

introductory lectures on psychoanalysis

Introductory Lectures on Psychoanalysis: Unlocking the Unconscious Mind

Introduction:

Have you ever wondered what drives your deepest desires, fears, and motivations? Why do we behave the way we do, even when our actions seem illogical or self-destructive? The exploration of these fundamental questions lies at the heart of psychoanalysis, a complex and fascinating field of psychology. This comprehensive guide provides introductory lectures on psychoanalysis, offering a clear and accessible overview of its core concepts, key figures, and enduring influence on modern thought. We'll delve into the foundational theories, explore the therapeutic techniques, and examine the criticisms and controversies surrounding this influential school of thought. Get ready to embark on a journey into the depths of the human psyche!

I. The Genesis of Psychoanalysis: Freud and Beyond

Sigmund Freud, the father of psychoanalysis, revolutionized the understanding of the human mind. His groundbreaking work challenged conventional wisdom, proposing that our conscious thoughts are merely the tip of the iceberg, with a vast unconscious realm influencing our behavior. This unconscious, according to Freud, is populated by repressed desires, traumatic memories, and unresolved conflicts. His early work, including *Studies on Hysteria* (written with Josef Breuer), laid the groundwork for his later theories, introducing concepts like the Oedipus complex and the role of dreams in uncovering unconscious material. However, Freud's theories weren't monolithic. Later psychoanalysts, such as Carl Jung, Alfred Adler, and Melanie Klein, developed their own distinct schools of thought, branching off from Freud's original ideas while retaining some core principles. Understanding the evolution of psychoanalytic theory is crucial to grasping its complexities.

II. Key Concepts in Psychoanalytic Theory: Exploring the Unconscious

Several key concepts underpin psychoanalytic theory. These include:

The Id, Ego, and Superego: This structural model of the psyche divides the mind into three interacting components: the id (primitive drives), the ego (reality principle), and the superego (moral compass). The interplay between these forces shapes our personality and behavior. Conflicts between them can lead to anxiety and neurosis.

Psychosexual Stages of Development: Freud proposed that personality develops through a series of psychosexual stages (oral, anal, phallic, latency, genital), each characterized by

specific erogenous zones and developmental challenges. Fixation at any stage can result in lasting personality traits.

Defense Mechanisms: The ego employs defense mechanisms – such as repression, denial, projection, and sublimation – to protect itself from anxiety caused by unconscious conflicts. Understanding these mechanisms is crucial to interpreting behavior.

Transference and Countertransference: In the therapeutic setting, transference refers to the patient's unconscious redirection of feelings from one person to another (often the analyst), while countertransference describes the analyst's emotional reactions to the patient. These dynamics are central to the psychoanalytic process.

Dream Analysis and Free Association: Freud viewed dreams as the "royal road to the unconscious," believing that their symbolic content reveals underlying desires and conflicts. Free association, a technique where patients verbalize whatever comes to mind, facilitates access to unconscious material.

III. Psychoanalytic Therapy: Techniques and Applications

Psychoanalytic therapy, also known as psychoanalysis, is a long-term, intensive form of psychotherapy. It aims to bring unconscious conflicts into conscious awareness, allowing for resolution and personal growth. Key techniques include:

The Couch: The traditional setting, with the patient lying on a couch and the analyst seated out of direct view, facilitates free association and reduces distractions.

Interpretation: The analyst offers interpretations of the patient's free associations, dreams, and transference, helping them to understand the underlying meaning of their thoughts and behaviors.

Working Through: This process involves repeatedly exploring and processing unconscious material, allowing for gradual insight and change.

While traditionally a lengthy and expensive process, variations of psychoanalytic techniques, such as psychodynamic therapy, are now used more widely, incorporating shorter treatment durations and a more active role for the therapist.

IV. Critiques and Controversies Surrounding Psychoanalysis

Despite its significant influence, psychoanalysis has faced considerable criticism. Some common criticisms include:

Lack of Empirical Evidence: Many of Freud's theories are difficult to test scientifically, leading to accusations of pseudoscience.

Pessimistic View of Human Nature: The emphasis on unconscious drives and conflicts can

be seen as overly deterministic and pessimistic.

Cultural Bias: Freud's theories have been criticized for being culturally biased, reflecting the specific values and norms of Viennese society in the late 19th and early 20th centuries.

Gender Bias: Some critics argue that Freud's theories reflect a patriarchal worldview, underestimating the experiences and contributions of women.

V. The Enduring Legacy of Psychoanalysis

Despite these criticisms, psychoanalysis continues to have a profound impact on various fields, including psychology, literature, art, and film. Its contributions to understanding human motivation, personality development, and the therapeutic process remain significant. While some of its specific theories may be debated, its focus on the unconscious and the importance of early childhood experiences has shaped our understanding of the human psyche in profound ways. Modern approaches to therapy, even those outside the explicitly psychoanalytic tradition, often incorporate elements of psychodynamic thinking.

A Sample Textbook Outline: "Introduction to Psychoanalytic Thought"

I. Introduction:

What is Psychoanalysis?

History and Key Figures

The Development of Psychoanalytic Theory

II. Core Concepts:

The Unconscious Mind

The Id, Ego, and Superego

Psychosexual Development

Defense Mechanisms

Transference and Countertransference

III. Psychoanalytic Techniques:

Free Association

Dream Analysis

Interpretation

The Therapeutic Relationship

IV. Major Psychoanalytic Thinkers:

Sigmund Freud

Carl Jung

Alfred Adler

Melanie Klein

Others (brief overview)

V. Applications and Criticisms:

Psychoanalysis in Practice

Detailed Explanation of Outline Points:

This section would expand on each point in the outline above, providing detailed explanations and examples for each concept mentioned. For example, the section on "The Unconscious Mind" would thoroughly discuss the nature of the unconscious, its role in shaping behavior, and the different ways it manifests (e.g., dreams, slips of the tongue). Similarly, the section on "Major Psychoanalytic Thinkers" would provide biographical information and detailed analyses of the contributions and divergences of each major figure. This detailed explanation would constitute the core of the textbook or lecture series.

FAQs

1. What is the difference between psychoanalysis and psychodynamic therapy?
Psychoanalysis is a long-term, intensive form of therapy rooted in Freudian theory, while psychodynamic therapy is a broader term encompassing shorter-term approaches that draw upon psychoanalytic concepts.
1. Is psychoanalysis scientifically proven? While many of Freud's theories are difficult to test scientifically, some aspects have received empirical support, particularly regarding the role of unconscious processes and early childhood experiences.
1. How long does psychoanalysis typically last? Psychoanalysis can last for several years, even decades, depending on the individual's needs and progress.
1. Is psychoanalysis suitable for everyone? Psychoanalysis is not suitable for everyone. It requires a significant time commitment and can be expensive.
1. What are the potential benefits of psychoanalysis? Potential benefits include increased self-awareness, improved understanding of relationships, and resolution of long-standing emotional problems.

1. What are some common criticisms of psychoanalysis? Criticisms include lack of empirical evidence, pessimistic view of human nature, cultural bias, and gender bias.
1. How does dream analysis work in psychoanalysis? Dream analysis involves interpreting the symbolic content of dreams to uncover unconscious desires and conflicts.
1. What is transference in psychoanalysis? Transference refers to the patient's unconscious redirection of feelings from one person to another, often the analyst.
1. What is the role of the analyst in psychoanalysis? The analyst's role is to provide interpretations, facilitate the patient's self-discovery, and maintain a neutral and supportive therapeutic environment.

Related Articles:

1. Freud's Psychosexual Stages: A Comprehensive Guide: An in-depth look at Freud's theory of psychosexual development, explaining each stage and its implications.
1. Understanding the Id, Ego, and Superego: A detailed explanation of Freud's structural model of the psyche, clarifying the functions and interactions of these three components.
1. The Oedipus Complex: A Psychoanalytic Perspective: Exploring Freud's controversial theory of the Oedipus complex and its relevance to personality development.
1. Defense Mechanisms: Coping Strategies of the Unconscious: An overview of various defense mechanisms and their role in managing anxiety and conflict.

1. Carl Jung's Analytical Psychology: Key Concepts and Differences from Freud: A comparison of Jung's and Freud's theories, highlighting their similarities and divergences.
1. Alfred Adler's Individual Psychology: Emphasis on Social Factors: Exploring Adler's focus on social factors and individual striving for superiority.
1. Melanie Klein's Object Relations Theory: Early Childhood Relationships: An introduction to Klein's emphasis on early object relations and their impact on personality.
1. Psychodynamic Therapy: A Modern Approach to Psychoanalytic Principles: Exploring the evolution of psychoanalytic therapy into shorter-term, more accessible methods.
1. Critiques and Contemporary Relevance of Psychoanalytic Theory: A critical examination of psychoanalysis, acknowledging its limitations while exploring its continued influence on modern psychology.

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Sigmund Freud, 1977 In reasoned progression he outlined core psychoanalytic concepts, such as repression, free association and libido. Of the various English translations of Freud's major works to appear in his lifetime, only one was authorized by Freud himself: The Standard Edition of the Complete Psychological Works of Sigmund Freud under the general editorship of James Strachey. Freud approved the overall editorial plan, specific renderings of key words and phrases, and the addition of valuable notes, from bibliographical and explanatory. Many of the translations were done by Strachey himself; the rest were prepared under his supervision. The result was to place the Standard Edition in a position of unquestioned supremacy over all other existing versions. Newly designed in a uniform format, each new paperback in the Standard Edition opens with a biographical essay on Freud's life and work --along with a note on the individual volume--by Peter Gay, Sterling Professor of History at Yale.

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an elementary stock-taking of his views of the unconscious, dreams, and the theory of neuroses at the time of writing, as well as offering some new technical material to the more advanced reader.

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introductory lectures on psychoanalysis: *Introductory Lectures on Psycho-analysis (parts I and II)* Sigmund Freud, 1961

introductory lectures on psychoanalysis: The Complete Introductory Lectures on Psychoanalysis Sigmund Freud, James Strachey, 1966 These translated lectures, originally delivered by Freud in two winters from 1915 to 1917 and in 1932, outline most of his theories, including dream interpretation and psychoanalytic therapy

introductory lectures on psychoanalysis: Introductory Lectures on Psycho-analysis Sigmund Freud, 1961

introductory lectures on psychoanalysis: Introduction to Psychoanalysis *Sigmund Freud, 2017-08-08 Introduction to Psychoanalysis or Introductory Lectures on Psycho-Analysis (German: Vorlesungen zur Einführung in die Psychoanalyse) is a set of lectures given by Sigmund Freud in 1915-17 (published 1916-17), which became the most popular and widely translated of his works. The 28 lectures offered an elementary stock-taking of his views of the unconscious, dreams, and the theory of neuroses at the time of writing, as well as offering some new technical material to the more advanced reader. In his three-part Introductory Lectures, by beginning with a discussion of Freudian slips in the first part, moving on to dreams in the second, and only tackling the neuroses in the third, Freud succeeded in presenting his ideas as firmly grounded in the common-sense world of everyday experience. Making full use of the lecture-form, Freud was able to engage in a lively polemic with his audience, constantly engaging the reader/listener in a discussion, so as to take on their views and deal with their possible objections. The work allows the reader acquainted with the concepts of Freud to trace the logic of his arguments afresh and follow his conclusions, backed as they were with examples from life and from clinical practice. But Freud also identified elements of his theory requiring further elaboration, as well as bringing in new material, for example on symbolism and primal fantasies, taking up with the latter a train of thought he would continue in his re-working of *The Wolfman*.

introductory lectures on psychoanalysis: A General Introduction to Psychoanalysis Sigmund Freud, 2016-09-03 A General Introduction to Psychoanalysis Introductory Lectures on Psycho-Analysis Sigmund Freud Translated by G. Stanley Hall These twenty-eight lectures to laymen are elementary and almost conversational. Freud sets forth with a frankness almost startling the difficulties and limitations of psychoanalysis, and also describes its main methods and results as only a master and originator of a new school of thought can do. These discourses are at the same time simple and almost confidential, and they trace and sum up the results of thirty years of devoted and painstaking research. While they are not at all controversial, we incidentally see in a clearer light the distinctions between the master and some of his distinguished pupils. Part 1 -- The Psychology of Errors First Lecture Introduction Second Lecture The Psychology of Errors Third Lecture The Psychology of Errors -- (Continued) Fourth Lecture The Psychology of Errors -- (Conclusion) Part 2 -- The Dream Fifth Lecture -- Difficulties and Preliminary Approach Sixth Lecture -- Hypothesis and Technique of Interpretation Seventh Lecture -- Manifest Dream Content and Latent Dream Thought Eighth Lecture -- Dreams of Childhood Ninth Lecture -- The Dream Censor Tenth Lecture -- Symbolism in the Dream Eleventh Lecture -- The Dream-Work Twelfth Lecture -- Analysis of Sample Dreams Thirteenth Lecture -- Archaic Remnants and Infantilism in the Dream Fourteenth Lecture -- Wish Fulfillment Fifteenth Lecture -- Doubtful Points and Criticism Part 3 -- General Theory of the Neuroses Sixteenth Lecture -- Psychoanalysis and Psychiatry Seventeenth Lecture -- The Meaning of the Symptoms Eighteenth Lecture -- Traumatic Fixation -- The Unconscious Nineteenth Lecture -- Resistance and Suppression Twentieth Lecture -- The Sexual Life of Man Twenty-First Lecture -- Development of the Libido and Sexual Organizations Twenty-Second Lecture -- Theories of Development and Regression -- Etiology Twenty-Third Lecture -- The Development of the Symptoms Twenty-Fourth Lecture -- Ordinary Nervousness Twenty-Fifth Lecture -- Fear and Anxiety Twenty-Sixth Lecture -- The Libido Theory and Narcissism Twenty-Seventh Lecture -- Transference Twenty-Eighth Lecture -- Analytical Therapy

introductory lectures on psychoanalysis: Introductory Lectures on Lacan Astrid Gessert,

2018-05-15 Lacan developed his theory and practice of psychoanalysis on the basis of Freud's original work. In his return to Freud he not only elaborated and revised some of Freud's innovative ideas, but turned to important questions and problems in Freud's theory that had remained obscure and unresolved, and provided a new way of articulating these issues and their implication for psychoanalytic theory and practice. This book offers a selection of chapters about some of the fundamental concepts of psychoanalysis. The authors aim to explore the trajectory of the development of these concepts from their original basis in Freud's work to their elaboration by Lacan. The book will be of interest to readers from different backgrounds, including the clinical and academic field, social and cultural studies and the arts, for whom psychoanalytic ideas may be a relatively new field to explore, or who are looking for new perspectives to develop their ideas about psychoanalysis.

introductory lectures on psychoanalysis: A General Introduction to Psychoanalysis

Sigmund Freud, 2020-10-20 Introduction to Psychoanalysis or Introductory Lectures on Psycho-Analysis (German: Vorlesungen zur Einführung in die Psychoanalyse) is a set of lectures given by Sigmund Freud, the founder of psychoanalysis, in 1915-1917 (published 1916-1917). The 28 lectures offer an elementary stock-taking of his views of the unconscious, dreams, and the theory of neuroses at the time of writing, as well as offering some new technical material to the more advanced reader. The lectures became the most popular and widely translated of his works. However, some of the positions outlined in Introduction to Psychoanalysis would subsequently be altered or revised in Freud's later work; and in 1932 he offered a second set of seven lectures numbered from 29-35 - New Introductory Lectures on Psychoanalysis - as complement (though these were never read aloud and featured a different, sometimes more polemical style of presentation.) In his three-part Introductory Lectures, by beginning with a discussion of Freudian slips in the first part, moving on to dreams in the second, and only tackling the neuroses in the third, Freud succeeded in presenting his ideas as firmly grounded in the common-sense world of everyday experience. Making full use of the lecture-form, Freud was able to engage in a lively polemic with his audience, constantly engaging the reader/listener in a discussion, so as to take on their views and deal with their possible objections.[4] The work allows the reader acquainted with the concepts of Freud to trace the logic of his arguments afresh and follow his conclusions, backed as they were with examples from life and from clinical practice. But Freud also identified elements of his theory requiring further elaboration, as well as bringing in new material, for example on symbolism and primal fantasies, taking up with the latter a train of thought he would continue in his re-working of The Wolfman. In the New Introductory Lectures, those on dreams and anxiety/instinctual life offered clear accounts of Freud's latest thinking, while the role of the Superego received an update in lecture 31. More popular treatments of occultism, psychoanalytic applications and its status as a science helped complete the volume.

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Sigmund Freud, James Strachey, Angela Richards, 1981

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introductory lectures on psychoanalysis: What Freud Really Meant Susan Sugarman,

2016-04-14 This book presents Freud's theory of the mind as an organic whole, built from first principles and developing in sophistication over time.

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Freud, 1991

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1910 Sigmund Freud, 1910

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Rusbridger, 2005 Introducing Psychoanalysis brings together leading analysts to explain what psychoanalysis is and how it has developed, providing a fascinating overview of the wide variety of psychoanalytic ideas that are current in Britain today.

introductory lectures on psychoanalysis: Reading Freud Jean-Michel Quinodoz, 2013-12-16 Winner of the 2010 Sigourney Award! Reading Freud provides an accessible outline of the whole of Freud's work from Studies in Hysteria through to An Outline of Psycho-Analysis. It succeeds in expressing even the most complex of Freud's theories in clear and simple language whilst avoiding over-simplification. Each chapter concentrates on an individual text and includes valuable background information, relevant biographical and historical details, descriptions of Post-Freudian developments and a chronology of Freud's concepts. By putting each text into the context of Freud's life and work as a whole, Jean-Michel Quinodoz manages to produce an overview which is chronological, correlative and interactive. Texts discussed include: The Interpretation of Dreams The 'Uncanny' Civilisation and its Discontents' The clear presentation, with regular summaries of the ideas raised, encourages the reader to fully engage with the texts presented and gain a thorough understanding of each text in the context of its background and impact on the development of psychoanalysis. Drawing on his extensive experience as a clinician and a teacher of psychoanalysis, Jean-Michel Quinodoz has produced a uniquely comprehensive presentation of Freud's work which will be of great value to anyone studying Freud and Psychoanalysis.

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introductory lectures on psychoanalysis: **Introductory Lectures on Psycho-analysis** Sigmund Freud, 1952

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introductory lectures on psychoanalysis: **Jung: A Very Short Introduction** Anthony Stevens, 2001-02-22 Though he was a prolific writer and an original thinker of vast erudition, Jung lacked a gift for clear exposition and his ideas are less widely appreciated than they deserve. In this concise introduction, Anthony Stevens explains clearly the basic concepts of Jungian psychology: the collective unconscious, complex, archetype, shadow, persona, anima, animus, and the individuation of the Self. He examines Jung's views on such disparate subjects as myth, religion, alchemy, 'synchronicity', and the psychology of gender differences, and he devotes separate chapters to the stages of life, Jung's theory of psychological types, the interpretation of dreams, the practice of Jungian analysis, and to the unjust allegation that Jung was a Nazi sympathizer. Finally, he argues that Jung's visionary powers and profound spirituality have helped many to find an alternative set of values to the arid materialism prevailing in Western society. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

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that contraceptives, assisted fertilization, advances in women's rights, growingly evident sublimational capacities and demonstrations of professional success have definitely changed ideas regarding an eternal and immutable feminine nature. The authors are interested in illuminating ways in which these changes have or have not influenced psychoanalytic debate in relation to the feminine. This implies renewing the question of what is authentically feminine and whether there is any essential truth concerning the feminine.

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introductory lectures on psychoanalysis: Freud Reader Sigmund Freud, 1995-09-05 Selections span Freud's career from early case histories through his work on dreams, essays on sexuality, and his later philosophical writings. Most are reproduced in full and have been selected from the standard edition. Gay ties all together with an analytical introduction, chronology of life and work, and commentary throughout. Ideal size book for reading and browsing marred only by the inexplicable use of poor quality (and acidic) paper. Annotation copyrighted by Book News, Inc., Portland, OR

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Sigmund Freud, 1989 In 1915 at the University of Vienna 60-year-old Sigmund Freud delivered these lectures on psychoanalysis, pointing to the interplay of unconscious and conscious forces within individual psyches. In reasoned progression he outlined core psychoanalytic concepts, such as repression, free association and libido. Of the various English translations of Freud's major works to appear in his lifetime, only one was authorized by Freud himself: The Standard Edition of the Complete Psychological Works of Sigmund Freud under the general editorship of James Strachey. Freud approved the overall editorial plan, specific renderings of key words and phrases, and the addition of valuable notes, from bibliographical and explanatory. Many of the translations were done by Strachey himself; the rest were prepared under his supervision. The result was to place the Standard Edition in a position of unquestioned supremacy over all other existing versions. Newly designed in a uniform format, each new paperback in the Standard Edition opens with a biographical essay on Freud's life and work --along with a note on the individual volume--by Peter Gay, Sterling Professor of History at Yale. --Publisher.

introductory lectures on psychoanalysis: The Psychoanalytic Movement Ernest Gellner, 1996 The aim of this book is the understanding of how psychoanalysis came to be so generally accepted by the public at large. The author, a sociologist, focuses on reconstructing the system of ideas upon which the theory and practice of psychoanalysis rests.

introductory lectures on psychoanalysis: The Penguin Freud Reader Sigmund Freud, 2006-01-26 Here are the essential ideas of psychoanalytic theory, including Freud's explanations of such concepts as the Id, Ego and Super-Ego, the Death Instinct and Pleasure Principle, along with classic case studies like that of the Wolf Man. Adam Phillips's marvellous selection provides an ideal overview of Freud's thought in all its extraordinary ambition and variety. Psychoanalysis may be known as the 'talking cure', yet it is also and profoundly, a way of reading. Here we can see Freud's writings as readings and listenings, deciphering the secrets of the mind, finding words for desires that have never found expression. Much more than this, however, The Penguin Freud Reader presents a compelling reading of life as we experience it today, and a way in to the work of one of the most haunting writers of the modern age.

introductory lectures on psychoanalysis: Freud: Dictionary of Psychoanalysis Nandor Fodor, Sigmund Freud, 2013-04-26 This is a book that should satisfy a longfelt need. Freud's writings comprise a small library. To know how the founder of psychoanalysis defined his original terms, how he changed or amplified them in his later writings; to have his exact statements at hand on all possible psychoanalytic questions will be of considerable assistance to students and practitioners alike. Some analysts, known as specialists in Freudian quotations, have been receiving constant requests to supply references to those who sorely needed them. This book will safeguard them from the penalty of specialization, and will place all Freudiana within easy reach of professional and non-professional researchers.

introductory lectures on psychoanalysis: The Psychology of Errors Sigmund Freud, 2021-11-09 Errors have a meaning and we may consider probable that every single mistake which occurs is meaningful. In these lectures I refer to the errors which an individual commits-as for example, errors of speech in which he wishes to say something and uses the wrong word; or those which happen to him in writing, and which he may or may not notice; or the case of misreading, in which one reads in the print or writing something different from what is actually there. A similar phenomenon occurs in those cases of mishearing what is said to one, where there is no question of an organic disturbance of the auditory function. Another series of such occurrences is based on forgetfulness-but on a forgetfulness which is not permanent, but temporary, as for instance when one cannot think of a name which one knows and always recognizes; or when one forgets to carry out a project at the proper time but which one remembers again later, and therefore has only forgotten for a certain interval.

introductory lectures on psychoanalysis: Psychoanalysis For Teachers And Parents Anna Freud, 2013-05-31 Anna Freud was the sixth and last child of Sigmund Freud and Martha Bernays. Born in Vienna, she followed the path of her father and contributed to the newly born field of

psychoanalysis. She is considered to be one of the founders of psychoanalytic child psychology. 'Psychoanalysis For Teachers And Parents' is written in a clear understandable fashion. The book outlines the basic findings of psychoanalysis and their implications for the understanding, care, and education of young children. Titles of the lectures are Infantile Amnesia and the Oedipus Complex; The Infantile Instinct-Life; The Latency Period; and The Relation Between Psychoanalysis and Pedagogy.

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