

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" – 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.