Psychology Assignment

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Author Note

Psychology

**Freud’s Contribution**

Sigmund Freud was an Austrian psychologist and was known as the father of psychoanalysis as he developed a fascinating and an entirely new approach for the understanding of human personality. Freud is known to be one of the persons of 20th century with the most influential and controversial minds. Throughout his life he developed certain theories and it was Freud who provoked the understanding of human mind and human personality. In the early 1990s, the psychodynamic view of human behavior was developed by him. The model of this theory relies on three components: the id, the ego, and the superego. This theory suggests that the internal forces, over which a human has no control, depict the human behavior and the dreams and some occasional word slips are the signs to show the thinking of an individual. The id, ego, and super ego are very complex. Id refers to the inborn unorganized part of an individual’s personality. It reduces the anxiety feelings that are triggered by the primal forces such as hunger, aggression, unreasonable pulses, and sexual feelings. It seeks to fulfil the feelings on immediate demands but reality prevents it from doing so. This reality principle is the ego that helps the person survive in the society and make suitable decisions. Ego is responsible for problem-solving, observation, learning, thoughtfulness, and intelligence. The concluding component of this theory is the super ego that is based on the principles of morality as it represents the good and bad. It has two parts: the ego-ideal that motivates to perform morally correct actions and the conscience that stops commencement of the bad things. I agree with the whole theory of Freud as it made me develop an approach about how the minds of individuals operate. The drive behind a human’s behavior is explored that is extremely interesting leads to the finding of more new theories (“Psychodynamic Perspectives on Personality | Boundless Psychology,” n.d.).

**Victor Frankl’s view on Suffering**

Frankl was of the view that the people who seek sufferings purposefully are have no future goals and they are unable to resist the circumstances that make them suffer. They are stuck to their past and the things that they are deprived of. He believes that if a person is suffering, he should look forward to the opportunities that life provides to him for the spiritual and psychological transformation so that his life does not become meaningless .

**The Relationship between the Woman and her Therapist**

The projection of feelings towards one’s therapist is known as transference that occurs when a client develops feelings foe someone else with whom he had an encounter in the past. Transference is of three types; positive negative and sexualized. The woman has a positive transference towards her therapist as she does not have any problem with the therapist glancing at her and she relates him to her past.

**Carl Rogers vs. Victor Frankl**

Victor Frankl, born in 1905 is a psychologist, neurologist, and philosopher who presented the famous theory of Logotherapy which suggested that the main aim of living is to give meaning to life. Carl Rogers is a famous humanistic psychologist who was born in 1902. He is known as the fonder of human psychology who developed the famous client-centered therapy and was nominated for Nobel Peace Prize for working towards the end of conflict in South Africa and Ireland. His famous Client-centered therapy suggests that more value should be given to the conscious than the unconscious. The common thing between both psychologists is the development of the humanistic and existence psychology. Rogers along with other psychologists developed the humanistic psychology while existential psychology was developed by Victor Frankl and other psychologists. Both psychologies emphasize the meaning of life, understanding of human experiences, human potential, and objective reality (Walker, 2012).

**No Doubt Song**

The famous No Doubt Song that would be my instructor’s favorite would be “Underneath it All.”

**Instructor’s moral development**

Kohlberg has presented three levels and six stages of moral development in his theory. As observed through actions, the instructor is at level three and stage five. Level three is the Post-Conventional Morality level and the fifth stage is the “morality of contract” of the rights of individuals and acceptance of the democratic laws. The individuals at this stage value what is the will of the majority and are concerned about the well-being of the society. Helping the college students by giving money shows that the instructor wants to benefit the society and act according to the standards of morality (Wilber, 2018).

**Hotel California**

When the instructor was seven years old he was at the Preoperational Stage of cognitive development. This stage lasts from 2 to 7 years of age and the child thinks about things symbolically. Still, he is egocentric which means he does not accept the viewpoints of others. When he hears the song now and develops much darker interpretations about the content, it means that he is at his Formal Operational Stage. This stage starts from 11 years of age and keeps going on till death. The individual is able to think about abstract concepts and test the hypotheses logically. The instructor’s ability to transform the content from one concept to another shows his cognitive development (McLeod, 2018).

**References**

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