



UMass Lowell Psi Chi is proud to host an inter-disciplinary speaker panel:

In Defense of Science: How Empirical Inquiry Shapes Modern Society

Thursday, April 20th from 5-7 PM in Moloney Hall, UCrossing

Speakers from three different disciplines will discuss the importance of evidence-based inquiry to their individual field and to our society. Special emphasis will be placed on what we can do as individuals and as organizations to protect and promote the sciences.

Featuring presentations by:

Doreen Arcus, Ph.D., Department of Psychology

Eliza Bobek, Ph.D., School of Education

Lori Weeden, M.S., Department of Environmental, Earth, & Atmospheric Science

Key Dates

- TH Apr 13 Begin Psychological Perspectives, Unit IIIB and 23; **Term Paper Step 3** (*only if Step 2 approved*)
- TU Apr 18 Unit 24
- TH Apr 20 Unit 25; Psychological Perspective Assignment in class
- TU Apr 25 Begin Social Perspectives, Unit IIIC and 26
- TH Apr 27 (last class) Unit 27; Social Perspective Assignment in class ; **Term Paper Step 4**

Goal: To identify the extent to which inner psychological factors might be important in the development of different forms of psychopathology

UNIT 23: INTRAPSYCHIC THEORIES

Learning Outcomes

- By the end of this class, you should be able to:
 - Explain the key concepts that are the foundations of Freudian psychoanalytic theory.
 - Identify the key ways in which psychodynamic and humanistic models of psychopathology differ.
 - Summarize one specific psychoanalytic explanation that links a specific defense mechanism to an emotion-based mental disorder.
 - Define the self-medication hypothesis and its possible link to substance use disorders.
 - Describe what humanistic research has shown us about the role of self-esteem in psychopathology.

Intrapsychic Theories

- Intrapsychic = unobservable mental events, such as ideas, wishes, memories, etc.
- Freud and psychoanalysis
 - The “depth hypothesis”: most mental activity is outside of consciousness (the Unconscious) yet can still influence experience and behavior (e.g., dreams, “Freudian slips”)
 - The “structural hypothesis”: mental activity comprises three distinct separate mental functions--id, ego, superego—which are always in conflict with each other
 - Unconscious motivation and conflict
 - Sexual origins and the Oedipal complex

Intrapsychic Theories

- The psychoanalytic theory of anxiety and defense
 - Unacceptable impulses (memories) lead to intrapsychic conflict, anxiety, and repression
 - Mechanisms of defense are unconscious methods to deal with conflict and reduce anxiety
 - Defenses can be healthy or unhealthy
 - Sublimation, reaction-formation, projection, displacement, denial
 - Psychosexual development, fixation and regression

Intrapsychic Theories

- Little Hans as an example
 - This case is typical of psychoanalytic “research” through case studies
 - Keep on mind that such studies can *illustrate* certain principles but are weak as evidence
 - Case is not typical in that most of the information came from father
 - Goal is always to track down the unconscious and early developmental forces that underlie the symptoms
 - Once those forces are brought to light, the assumption is that the “fuel” that sustains the symptoms will disappear, as will the symptoms

Intrapsychic Theories

- ◎ Freud's successors: not just sex!
 - Alfred Adler and the striving for superiority
 - Carl Jung and collective unconscious
 - Neo-Freudians (Sullivan, Horney, Fromm) and more focus on social environment
 - Object-relations theory and early attachments
 - Erik Erikson and more focus on adolescent and young adult development
 - All can be called "psychodynamic"
 - Rigorous scientific testing very difficult

Intrapsychic Theories

- ① Humanistic-existential approaches
 - Reject Freudian focus on unconscious psychic determinism
 - More focus on conscious awareness and “experiencings” (phenomenology), on “here-and-now,” on positive strivings (self-actualization), on what makes us “human”
 - Strong philosophical orientation: free will, existential choices

Intrapsychic Theories

- ⊙ Humanistic-existential explanations
 - Existential anxiety, inauthentic existence and choices
 - Failure to take responsibility for one's own destiny
 - Cutting oneself off from one's own self, discrepant self-image
 - Unfortunate life experiences that block or warp natural growth
 - Often criticized as anti-scientific, with emphasis on every individual as unique

Intrapsychic Theories

- ⊙ Intrapsychic factors in emotional disorders
 - Ego defenses overwhelmed in panic disorder
 - “Free-floating (“neurotic”) anxiety” in generalized anxiety disorder
 - Displacement in phobias (Hans)
 - Introjection of “bad mother,” self-hatred, and depression
 - Aggression turned inward and depression
 - Isolation, reaction-formation, and undoing in OCD

Intrapsychic Theories

- ⊙ Intrapsychic factors in behavioral disorders
 - Denial of sexuality and anorexia
 - Self-medication hypothesis and substance use disorders
 - Oral fixation, denial, and substance use disorders
 - Superego weakness and impulse-control and conduct disorders
 - Unconscious wish to lose or suffer in gambling, substance use (“slow suicide”)
 - Poorly controlled sexual impulses: overt in paraphilias, symbolic in pyromania
 - [not in text] Sex as a denial of mortality

Intrapsychic Theories

- Intrapsychic factors in cognitive disorders
 - Dissociation as a form of repression
 - Complete failure of early attachment to caregivers leads to isolation from reality, withdrawal into self in psychotic disorders and autism
 - Narcissism and denial of reality in schizophrenia
 - Projection in paranoia

Intrapsychic Theories

- ◎ Intrapsychic factors in physical health
 - Conversion of psychic conflict into bodily symptoms = primary gain
 - Performance anxiety and sexual dysfunction
 - Forbidden (i.e., Oedipal) impulses and sexual interest/arousal disorders

Intrapsychic Theories

- Psychodynamic research
 - Reliance on case studies
 - Focus on the “unobservable”
 - But there are quantitative studies of some concepts to test predictions
 - For example, findings that those with alcohol/drug problems are 2-10x more likely to have anxiety or depressive disorder is consistent with self-medication hypothesis
 - People with DID consistently show early histories of abuse and sexual trauma, consistent with Freud’s emphasis on repression

Intrapsychic Theories

- Humanistic-existential research
 - Also reliance on case studies
 - Difficult to conduct because of emphasis on uniqueness
 - But frequent emphasis on self-esteem
 - Numerous quantitative studies of role of low self-esteem as being causal, linked to a variety of disorders
 - Many reliable methods to measure it
 - And high self-esteem shows up as a factor in studies of resilience