Neo Freudians
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• “New” Freudians
  – Jung, Adler, Horney, and Erikson

• Not entirely sold on Freud’s theories

• Kept concepts such as the id, ego, and superego; as well as the defense mechanisms

• Focused on the unconscious and its development based around one’s social environment
Carl Jung

- 1875-1961
- Hated school
- Liked Astrology, Spiritualism, and Synchronicity
Carl Jung

• Personality has three parts
  – (One key difference from Freud...Middle age is more important for personality development)
Carl Jung- Personality (3)

1. Ego: Conscious Mind- carried out normal activities
2. Personal Unconscious- includes both memories and those that have been suppressed- unique to each person
Carl Jung- Personality (3)

• 3. Collective Unconscious: A knowledge we are all born with but not conscious of (it is passed down)
  – Influences our emotional experiences
  • Example: Love at 1st sight, déjà vu
Collective Unconscious

- Contents are called *archetypes*
  - Inherited tendency to experience or respond to things or situations in a certain way
  - Examples: Tendencies of people to believe in God, a Devil, evil spirits and heroes, and to have a fear of the dark and snakes
5 Archetypes

• Persona
  – The public face one shows to the world
  – A mask to make an impression on others and to conceal the true nature of the individual
  – Consistent with the roles people play and that help them to function socially
5 Archetypes

• Shadow
  – Represents the “negative side” of the personality
  – All of the unpleasant qualities we like to hide
  – Denying it, gives it more power
  – Qualities we condemn the most in others, may be lurking in our own shadow
5 Archetypes

• Anima
  – “Inner feminine figure” within the unconscious of every man
5 Archetypes

• Animus
  – “Inner masculine figure” within the unconscious of every woman

• ** Both the masculine and feminine qualities must be consciously acknowledged and integrated for a healthy personality to develop**
Alfred Alder

• Developed the theory that one’s personality stems from the seeking of superiority (not pleasure)
• Believes as children, we always feel inferior to adults and therefore constantly compare ourselves to the powerful adults
Alfred Adler

• As small children, therefore, we develop the defense mechanism of compensation (prevalent throughout live)

• People try to overcome feelings of inferiority in one area of life by striving to be superior in another area

Before you convince yourself that you’re superior and that your efforts are making a difference, remember that others have been selected before you.
Alfred Adler

• Also believed that birth order affects one’s personality.
  – First born
    • Feel inferior to younger siblings.... Often compensate and become overachievers
  – Middle
    • Feel superior over older child, while dominating younger siblings.... Often becomes very competitive
  – Youngest
    • Feel inferior because they are not allowed the freedom and responsibility of older siblings
Karen Horney

• Developed the concept of "womb envy"
  – Believed that men felt the need to compensate for their lack of child bearing abilities by striving for success in other areas

• Focused on a child’s sense of basic anxiety
  – Anxiety created when a child is born into the bigger and more powerful world of older children and adults
Karen Horney

- Basic Anxiety
  - Children who receive love, affection, and security from their world overcome the anxiety
  - Children who grow up in a world with less security and love develop neurotic personalities (don’t know how to treat/deal people)
    - Some people move toward people
      - Becoming dependent and clingy
    - Some people move against people
      - Becoming aggressive, demanding, and cruel
      - Also withdrawal from personal relationships
Erik Erikson

- Emphasized the social relationships that are important at every stage of life
  - Psychosocial Stages of Development

- Integrity vs. Despair
- Generativity vs. Stagnation
- Intimacy vs. Isolation
- Identity vs. Identity diffusion
- Industry vs. Inferiority
- Autonomy vs. Shame & Doubt
- Initiative vs. Guilt
- Basic trust vs. Mistrust

- Environment
- & society
- & kids
- & partner
- and peers
- and school
- and other family
- and siblings
- Parents

Individually: Individual change
Increasing complexity: Environment change
Current Thoughts and Criticisms on Freud

• Current Thoughts
  – Research exists that supports the idea of defense mechanisms, and even the unconscious mind

• Criticisms
  – No experiments to support research
  – Based his explanations from his patients describing what they felt, their past experiences, and dreams
    • Individuals who had been sexually abused
    • Wealthy Austrian women