

FREUD'S FIVE MOST IMPORTANT THEORIES IN PSYCHOANALYSIS

Rondineli S Souza

Editor-chefe - Biofarma Study Center

editor@biofarma1.net

<https://orcid.org/0000-0003-3303-7144>

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ABSTRACT

Freud's theory influences the world of psychology and beyond today. Some of the best known are the principles of pleasure, drive, and oppression. Sigmund Freud (1856-1939) was an Austrian neurologist and the founder of Psychoanalysis which is a praxis for the treatment of mental disorders based on conversations between the patient and the psychoanalyst.

Key words: Freud, psychoanalytic theories, psychoanalysis

His works left an indelible mark on culture and human history, as they provoked significant changes in the concept of privacy.

Concepts such as unconsciousness are part of most people's vocabulary and its definition is largely due to the discovery of this famous psychoanalyst.

Freud's theory, on the other hand, has left its mark on psychiatric treatment by relating mental illness to the patient's environment and personal, family, and social history.



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This view is opposed to the idea that mental illness is due only to the biological or intellectual phenomena of the subject.

Of course, his theory is uncontroversial. Freud is the third most quoted writer of the 20th century, according to the journal. Review of General Psychology (Journal of General Psychology) .

Many philosophers such as Karl Popper have discredited psychoanalysis. pseudoscience , while others, such as Eric Kandel, consider it psychoanalysis. "It refers to the most coherent and satisfying of the intellect in view in the mind".

Difference between gender and sexual psychoanalysis

Before you start reading, it is necessary to clarify that in psychoanalysis, sexuality and genitality are not the same thing.

Gender is a broader concept that encompasses almost all of human life, as it refers to the ways in which other people relate to love, hate, and feelings.

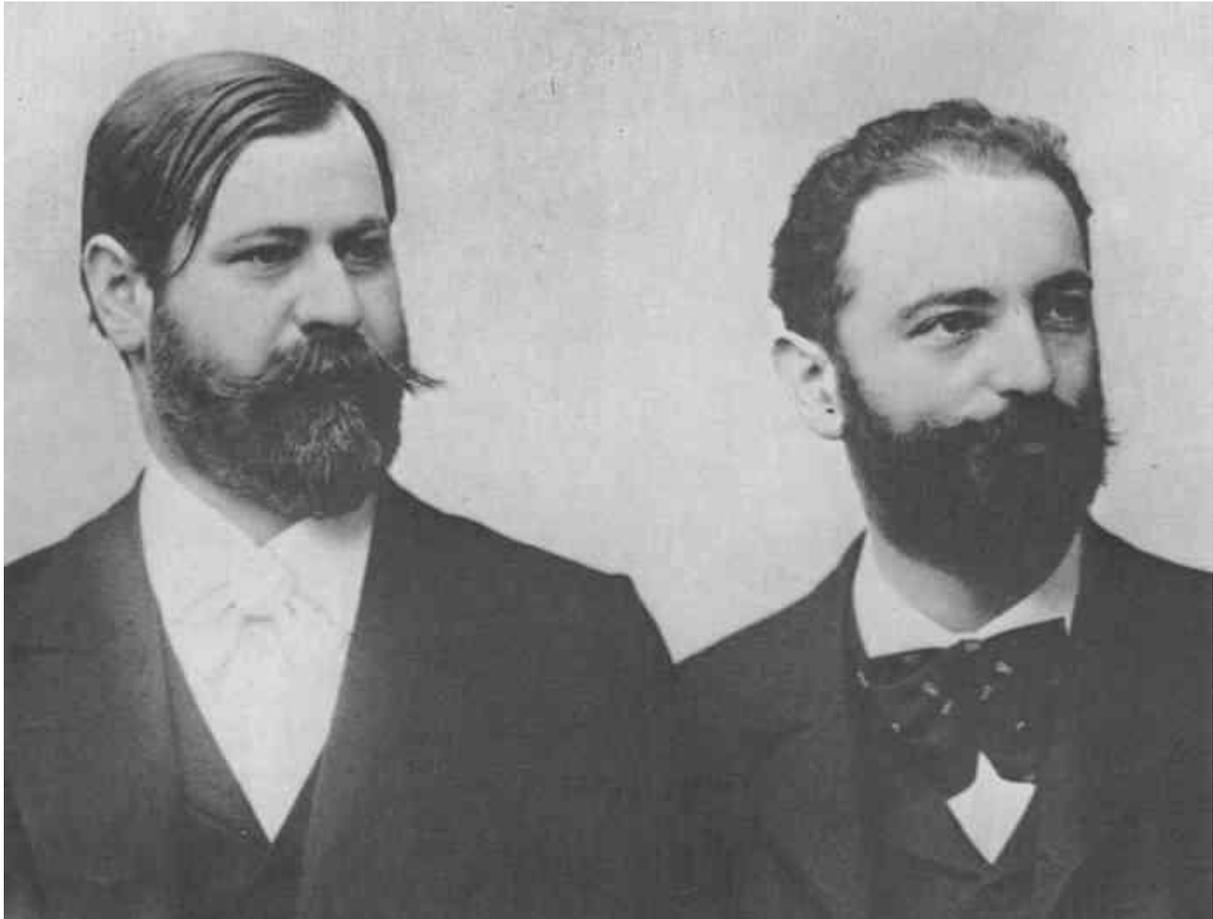
Reproduction is more limited and refers only to genital sex, such as coitus or onanism.

Freud's Five Most Important Theories

Throughout his prolific writing career, Freud revised many of his writings, increasing the depth of his argument or review.

We leave the five most important theories outlined by Freud to give readers a glimpse of the vast work of this great thinker:

1- Happiness Principle (and beyond)



"Children are completely selfish; They feel the need intensely and fight fiercely to satisfy them ."-Sigmund Freud.

The Pleasure Principle states that the machine of the mind strives as an ultimate goal to achieve satisfaction and avoid dissatisfaction and to satisfy biological and psychological needs. Happiness is the force that guides a person's identification process.

It functions only in unconscious systems and is the principle that governs all their functions. This is why unwanted agents are suppressed because they disobey orders.



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The happiness principle unconsciously leads to the satisfaction of basic survival needs.

Why do we have symptoms?

Knowing that this principle exists, asking yourself this question becomes mandatory. Why should someone suffer from illness in his daily life if he should be subject to the happiness principle?

The answer lies in the previous paragraph: the happiness principle is unconscious, while in consciousness the reality principle carries.

The reality principle is the opposite of the happiness principle: the individual is aware of the real environment and knows that he must adapt to it in order to live in society.

We learn as we grow up to suppress our instincts according to social rules in order to obtain happiness in the long run and in a small way. But in fact.

The subject has an inconsistent representation and suppresses it, then he forgets about it, but since it is governed by the reality principle, the representation returns as a repression return in the form of symptoms.

The subject no longer remembers the repressed, only to endure the symptoms of maintaining the relationship. (sometimes near or far) with repression The happiness principle is not contradictory: subjects prefer to experience the symptoms rather than remember the inconsistent representations that remain unconscious.

Is there anything beyond the happiness principle?

With the end of World War I, Freud found many soldiers constantly reliving the pain they experienced during the war through dreams. Remember that sleep is a place of



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desire. (That is, the principle of the law of happiness.) This repetition becomes a major theoretical contradiction.

Freud went on to revise his theory, so he came to the conclusion that there was The "source" in the human mind is beyond the principle of satisfaction, that is, disobeying the law because it existed before this principle.

It is an attempt to bind or acknowledge the existence. (though it may later be suppressed) of representation It is a step before the Pleasure Principle, and without which it would not exist. So: Representations are linked to psychic instruments - their existence is recognized - and then there is a satisfactory or unsatisfactory judgment with the corresponding action.

This amendment allowed Freud to account for compulsory Repetition of people who (whether in the area of therapy or in everyday life) are prone to always tripping over the same stone , i.e. we repeat the same mistakes or very similar patterns.

2- driving



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"The unexpressed emotions never die. They were buried alive and came out in a worse state." -Sigmund Freud.

This concept is the somatic spiritual coupling and is referred to by Freud's concept of principle , to explain sex.

There are intrinsic stimuli in human beings that are constant and, unlike hunger, cannot be placated through interaction with something external, such as food.

On the other hand, because they are inside, they cannot escape from them either. Referring to the stability principle, Freud states that the cancellation of this stimulus organ gives pulsional satisfaction .



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The drive consists of four resources:

- *Effort/Push* : This is the determining factor. The sum of the force or measure of constant work on the drive.
- *Goal/Purpose* : Satisfaction can be achieved when the stimulus is removed from the source.
- *Object* : It is the tool that drives the goal. It can be a part of one's own body and not predetermined.
- *Source* : It is the hole itself, its surface, especially the edge between the inner and outer sides. It was an exciting experience.

The drive for dissatisfaction in the object is the tool with which he manages to annul the drive, which is his only goal and what gives him satisfaction.

Freud initially stated that there were two conflicting drives: sexual drive and self-preservation. In his journey through childhood, the boy encounters different "common" objects that satisfy his sexual desires and go through different stages:

- Oral Stage : The object of satisfaction is the mouth.
- Anal Stage : The object of satisfaction is the anus.
- Phallic Stage: The object of satisfaction is the male genitalia in boys and the clitoris in girls.



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- Latent Stage: The child abandons his sexual explorations and engages in more intellectual activities.
- The genital stage : coincides with entry into puberty, where pubertal children explore their sexuality based on copulation and reproduction.

When forced repeatedly and beyond the Pleasure Principle, Freud changes the duality of the drive to the rhythm of life.

This is the opposite of the PULSION OF DEATH , which is the human tendency to cancel all stimuli and seek a state of "nirvana" where no more stimuli exist, i.e. in death. These two units usually work together (mixed), but when they are separated? That is when there are symptoms.

3- Oppression

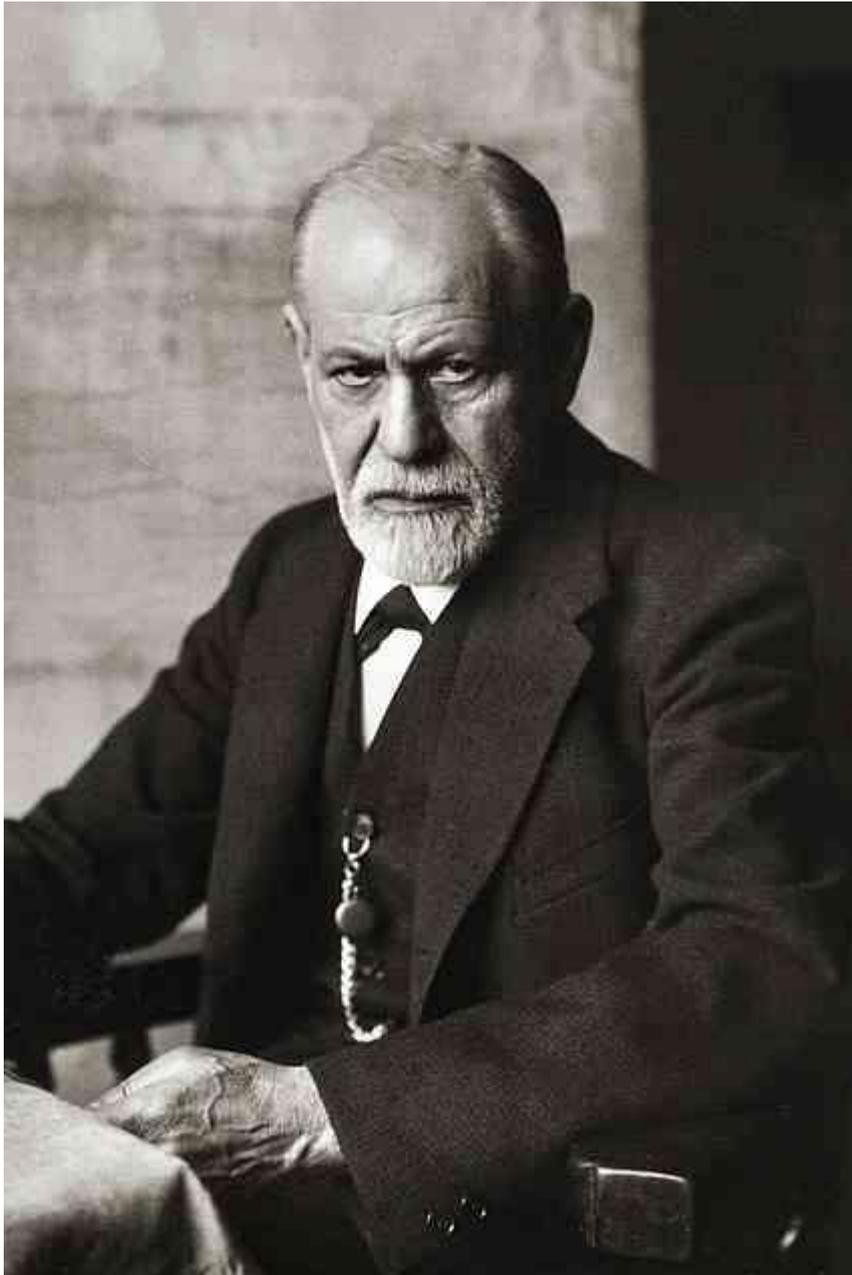


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" Dreams can therefore be declared: they are the fulfillment of repressed desires ."

-Sigmund Freud.

This concept is central to psychoanalytic theory. People have a subconscious mind that is key to people's development and life.



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Oppression is a mental defense mechanism: when an agent (event, person or object) becomes intolerable to the subject, irreconcilable with the accumulation of representation that resides in his mind, the mental apparatus. subject "forgets" (although in reality he doesn't know if he remembers).

In this way, you can go on with your life "as if" you were not going to gain knowledge of that event, person or object.

Later, in his text "Oppression", Freud finds two types of oppression that are part of every story: primary oppression and secondary oppression:

primary oppression

It was in this unconscious operation that a psychic tool was found. Through this suppression, the representation of the sexual drive , thanks to which the subject can desire and seek the fulfillment of his desires.

This repression gives strength to the mental apparatus to attract the mind and prevent it from becoming conscious.

Secondary Suppression

Also called repression, properly speaking.

It suffocates the psychic agents. This is directing things that are too much for the subject's mind and things that don't care about anything. The second suppression is the one we described at the beginning of this section.

The return of repression

Freud always maintained that there is no such thing as 100% successful suppression, that suppression always returns and usually does so by way of



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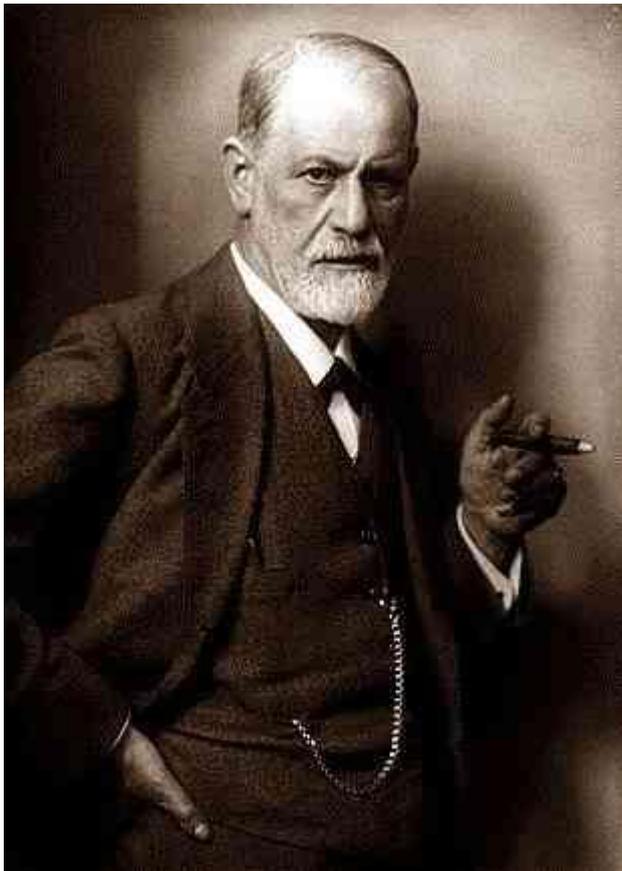
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neurological symptoms. (such as obsessions, hypochondria, etc.) or training instead
Like a joke, a dream or a slip.

4- Loss of consciousness



"The unconscious is the largest circle that is included in itself, the smallest circle of consciousness; Every conscious person has a preliminary stage in the unconscious, while the unconscious can stop with that stage and still claim its full value as mental activity." -Sigmund Freud.

Closely linked to the oppression of the unconscious is another important concept in psychoanalysis and action. "Psychiatry, psychoanalysis" above, it is necessary to



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clarify beforehand that All that was oppressed was unconscious. But not all were unconscious.

Freud, in his text "The Unconscious," goes to great lengths to clarify this concept, giving three definitions of unconscious consciousness:

Portray

It is so careless.

This property is not necessary due to the fact that this representation is repressed, it may happen that it is not content to be used at that moment (it is hidden), so it is "kept". It is called pre-conscious .

Dynamic

It is inaccessible to the consciousness because of the second oppression, that is, it is these repressed contents .

These contents can be returned to consciousness when the repression returns, that is, as symptoms or substitutive formations, or through word therapy.

System (structure)

It is a structured place within the mind.



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Unlike the other two definitions, this one does not refer to unconscious material. It is the way in which the unconscious mind functions as a system of thoughts.

There is no denial, doubt or certainty here, no conflict or indignation. This is because there are no words, but investments.

For example, think of a tree. For this we did two things: we thought of the word "tree" and we imagined a tree. The descriptive and dynamic definitions refer to the word "tree" as a systemic representation of a tree.

This separation is what allows two or two different conflicting agents to coexist in the unconscious system.

This is the case in dreams where one person (for example, a friend) can represent the other (one friend can simultaneously be another friend and relative) and be situated at different times (childhood friend still in the dream is a child at the same time that the dreamer is an adult).

5- The Oedipus complex

" Sexual desires towards the mother that were stronger than those of the father were seen as an obstacle for him. This gives rise to the Oedipus complex."- Sigmund Freud.

Undoubtedly, one of the most important theoretical contributions to psychoanalysis is one of the most important theoretical pillars. The Oedipus complex (male) states that

the child wants to seduce his mother. But this creates conflict with his father, who forbids him to take her as his own.

The complex begins in the Phallic Stage and is a response to maternal seduction as the child gets to know his body (and the happy area) is therefore aroused in part by the maternal care he receives when being scrubbed in the shower or cleaned after going to the bathroom.

Since the boy failed to do his part in the mother's seduction, he was forced to accept his own phallic episode, carried forward by the father's banishment. (Establishment of the law) Then the complexity is buried and gives way to the Latency Stage until adolescence.

Upon reaching the genital stage, the child no longer seeks the mother. But another woman But his journey through the Oedipus Complex has left an indelible mark on how he would relate to others and influences his choices in The Woman You Want to Be Your Lover.

Freud's development of this theory based on men does not explain the development of this theory in women. Later, Carl Jung, who developed the theory of the Electra Complex, understood it as the female version that describes the Oedipus Complex in women.



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