

# Psychotherapy - primary schools

## Depth psychotherapy

### Psychoanalysis

- founder: **Sigmund Freud**
  - He drew attention to the unconscious component of the human psyche
  - emphasized the importance of instinctual forces (sexual and destructive drives)
  - developed the theory of pregenital infantile sexuality (oral, sadistic-and phallic)
  - defined the Oedipus complex
  - castration complex - the boy's fear of losing his penis
  - **3 Theoretical models of personality**
- 1. *traumatic model* - assumes that psycho-traumatic experiences lead to difficulties
- 2. *topographic model* - distinguishes the unconscious, preconscious and conscious; During treatment, the unconscious becomes conscious
- 3. *structural model* - "id" it - instinctive component; "superego" - the Overself, ideals, ethics; "ego" - self, regulation of mental life; Conflict causes neuroses
- During psychoanalysis, there is a view of things in the unconscious, an awareness of intrapsychic conflicts
- elaborated methods of free association, dream analysis
- **New Currents of Psychoanalysis**
  - *egopsychology* (the study of the development of the psyche in the first years of a child's life, especially the first 3 - the basis of the main personality traits)
  - *psychology of object relationships* (departure from instincts to relationships)
  - *Self-psychology* (self-concept)

### Individual Psychology of Alfred Adler

- It is important for a person to achieve application and assertion in society during his life
- When you can't - feeling inferior
- Neurosis is an effort to compensate for this inferiority
- The great importance of sibling relationships

### Analytical Psychology of C. G. Jung

- based on Freud's psychoanalysis
- He claimed that there is also the so-called *collective unconscious*, including the experience of culture - the so-called **archetypes** - *persona* (the role of the individual), *the shadow* (spontaneity, creativity), the *animus* (the masculine elements in the female psyche), *anima* (the presence of female elements in the male psyche), the *self* (the totality of personality))
- Life has two components - socialization, individuation
- **Course of psychotherapy:**
  - They both sit in chairs, discussing emerging feelings and thoughts to the patient
  - attention is paid to dreams, they have a symbolic language
  - active imagination - developing ideas related to the patient's problem

### Roger psychotherapy

- It does not focus on the patient's past, but on his present
- It assumes that a person has the potential for further positive development
- empathy

### Behavioral psychotherapy

- research of the learning process, builds on theories of learning (Skinner)
- deals with the manifestation of psychological behavioral disorders, tries to eliminate them by the method of learning, changes the behavior and this changes the intrapsychic problem
- method of desensitization - the patient calms down, relaxes and imagines things inducing fear (phobia treatment)
- Selective reinforcement technique - reward, punishment
- Assertive training
- not so time consuming

### Cognitive behavioral therapy

- Newer direction

- extends the original focus of behavioral therapy, focusing on the learning process and its use in treatment
- takes into account thought processes, opinions and attitudes
- It assumes that a change in thinking can be induced by changing behavior
- **constructivist paradigm** – a person's view of the world is his own product, which corresponds to the experience of the individual
- The task of therapy is **to change the construction**, i.e. the view of the world
- The patient is given tasks that lead to a change in his mental stereotypes
- Goals are predetermined – we have to precisely define thought processes, this is what cognitive-behavioral examination is used for
- **change of attributes** – reattribution (e.g. someone does not answer your greeting, we think they are ill-mannered, then there is reattribution and we start to consider other possibilities – fatigue of the other person, is deaf, dumb, etc.)

## Existential psychotherapy

- emphasizes the uniqueness of a person's personality

### Dasein analysis

- aims to understand human existence, the uniqueness of the issue of each patient, the patient should be himself
- is close to philosophy

### Logotherapy

- It is based on the opinion that the main value of a person is to find the meaning of life
- helps to find the meaning of life, escape from existential frustration
- even for people with physical disabilities, trying to find a life goal

## Transpersonal psychotherapy

- emphasizes the spiritual dimension of man, is interested in experiences arising in an altered state of consciousness (hallucinogens, holotropic breathing, ...), feelings from prenatal life

## Eclectic and integrative approach to psychotherapy

- Combination of different schools

## Dynamic and interpersonal psychotherapy

- based on psychoanalysis, accepts some of its starting points (unconscious, intrapsychological conflict from childhood)
- stresses the importance of current social factors, relationship problems
- disagrees with the importance Freud gives to instincts and sexuality
- The problem in relationships is caused by maladaptive behavior, which is usually related to childhood experiences
- helps to understand his contribution to the problem
- helps to understand the connection between past events and current problems
- He should understand this, gain a new experience in relationships
- **corrective emotional experience** – the patient encounters a different reaction than he was used to (parents underestimated him, psychotherapist appreciates him, ...)

## Links

### Related articles

- Psychotherapy

### Source

- BENEŠ, Jiří. *Study materials* [online]. [cit. 2010]. <<http://www.jirben.cz>>.

### References

- RABOCH, Jiří – ZVOLSKÝ, Petr. *Psychiatry*. 1. edition. 2001. 622 pp. pp. 468-474. ISBN 80-7262-140-8.