

# Psychotherapy - elementary schools

## Depth Psychotherapy

### Psychoanalysis

- founder: **Sigmund Freud**
  - drew attention to the unconscious component of the human psyche
  - emphasized the importance of drive forces (sexual drive and destructive drive)
  - created a theory of pregenital infantile sexuality (oral, sadistic-anal and phallic)
  - defined the Oedipus complex
  - castration complex - boy's fear of losing his penis
  - **3 theoretical models of personality**
    1. *trauma model* - assumes that psychotraumatic experiences lead to difficulties
    2. *topographical model* - distinguishes unconsciousness, preconsciousness and consciousness; during treatment the unconscious becomes conscious
    3. *structural model* - "id" - drive component; "superego" - superego, ideals, ethics; "ego" - self, regulation of mental life; conflict causes neuroses
- during psychoanalysis there is an insight into things in the unconscious, an awareness of intrapsychic conflicts
- elaborated methods of free association, dream analysis
- **new currents of psychoanalysis**
  - *ego psychology* (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 relations* (deviation from drives to relations)
  - *self psychology* (self concept)

### Alfred Adler's Individual Psychology

- it is important for a person to achieve application and promotion in society during his life
- when it doesn't work - a feeling of inferiority
- neurosis is an attempt to compensate for this inferiority
- the great importance of sibling relationships

### CG Jung's Analytical Psychology

- came out of Freud's psychoanalysis
- claimed that there is still a so-called *collective unconscious*, it includes cultural experiences - so-called **archetypes** - *persona* (the role of the individual), *shadow* (spontaneity, creativity), *animus* (male elements in the female psyche), *anima* (the presence of female elements in the male psyche), *self* (entire personality)
- life has two components - socialization, individuation
- **course of psychotherapy**:
  - both sitting in chairs, discussing the patient's emerging feelings and thoughts
  - attention is paid to dreams, they have a symbolic language
  - active imagination - developing ideas related to the patient's problem

### Rogerian psychotherapy

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

### Behavioral psychotherapy

- learning process research, builds on learning theories (Skinner)
- deals with the manifestation of psychological disorders in behavior, tries to eliminate them using the learning method, the behavior will change and this will change the intrapsychic problem
- desensitization method - the patient calms down, relaxes and imagines fear-inducing things (treatment of phobias)
- selective reinforcement technique - reward, punishment
- practicing assertive behavior
- it's not that time consuming

### Cognitive behavioral therapy

- newer direction

- expands the original focus of behavioral therapy, focusing on the learning process and its use in treatment
- takes thought processes, opinions and attitudes into account
- assumes that a change in thinking can be induced by a change in behavior
- **constructivist paradigm** – a person's view of the world is his own product, which corresponds to the individual's experience
- 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 thought stereotypes
- goals are predetermined - we need to precisely define thought processes, this is what cognitive-behavioral examination is for
- **change of attributes** - reattribution (e.g. someone doesn't respond to your greeting, we think he is ill-mannered, then reattribution occurs and we start taking other possibilities into account - the other person's fatigue, he is deaf, dumb, etc.)

## Existential psychotherapy

- emphasizes the uniqueness of a person's personality

### Dasein analysis

- aims to understand human existence, the uniqueness of each patient's problem, 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, they try to find a purpose in life

## Transpersonal psychotherapy

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

## An eclectic and integrative concept of psychotherapy

- a combination of different schools

## Dynamic and Interpersonal Psychotherapy

- is based on psychoanalysis, accepts some of its starting points (unconscious, intrapsychological conflict from childhood)
- emphasizes the importance of current social factors, problems in relationships
- disagrees with the meaning Freud gives to drives and sexuality
- the problem in relationships is due to maladaptive behavior that tends to be 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 it, gain 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]. [feeling. 2010]. < <http://www.jirben.cz> >.

### References

- RABOCH, Jiří and Petr ZVOLSKÝ, et al. *Psychiatry*. 1st edition. Prague: Galén and Karolinum, 2001. 622 pp. pp. 468-474. ISBN 80-7262-140-8 .

