Masters of Cognitive Science
  • Thesis: Verbal Fluency and Emotional Language Production in the Psychopathic Population

• PhD Psychology
  • Dissertation: 
  
  • Maybe Quantitative Psychology?
Outline for Today

• Conceptual Framing
  • Eg: Gender
• Sigmund and Anna Freuds
• Carl Gustav Jung
The Conceptual framework of Psychology

- The (spiritual)bio-psycho-social model
  - All of psychology implicitly or explicitly falls into this framework
  - Eg: Gender
Biopsychosocial Approach

Biological influences:
- Shared human genome
- Individual genetic variations
- Prenatal environment
- Sex-related genes, hormones, and physiology

Psychological influences:
- Gene-environment interaction
- Neurological effect of early experiences
- Responses evoked by our own temperament, gender, etc.
- Beliefs, feelings, and expectations

Social-cultural influences:
- Parental influences
- Peer influences
- Cultural individualism or collectivism
- Cultural gender norms
Gender as Biological

- Typically referred to as “sex”
- Has multiple components
  - Genetic:
    - xy, xx, xyy, xxy, x- ?
  - Physiological:
    - What does your body look like?
  - Hormonal:
    - Testosterone? Estrogen?
Gender as Psychological

• More broadly referred to as “sexuality”
  • Not to be confused with “sexual orientation”
• Has multiple components
  • Cognitive
  • Behavioural
  • Self-Perception
Gender as Psychological

- The case of David Peter Reimer
- Genitalia destroyed
- Assigned a female gender
- Did not accept it
  - Was eventually told the truth
- Committed suicide
Gender as Social

• Has multiple components
  • Gender Roles
    • Culturally/temporally bound
      • Eg: High Heels
  • Gender Expression
    • How does a person choose to present their sexuality?
  • Gender Identity
    • How does an individual identify themselves?
So, why the Big Deal?
Gender Today

• Part of a “Social Fad“
• Individuals with GID really do have it very bad
  • ~0.00005% of total population
  • Very high drug use, and suicide rate
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- Carl Gustav Jung
Dorothea Dix

- Starting in the 1840’s fought for humane treatment of people with psychological disorders, in the US.
Classical Theories

- Grand Theories of personality
  - Attempt to explain as many aspects of life as possible
- Often based on philosophy, literature, or case studies
- Closer to an art than a science
• Sigmund Schlomo Freud (1856-1939)

• Viennese neurologist
  – Trained as a medical doctor, but more interested in research and understanding the mind
  – Created the Psychodynamic theory of psychology
• Sigmund Schlomo Freud (1856-1939)

• A rather nasty individual

• Died from doctor assisted suicide, when his recurrent mouth cancer came back
Psychodynamic Theory of Mind

• A person’s personality is determined by the dynamics of underlying psychic energies
• The mind is a composite of the conscious, pre-conscious, and unconscious
Psychodynamic Theory of Mind

• ID – Latin for “it”
  • The biologically driven motivation.
  • Source of libido
• Super-Ego – “the conscience”
  • Socially imposed ideals
• Ego – Latin for “I”
  • The “you” who is trying to appease both
Psychodynamic Theory of Mind

• Later in life, Freud added the concept of Death and Life forces
  • This was an attempt to explain the violence seen in WWI
• Because the primary drive is libido, Freud believed that human development must revolve around sexuality

When inspiration does not come to me, I go halfway to meet it.
SIGMUND FREUD
### Freud’s Psychosexual Stages

<table>
<thead>
<tr>
<th>Stage</th>
<th>Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral (0-18 months)</td>
<td>Pleasure centers on the mouth--sucking, biting, chewing</td>
</tr>
<tr>
<td>Anal (18-36 months) control</td>
<td>Pleasure focuses on bowel and bladder elimination; coping with demands for</td>
</tr>
<tr>
<td>Phallic (3-6 years)</td>
<td>Pleasure zone is the genitals; coping with incestuous sexual feelings</td>
</tr>
<tr>
<td>Latency (6 to puberty)</td>
<td>Dormant sexual feelings</td>
</tr>
<tr>
<td>Genital (puberty on)</td>
<td>Maturation of sexual interests</td>
</tr>
</tbody>
</table>
Psychodynamics

• Most of our problems (neurosis) arise from improper resolution of developmental phases

• Some of these include:
  • Penis envy
  • Oedipus complex
  • Repetition compulsion
Psychodynamics

• More specifically…

• Improper developmental resolution puts the ego at conflict between the id and super-ego
  • This conflict leads to anxiety and psycho-somatization
Psychodynamics

- Some techniques Freud used for the analysis of the unconscious
  - Free Association
  - Freudian Slips
  - Dream Interpretation
  - Most interested in latent content
How is the Neurotic Cured?

- Flow of Libido

- **REPRESSION** (Libido used to keep repressed content out of conscious awareness)

- **TRANSFERECE** (libido used to re-enact Oedipal or Electra drama with analyst as surrogate)

- **CURE** (liberated Libido is re-invested in client’s ego)
Questions? Comments?

"That Wacky Freud"

I think my subconscious is trying to tell me something.

I didn't even tell you what the dream was.

According to Freud, it's telling you to have sex with your mother.

Freud never lets the details get in the way.
Anna Freud (1895-1982)

- Sigmund’s youngest and favorite child
  - Essentially a “case in point” against the idea that Freud was a misogynist
- Unfairly overshadowed by her father’s fame
Anna Freud

• Anna was interested by psychotherapy and teaching children

• Eventually she became a child psychologist
  • Quite possibly had same-sex romantic interests
  • Sigmund Freud believed that homosexuality was due to parental failure at the phallic phase of development
Anna Freud

• Anna’s quite possibly largest contribution to psychoanalysis was the description of Ego Defense Mechanisms
DEFENSE MECHANISMS

- My constant joking is a defense mechanism.
- My excessive laughing is a defense mechanism.
- Our defense mechanisms were made for each other!
<table>
<thead>
<tr>
<th>Defense Mechanism</th>
<th>Description</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Repression</td>
<td>Unknowingly placing an unpleasant memory or thought in the unconscious</td>
<td>Not remembering a traumatic incident in which you witnessed a crime</td>
</tr>
<tr>
<td>Regression</td>
<td>Reverting back to immature behavior from an earlier stage of development</td>
<td>Throwing temper tantrums as an adult when you don’t get your way</td>
</tr>
<tr>
<td>Displacement</td>
<td>Redirecting unacceptable feelings from the original source to a safer, substitute target</td>
<td>Taking your anger toward your boss out on your spouse or children by yelling at them and not your boss</td>
</tr>
<tr>
<td>Sublimation</td>
<td>Replacing socially unacceptable impulses with socially acceptable behavior</td>
<td>Channeling aggressive drives into playing football or inappropriate sexual desires into art</td>
</tr>
<tr>
<td>Reaction formation</td>
<td>Acting in exactly the opposite way to one’s unacceptable impulses</td>
<td>Being overprotective of and lavishing attention on an unwanted child</td>
</tr>
<tr>
<td>Projection</td>
<td>Attributing one’s own unacceptable feelings and thoughts to others and not yourself</td>
<td>Accusing your boyfriend of cheating on you because you have felt like cheating on him</td>
</tr>
<tr>
<td>Rationalization</td>
<td>Creating false excuses for one’s unacceptable feelings, thoughts, or behavior</td>
<td>Justifying cheating on an exam by saying that everyone else cheats</td>
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Carl Gustav Jung (1875 – 1961)

"Trust that which gives you meaning and accept it as your guide."

Carl Jung
Carl Jung

- Fourth Child
- Middle-class, religious family
- Introverted and solitary as a child
- Attended Basel’s University
  - Studied medicine, psychiatry, philosophy, and theology
- Went through a period of “mental instability” – which he called a creative illness (1914 – 1917)
As part of his recovery, Jung wrote the Red Book. Considered by many to be Jung's central work.
Jung and Freud

- Met in 1907 (talked for 13 hours straight)
- Was seen by Freud as his successor
- First disillusionment during a trip to the States in 1909
- Extensive correspondence between the two
  - There is evidence to suggest the two has a romantic relationship
Early studies of association

- Using word associations Jung studied subjects' non-conscious reactions
- The method could uncover latent emotional difficulties
- Sometimes the subject's respiration rate was measured, along with a recording of galvanic skin response (GSR)
Components of Personality (Psyche)

- Ego – the conscious mind
- Personal unconscious – similar to Freud’s id
- Collective unconscious
  - Not a development of any individual’s experience...
Collective Unconscious

• Ancestral knowledge we are born with
  • Genetic memory?

• A collection of the religious, spiritual and mythological symbols which are passed down through the generations and therefore pre-date the individual
  • These are called Archetypes
Archetypes

- Archetypes are the cumulative effect of perpetually repeated experiences on the human nervous system’s development
  - It is not the memory of the actual physical experience itself
  - It is the repetitive subjective emotional reaction to the event

- The collective unconscious’ archetypes are a residue of ancestral emotional life
Questions or Thoughts on the Collective Unconscious or Archetypes?