Psychology

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Sigmund Schlomo Freud, more commonly known as Sigmund Freud, (1856-1939) is known as the father of psychology. He laid the foundations of the psychoanalysis, which helps a great deal in the resolution of various mental issues. Sigmund Freud developed various other theories that assist in understanding the human behavior and nature of the people in different situations.

Among the various theories and concepts presented by Sigmund Freud, the most interesting and probably the most important one is the idea is that the events that took place in the childhood leave a great impact on the whole life of an individual (Lear, 2015). These events shape up the personality of a human and make up their mindset of an individual to develop a certain style of thinking.

Moreover, another interesting theory that was presented by Freud was the Psyche Theory. The Psyche theory defines that the human mind is made up of three important components which define the behavior under various situations. These components are known as the ID, the ego and the superego. These all are not the actual or physical components present in the brain of a person but hypothetical conceptualizations that govern the mood, emotions and the behavioral patterns of a person in different situations.

Some more contributions of Sigmund Freud towards psychology are Talk Therapy. Talk Therapy implies that talking about problems can alleviate them. Moreover, Sigmund Freud also contributed to the analysis of a dream. Freud was of the view that the content of the dreams could be divided into two types; manifest content and latent content. Another interesting theory of Sigmund Freud consists of the defense mechanisms of an individual in various situations. Freud presented that any normal and sane individual adopts two strategies in the case of defense, “denial” and “rationalizing”.

**References**

Lear, J. (2015). *Freud*. Routledge.