Sigmund Freud

- Austrian, doctor
- Father of psychoanalysis
- One of the first psychologists to study human motivation
- Psychiatry vs. Psychology
- Up until 20th century frontal lobotomies were performed on patients
• Freud-believed that mental illness is a result of **nurture**, not nature.
• He asked the question:
  • “What makes people do things?”
• Answer: **MOTIVATION**
• Needs motivate human behaviour (food, shelter, clothing…)
Being deprived of a need arouses a feeling called a **DRIVE OR DESIRE**. Animals respond *instinctively*, humans learn various ways to respond.

Human motivation explains the reasons why people behave the way they do.

People have **DRIVES OR DESIRES** in the back of their minds

ie: Will to live, will to die

Some of these desires cause people to behave irrationally.
• People are born with a certain number of instincts or **DRIVES** (human instinctive behaviour)

• The human mind has 3 aspects which influence behaviour:
• **ID** - unconscious part of the mind
  
  (this part of the mind seeks to bring us **pleasure**)

- primitive parts of our personality including
  
  aggression and sexual drives

• **EGO** - conscious part of the mind (Rational Self). **Decides** what action to take for positive means and what to do based on what is believed is the right thing to do. Aware of **reality**.

• **SUPEREGO** - unconscious part of the mind that
  
  **acts** as our conscience. Reminds us of what we should do.

*The ID and the SUPEREGO are in constant **conflict**. Your **DRIVE** tells you to do one thing, while **SOCIETY** tells you to do something else.*
Sigmund Freud, the founder of psychoanalysis, compared the human mind to an iceberg. The tip above the water represents consciousness, and the vast region below the surface symbolizes the unconscious mind. Of Freud’s three basic personality structures—id, ego, and superego—only the id is totally unconscious.
The mind is like an iceberg, it floats with one-seventh of its bulk above water" (S. Freud)
If you don’t resolve this conflict between the ID and the EGO, you may experience *unhappiness or mental distress*.

Thus, in order to understand motivation, you must understand what is in your unconscious memory. This is the basis for **PSYCHOANALYSIS**.
“Psychoanalysis has as its core the idea that each of us has an unconscious part whose existence, activities and thoughts are hidden behind a mental barrier that we cannot voluntarily remove. Behind this barrier are repressed and psychologically dangerous thoughts that give rise to unconscious conflicts, which in turn, can result in psychological and physical symptoms.”

- Plotnik, p. 514
How do you get this out?

1) FREE ASSOCIATION
   - ink blot pictures, word association (Way of “tricking” you to lull your conscious mind to sleep to bring out the unconscious).
2) **HYPNOSIS**

- Freud was one of the first to use this. This is a way of freeing the unconscious mind or opening up drawers to remember vivid details of the past.
3) DREAMS

- Freud believed dreams were your unconscious mind talking to you. Dreams were very symbolic and difficult to analyze.

Eg: *driving a car*

*driver* means you feel in control of your life

*passenger* – someone else is in control of your life

*Horses* – symbolize freedom
4) MEDITATION
– some Buddhist monks meditate for 15 hours a day!
Bibliography

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