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Psychodynamic approaches

Importance of psychodynamic approaches

It is important to understand and utilize various psychodynamic approaches for assessing human behavior and related issues. These approaches focused on studying internal processes that promote specific human behaviors. Different approaches adopt a different strategy for inquiring human personality and causes disturbing attitudes. A different method is used for becoming fully aware of preconscious thoughts and desires that are brought to light by reading the unconscious mind. The purpose of understanding different psychodynamic approaches is due to the fact that each offer different techniques that are effective for managing clients with various disorders. Each approach has its own set of strengths and weaknesses making it essential for the psychologists to have knowledge of all. Having a complete understanding of the psychodynamic approaches will allow the therapist to choose the most appropriate method depending on the condition of the client. Relying on a single approach is not adequate due to its limitations.

Overview of psychodynamic approaches

Psychoanalysis is one of the most commonly used psychodynamic approaches that was presented by Sigmund Freud. It is focused on reaching the unconscious thoughts and desires of individuals for assessing their personalities. The central goal in the therapy is to allow clients to experience catharsis by bringing their unconscious feelings to conscious awareness (Kernberg, 2016). The approach is useful for people who are undergoing stress and depression by making them attain relief. Freud presented the argument that unconscious desires influence behaviors of individuals it is thus important to reveal them. The conflicts between conscious and unconscious mind lead to emotional problems such as anxiety and stress.

Analytical psychology was presented by Carl Jung stating that what individual dreams becomes an unconscious desire. The approach was established for helping patients undergoing disturbed and psychotic problems. The theory explains that thoughts are linked with certain problematic complex (Roesler, 2013). The complexes are further associated with difficult experiences of the past that becomes part of the archetype qualities like aggression or masculinity. The experiences are categorized into certain patterns that allow the therapist to understand the psyches of people. Jung emphasized on the instinctual nature for reaching the unconscious thoughts that according to him leads to the roots of psychotic issues. His concept of individuation explains that the manifestation of natural elements is a critical factor for personality development. The therapy also explains that in changing situations individuals must be able to accommodate by configuring themselves in an orderly manner.

Individual psychology is a third psychodynamic approach that was developed by Alfred Adler. He explained that feelings of inferiority are due to failure of attaining desire. The focus of the theory is on determining the reasons behind the sense of inferiority. Adler explained that every human being is born with some degree of inferiority that convinces him to struggle for attaining power (Goodluck & Gabriel, 2017). This struggle for superiority leads to a disturbed mental state. An individual needs to overcome feelings of inferiority because they can have adverse impacts on human personality. The feelings of inferiority are linked to the state of helplessness, hopelessness and demotivation. Individuals undergoing inferiority complex are unable to accomplish their goals in life. Inferiority is visible since the birth of the child as he begins to strive for gaining importance.

Comparison and contrast

The three psychodynamic approaches used excessively in the field of psychology include; psychoanalysis, analytical therapy and individual psychology. Each psychodynamic approach offers different strengths and techniques that allow therapists to address the psychological issues of clients. Freud’s philosophy of unconsciousness associated it with repressed personal contents while Jung identified it as a collective nature. Compared to Jung and Adler the focus of Freud was more on sexual urges and its impacts on human behavior (Kernberg, 2016). The sexual tension was the basic reason behind Freud's psychoanalytical theory. Jung stressed on interpreting the symbols obtained from dreams. Freud's technique was to strip down to some form of sexuality. Jung had accepted psychic archetype by bridging matter in general. On the contrary, Freud rejected the concept of the black tide of mud occultism.

In Freud's theory, there is no significance for the external influences. While Adler believed that the past experiences of people continue to influence their present. He explained that there are urges other than sexual tension that could cause emotional disturbances. Adler presented a different perspective from Freud and Jung by claiming that social relationships have profound implications on human behavior and personality. Fundamental personality traits are developed within the first five since the child's birth (Roesler, 2013). Adler rejected Freud’s idea by stating that people can make conscious decisions. According to him the conscious aspect of humans is more powerful than his unconscious state. Adler’s therapy involves shorter-length of techniques while Jung and Freud rely on longer-length of therapeutic methods. Freud explains that people are not free in their choices due to the impact of unconscious thoughts and desires. Jung and Adler have rejected this ideology and states that they can make conscious choices.

Psychoanalytical therapy involves counselling sessions in which the therapist maintains a relationship of trust. In the sessions, the therapist encourages patients to explore their unconscious thoughts and desires. After identifying such thoughts the therapist suggests ways for coping with such problems and transforming behavior. This process takes more time such as months. Different techniques are adopted in three psychodynamic theories for attaining similar results. The analytical therapy starts with forming an alliance and integrating with the conscious psyche of clients. The therapist attempts to determine the collective and personal unconsciousness of individuals (Goodluck & Gabriel, 2017). The client is provided guidance through the regressive process of exploring painful material in the unconsciousness. The thoughts are then brought to conscious state and individual learns to overcome negative feelings. Individual psychology relies on different techniques that involve identifying social situations encountered by the client. Sessions of counselling are conducted between the therapist and the patient. This allows the therapist to examine the issues faced by the client in social life. By interpreting the experiences of the client the therapist manages to provide solutions for overcoming negative feelings and thoughts. After recognition of potential fear, the therapist offers the opportunity for overcoming them.

How each theory supports or conflicts with personal views

I believe that the three psychodynamic approaches can be combined for dealing with the psychotic problems in an effective manner. The psychoanalytical theory aligns with my personal belief because it explains unconsciousness. I agree with the viewpoint of Freud that feelings that remain hidden from individual cause disturbances. It is thus important for a client suffering from mental disturbance to identify unconscious desires. The analytical therapy aligns with my personal belief because it focuses on interpreting the feelings of aggression and anxiety. The theory supports my personal views because it identifies four functions; thinking, feeling, sensation and intuition that can be useful for transforming the pattern of thoughts.

Individual psychology aligns with my personal belief because it stresses on reasons for struggle. In the process of individuation, the clients can explore their reasons for inferiority and adopt ways to overcome it. The therapy is useful for determining situations that lead to struggles for power in different circumstances.

References

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