

Quick Study Guide

Topic: Psychodynamic Perspective

Related Course(s): Psych 1100, 2800, 3000, 3200

Psychodynamic Perspectives – Key terms

Psychodynamic perspective—a school of thought united by a common concern with the dynamics, or interaction of forces lying deep within the mind. Almost all psychodynamic theorists agree on three basic principles: much human behavior is determined by intrapsychic forces; such forces generally operate unconsciously; and the form taken by these forces is deeply affected by developmental factors, especially by family relationships.

Psychoanalysis—The psychodynamic therapy method that relies heavily on the techniques of free association, dream interpretation, and analysis of resistance and transference. The aim is to give patients insight into their unconscious conflicts, impulses, and motives.

Psychoanalyst—someone who has had postgraduate training at a psychoanalytic institute and has undergone psychoanalysis him or herself. (Most psychoanalysts are psychiatrists, but other mental health professionals may undertake this training.)

Neuroses—conditions in which maladaptive behaviors serve as a protection against a source of unconscious anxiety.

Psychosis—conditions of ego collapse in which adaptive functioning is drastically curtailed; a gross impairment in reality testing, language and sensory interpretations

Unconscious—In Freudian theory, the level of consciousness that contains all memories not readily available to the perceptual conscious, because they have been either forgotten or repressed.

Defense mechanism—Any psychic stratagem that reduces anxiety by concealing the source of the anxiety from the self and the world.

Psychosexual development—Freud's theory that personality development takes place in a series of stages, in each of which the child's central motivation is to gratify the drive for pleasure in a different zone of the body.

Reality Principle---a motivational force governing the ego, that leads the individual to confront the constraints of the external world.

Pleasure Principle---a motivational force governing the id, that is oriented towards the immediate and total gratification of sensual needs and desires.

Study Guide: This study guide provides an overview of a topic or theory in the field of Psychology. It is intended to be a supplement to your textbook and other course materials.