Neo-Freudian Personality Theories

Misha Sokolov

Klara
Moekie
Loretta
bridget anastasia
lovey
morwee
morena
marilise
LadtWithAttitude
Bebe
Brereton

Catherine
nutter
curious
Taylor
Sally
Bebe2
Dianne Blair
huguette
Madge
Matilda
LadyWithAttitudeAgain
dog daze
Beezwax
Nanny S.
Today’s Outline

• A digression on Neuropsychology
• Jung on Personal Development
• Identity vs Personality
• Erik Erikson
• Karen Horney
• Gestalt Psychology
Baby Brain

• Women often report cognitive declines during pregnancy

• This is an adaptive process where the “virgin brain” is rewiring itself into “parent brain”
  • Anderson & Rutherford (2012). Evolutionary Psychology

Father’s brain is sensitive to childcare experiences

Eyal Abraham, Talma Hendler, Irit Shapira-Lichter, Yaniv Kanat-Maymon, Orna Zagoory-Sharon, and Ruth Feldman

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Structural Changes in PTSD

- Neuroplasticity allows the brain to *physically* change
  - Lateral Ventricles expand when we feel threatened
    - *Eg:* PTSD; concussions
Functional Changes after CBT in Phobias
Functional Changes after CBT vs Antidepressant
Brain Imaging as Modern Phrenology?

- The fetishism of neuroimaging
  - Pictures bring bigger research grants

- Neural activations are just another type of involuntary behaviour

- Neuropsychology has drastically changed recently to accommodate the criticisms
fMRI Network Structure Analysis

Figure 1. Analysis pipeline of graph theoretical analysis of fMRI time series. Time-course extraction is performed on the recorded time series with a specific anatomical parcellation (in our case, based upon the automated anatomical labelling atlas by Tzourio-Mazoyer et al. (2002)). Linear correlations are calculated and thresholded in order to obtain a binary adjacency matrix and graph. (Online version in colour.)

EEG Heat Maps

P2 (200 ms)
N2 (290 ms)
LP (500 ms)
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Jung on Development

• Individuals go through predictable stages of development called *individuation*
Jung on Development

• As children we learn fundamentals which allow us to create a **self**
• As teenagers and young adults we begin **differentiating** ourselves into unique individuals
• In the middle age we begin the process of **self-realization**
• Finally, we begin the process of **individuation**
Later Years

• Jung had, figuratively and literally, immersed himself in the realm of the transpersonal (collective) existence

• In the later years he took up masonry and built his own house called Bollingen Tower

• Here he lived out his project of individuation
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Identity vs Personality
Identity vs Personality

- “I am _____”
- How you view yourself within society
- Usually Conscious
- Highly Contextual

- “I tend to ____”
- How you prefer to interact with the world
- Typically Unconscious
- Stable Across Lifespan
Dutchman, 69, brings lawsuit to lower his age 20 years

3 hours ago

Mr Ratelband believes changing his age will improve his chances on dating app Tinder.

A Dutch “positivity trainer” has launched a legal battle to change his age and boost his dating prospects.

Emile Ratelband, 69, wants to shift his birthday from 11 March 1949 to 11 March 1969, comparing the change to identifying as being transgender.
Romanian court tells man he is not alive

Constantin Reliu, 63, fails to overturn 2003 death certificate because he appealed too late

In a case reminiscent of a Kafka novel, a Romanian court has ruled that a 63-year-old man is dead despite what would appear to be convincing evidence to the contrary: the man himself appearing alive and well in court.
Marcia’s Identity Status Model

- **Moratorium**: In crisis and have, at best, a vague commitment to an occupation or ideology, although they are actively in a state of search.

- **Identity achievers**: Have crisis period but then show commitment to a role and an ideology.
Marcia’s Identity Status Model

- **Identity diffusers**: May or may not have a crisis, but they have a lack of commitment to a role and they are unconcerned about this lack
  - Go along, to get along

- **Foreclosure**: Never experienced a crisis, yet are highly committed to a social role or ideology
  - My way or the highway
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Erik Erikson and his wife Joan Serson
Erik (Homberger) Erikson (1902-1994)

- Abandoned by Father

- Raised by Mother and Stepfather
  - Questioned who he was after learning Dr. Theodore Homberger was not his real father
  - Teased in temple school for being Nordic
  - Rejected from grammar school for being Jewish
  - Struggles in school started his interest in identity
Erik Erikson

• Became homeless after high school
• At 25 took on a teaching position in a school for American children
• Soon after he met Anna Freud and had undergone psychoanalysis with her
  • Also studied child analysis (under Anna Freud) and received a certificate from the Vienna Psychoanalytic Society
• Came to US in 1933 and taught at Harvard medical school and later at Yale
  • Conducted anthropological studies with Native American tribes
• Never earned a university degree
Ego Development

• First to create a life-span developmental theory

• Formulated eight stages of ego development through life

• Ego development occurs in response to crises initiated by the biological and social circumstances in life
  • Both positive and negative aspects of the crises need to be experienced
  • In a favourable resolution the positive side prevails and we carry away a certain virtue or psychosocial strength
Ego Development

• **Ritualization**: a creative formalization of society’s customs and rituals
  • A mixture of formality and improvisation
  • Eg: welcoming a new baby home

• **Ritualism**: a stereotyped and mechanical version of rituals and customs
  • A form of estrangement from self and from one’s community
  • Eg: the “wedding industry”
First Stage: Trust Vs. Mistrust

• Birth till 18 months
  • Centers around mother-child relationship
  • “Can I trust the world?”

• **Emerging virtue:** Hope
  • Belief that wishes can be fulfilled

• **Complementing ritualization:** *Numinous*
  • Mother seen as awesome; affirming qualities of her presence

• **Compensating ritualism:** *Idolism*
  • The image of mother is idolized
  • An illusory image of perfection
Second Stage: Autonomy Vs. Shame and Doubt

- From 18 months till 4 years
  - Child learns control over one’s body and the immediate world
  - “I am what I can do”

- Developing a sense of independence and self-control

- Emerging virtue: Will
  - The determination to exercise free choice as well as self-restraint

- Complementing ritualization: Judiciousness
  - The ego’s capacity to discriminate good or bad

- Compensating ritualism: Legalism
  - Leads to legalism and moralistic sense of self-righteousness
Third Stage: Initiative Vs. Guilt

- 4 to 6 years of age

- Child discovers the balance between expectancy and ability

- **Emerging virtue: Purpose and courage**
  - The courage to try and pursue valued goals uninhibited by guilt, or by the fear of punishment

- **Complementing ritualization: Authenticity**
  - Develops a sense of authenticity*

- **Compensating ritualism: Impersonation**
  - Lack of commitment leads to impersonation
Forth Stage: Industry Vs. Inferiority

- 6 years till adolescence
- “I am what I learn”

- Discovering pleasure from learning, attending to and completing a task

- **Emerging virtue**: a sense of competence

- **Complementing ritualization**: leads to Formalization
  - Learns to work within formal structures

- **Compensating ritualism**: leads to Formalism
  - Forgetting the purpose of methodical performance in favour of efficiency
Fifth Stage: Identity Vs. Role Confusion

- Adolescence
  - “Who am I?”

- Forming an identity by arriving at a sense of sameness and continuity
  - Although present before, it becomes the main task at this stage

- Sanctioned role experimentation and delaying final choices
  - Psychosocial moratorium – permitted to explore with different roles and opportunities
Fifth Stage: Identity Vs. Role Confusion

- **Emerging virtue**: Fidelity to one’s self
  - Ability to sustain loyalties freely pledged in spite of the inevitable contradictions of value systems (e.g., those of parents and friends)

- **Complementary ritualization**: commitment to an Ideology
  - Commitment to a chosen religious, philosophical or political ideology

- **Compensating ritualism**: expressed in Totalism
  - Preoccupation with a system
Sixth Stage: Intimacy Vs. Isolation

- Early adulthood
  - “Will I be loved or will I be alone?”
- Developing intimate relationships and deep friendships

**Emerging virtue: Love**
- Mutuality of devotion

**Complementary ritualization: Affiliation**
- Sense of a complementary relationship

**Compensating ritualism: Elitism**
- A sense of completeness with and through the other
Seventh Stage: Generativity Vs. Stagnation

• Middle adulthood (late 20’s to 50’s)
  • “How can I contribute to the world?”

• Developing the ability to transcend one’s own self interests in view of generations to come

• Emerging virtue: Care
  • Important relationship with workplace, community and family

• Complementarity ritualization: Generationalism
  • Variety of adult ritualizations such as parenting or teaching

• Compensatory ritualism: Authoritarianism
  • Using power for own selfish purposes
Eighth Stage: Integrity Vs. Despair

• Late adulthood and beyond
  • “Did I live a meaningful life?”

• **Realization** that one’s individual life is but one cycle in the flow of history
  • Letting the new generation take the reigns

• **Despair** indicates an unwillingness to end a life that has failed to achieve fulfillment and that now culminates as the sum of a thousand little miseries
Eighth Stage: Integrity Vs. Despair

- **Emerging virtue:** Wisdom
  - Detached concern with life itself, in the face of death itself
  - Realization that healthy children will not fear life if their elders have integrity enough not to fear death

- **Complementing ritualization:** Integralism
  - An ability to integrate the previous phases into a confirmation of life

- **Compensatory ritualism:** Sapientism
  - The unwise pretense of being wise
<table>
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<th>Age</th>
<th>Conflict</th>
<th>Resolution or “Virtue”</th>
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<td>Appreciation of interdependence and relatedness</td>
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<td>Adolescence (12-19 years)</td>
<td>Identity vs. Confusion</td>
<td>Fidelity</td>
<td>Sense of complexity of life; merging of sensory, logical and aesthetic perception</td>
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<tr>
<td>Early adulthood (20-25 years)</td>
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<td>Sense of the complexity of relationships; value of tenderness and loving freely</td>
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<td>Adulthood (26-64 years)</td>
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<td>Care</td>
<td>Caritas, caring for others, and agape, empathy and concern</td>
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<td>Old age (65-death)</td>
<td>Integrity vs. Despair</td>
<td>Wisdom</td>
<td>Existential identity; a sense of integrity strong enough to withstand physical disintegration</td>
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Karen Horney
(1885 – 1952)
Karen Horney

- Second of two children
- Authoritarian and religious father (a ship’s captain)
- Headstrong, though unfulfilled mother
Karen Horney

- Entered medical school in 1906
- Married in 1909
  - Gave birth to 3 daughters
  - Had a number of extramarital affairs
    - Including Erich Fromm and graduate students
  - Separated in 1926, eventually divorced
- Suffered from depression
  - Attempted suicide
- Contributed substantially to the field of “feminine psychology”
• https://www.youtube.com/watch?v=FpOtpuBnjbo

• https://www.youtube.com/watch?v=SloKwUcmivk