

## **EUROPEAN MAN OR DR. FREUD'S COUCH** (a C.S. appraisal of Freudian Man)

- The Age of Einstein, Marx, & Freud
- Facts- Theories- Method of Therapy- Philosophy of Man

### **I. FREUD: PHILOSOPHER OR HUMAN UNHAPPINESS**

- A. **Three-headed monster:** Body- External world- Relations with others.
- B. **Fleeing the monster:** nine ways to seek “happiness”: unrestricted satisfaction, isolation, science, intoxication, Yoga, work, illusions (Imagination, Art, Religion) being in love, Aesthetic attitude.
- C. **Freudian Man:** self-preservation; love of aggression; need for love; impulse to attain pleasure & avoid pain (Epicurean).
  1. **Id:** unconscious, libidinal, sexual, aggressive.
  2. **Ego and Super-Ego:** derivative, survival, disciplinary.
  3. **Happiness:** direct, unrestricted satisfaction of basic instincts, not part of “plan of creation”; three-headed monster, **Society**.
  4. **Blind Evolution:**
    - **Structural** incompatibility of man and society
    - Nasty **and** sadistic: sublimation and sense-of-guilt
    - **Civilization:** built on human sacrifice and feeling guilty.
  5. **Guilt:** external and internal origins: Oedipus complex and primordial murder of the father.
  6. **Oedipus-Prometheus:** tragic vs. rationalistic atheism; moral indignation.  
\*Freudian Man: moral sense **not** original: no victory.

### **II. FREUD: DEFLATOR OF EUROPEAN “CIVILIZED” MAN**

- A. Triple blow to **Self-image:** Copernicus- Darwin- Freud.
- B. On-the-couch: rationalist- romantic- spiritual Man
- C. Analysis:
  1. **Civilization a thin veneer:** progeny of frustrated parents, letting-off-steam, compensation prize; compromise, mediocrity; slave-labor, nature-renunciation.
  2. **Three-fold Delusion of Grandeur:**
    - **Rational man:** truth, beauty, goodness, in classical splendor and harmony.
    - **Romantic man:** rebel-creator, master morality, creativity, adventure, depth of feeling, self-fulfillment.
    - **Spiritual man:** joy, freedom, communion, spontaneous generosity and mercy, mutual service, delight in fulfillment of others, love of enemies
- D. The not-so-flattering truth: **Freudian “wisdom”:**
  1. Avoid being seduced by grandiose images of Man
  2. Forget about inherent goodness and purity
  3. You are not the master of your destiny
  4. Your greatest achievements are mere palliatives
  5. Siduri as Sage (a pretty clever chick for someone so ancient!)
  6. “the **adjustment** is all” (apologies to the **ripeness** man-Bill Shakespeare).

### III. APRAISAL-DIALOGUE-FOOD FOR CVSP THOUGHT

- A. **Positive** contribution: “Critique of Un-Reason”- a powerful **corrective** to shallow intellectualism and naïve optimism.
- B. Unduly **pessimistic** ethos; no *eye* for authentic positive aspects of human life: **reductionist ; partial** theories.
1. Cynicism: **facile** negativity and tortuous obfuscation, debilitating complexity; **the real challenge**-provide **solid** basis for human trust and transparency.
  2. Victim-mentality: academic **excuse** for mediocrity..; over-permissiveness: self-control is **not** repression.
  3. **Over-generalization** of results of his own specialization: *partial* theories: biased *sample* of the human race.
  4. Neglect of Reason, will, Conscience, the Imagination as **autonomous, creative** powers of the Human: **reductionist** even in depiction of **instinctual** makeup (e.g. alternative theory: **Seven** basic instinct-clusters).
  5. **Inadequate** analysis of the phenomenon of **guilt: objective** counterpart of human freedom, solidarity, *empathy*, responsibility and **dignity**.
  6. A **travesty** of the infinitely **rich** human reality and experience of **love**.
  7. Reductionist analysis of Art, Science, and Religion as mere **palliatives**.
  8. **Cavalier** treatment of opponent views: the only **unforgivable sin** in C.S.!
  9. **Self-defeating** philosophy of man; status of Freud’s views reduced to sublimation, compensation, self-deception, etc...: obvious loss of power to compel.
  10. **Woman**

# PSYCHOLOGY 101

Right or wrong, Freud's theories revolutionized modern psychology and changed the way we think about the way we think. Here, the impact of his influence on some of the major movements in the field:

## GESTALT THERAPY

Starting from the premise that the mind is more than a collection of its parts, Gestalt (German for "whole") encourages patients to relieve anxiety by releasing and acknowledging their emotions.



JOSEPH CAMPBELL

## MYTHOLOGY

Campbell's popular writings on the hero myth, like Jung's collective-unconscious theory, suggest that all people share a set of psychic symbols.



CARL JUNG

## ANALYTICAL PSYCHOLOGY

Breaking from Freud over their differing views on sexuality, Jung formed his own movement, asserting that people could generally be classified as introverts or extroverts.

## HUMANISTIC

Originally called client-centered therapy, the focus is placed on the experience of the patient. Rogers later used the term counseling.



CARL ROGERS



ALFRED ADLER

## INDIVIDUAL PSYCHOLOGY

The first of Freud's inner circle to defect, Adler argued that neuroses arose not from libidinal forces but from overcompensation for feelings of insecurity.



SANDOR FERENCZI

## ACTIVE THERAPY

In direct contrast with Freud's nondirectional methods, Ferenczi helped develop Active Therapy, which allowed the analyst to play an active part in the session.



OTTO RANK

## PSYCHODRAMA

Through studying how people interact in groups, Moreno devised Psychodrama, a technique that stresses role playing, creativity and spontaneity in reaching a catharsis.



J. L. MORENO

## BIRTH TRAUMA

Rank's theory of the "pre-Oedipal complex" held that the trauma of being born was actually at the root of neurotic anxiety.



B. F. SKINNER

## STIMULUS AND RESPONSE

Skinner followed Watson in ignoring unconscious motivations and focusing chiefly on observable behavior.



JOHN WATSON

## BEHAVIORISM

Largely influenced by Pavlov's experiments with his dog, Watson wanted a method based more on empiricism than subjective interpretation.

## PSYCHOANALYSIS

The Symptoms Have Meaning

Freud's legacy is the idea that, by observing a patient's symptoms, the therapist can discover their cause. Even today that notion lies at the heart of psychotherapy.

DEVIATING BRANCHES

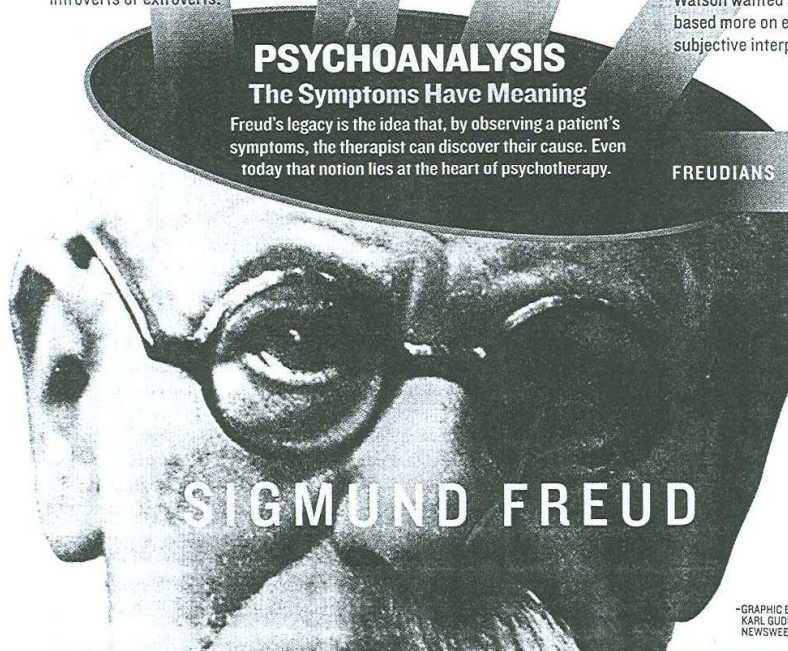
FREUDIANS

## MODERN FREUDIAN PSYCHOANALYSIS

Anna Freud used free association and transference in order to uncover unconscious motivations and find the past conflicts causing current emotional problems. Reclining on a couch may or may not be involved.



ANNA FREUD



the irrational and the unconscious find application in the corporation, where even high-level executives may bring transference issues into the office, seeking from their boss the approval they once craved from their parents. Freud's writings on group dynamics and sibling rivalry can serve the thoughtful CEO well, Sulkowicz adds. It helps, though, if the source is somewhat obscured. "I hardly ever talk about Freud by name," he says.

In the shadows, the tip of the cigar wiggles up and down in agitation. *Americans!* he seems to be thinking. *A money-grubbing*

-GRAPHIC BY KARL GUDE, NEWSWEEK

SOURCES: DR. MANUEL FURER AND THE NEW YORK PSYCHOANALYTIC SOCIETY AND INSTITUTE; DR. JEFFREY NASON AND THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE

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