

# Psychoanalytic and adlerian therapy



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Therapy and Deadlier Therapy Psychoanalytic Therapy Sigmund Freud (1856-1939) was the founder of the study of psychoanalysis also known as the unconscious mind. Freud devoted most of his life formulating his theory of psychoanalysis. Psychoanalysis assumes a hierarchy of levels of consciousness: conscious and unconsciousness. Conscious is the part of the mind that holds what we're aware of. Unconscious stores all experiences, memories, and repressed material, and it has influences on our actions and our conscious behavior (Corey, 2013 p. 6). The psychoanalytic approach include the structure of a mental ramekin of personality that being the 'd, ego, superego, three connecting systems that constantly interact with one another in order to regulate the behavior of the individual. The old is the primary source of psychic energy and the seat of the instincts. It is ruled by the pleasure principle, which is aimed at reducing tension, avoiding pain, and gaining pleasure (Corey, 2013 p. 65) The ego is the component that is responsible for dealing with reality.

It is ruled by the reality principle, the ego does realistic and logical thinking and formulates plans of action for satisfying needs Corey, 2013 p. 65) The ego develops from the id to ensure that the impulses of the id can express in a manner acceptable in the real world. The superego works with both the id and ego by inhibiting the id impulses and persuading the ego to substitute moralistic goals for realistic ones. Anxiety is a major concept in the psychoanalytic approach. Anxiety is a feeling of dread that results from repressed feelings, memories, desires, and experience that emerge to the surface of awareness (Corey, 2013 p. 9). Freud developed the chronological phases of development also known as the psychosocial stages. There are

three early stages of development that Freud believed often bring people to counseling when not resolved appropriately: oral, anal, and phallic stage. The oral (first year of life) stage deals with the inability to trust oneself and others. The anal stage (ages 1-3) deal with the inability to recognize and express anger. The phallic stage (ages 3-6) deals with the inability to accept one's sexuality (Corey, 2013 p. 69).

According to Corey, Freudian psychoanalytic view the first six years of life as crucial to the formation of an adult personality. The role of the therapist is to encourage the client to talk about whatever comes to mind and to also let the client gain insight by relieving and working through the unresolved past experiences that comes into focus during sessions. Therapists usually assume an anonymous kind of role, also known as the "Blank-screen" approach, where they limit self-disclosure that will then promote a transference relationship' in which their clients will make projections onto them (Corey, 2013 p. 72).

One of the functions of the therapist is to assist the clients acquire freedom to love, work, play, achieving self-awareness, honesty, obtain more effective legislations, deal with anxiety in a realistic way, and gaining control over impulsive and irrational behavior. The therapists listens, learns, and decides when to make appropriate interpretation. A function of interpretation is to uncover unconscious material (Corey, 2013 p. 73). Clients going through classical psychoanalysis must be a voluntary client because of the intensive and long-term therapy process clients must want and be willing to put fourth the effort to do the hard work.

After engaging in a few sessions with the therapist, the therapist will then ask the client to lie on a couch and engage in "free association". Free association is when the client is asked to say whatever comes to mind without self-censorship, also known as "fundamental rule" (Corey, 2013 p. 73). Adlerian Therapy Alfred Adler (1870-1937) early childhood struggles of poor health, physical limitations, and relationship problems with siblings had influence on the development of his theory. Adler believed that the individual begins to form an approach to life somewhere in the first 6 years of living.

Adlerian therapy stresses the unity of personality, contending that people can only be understood as integrated and complete beings (Corey, 2013 p. 103) Adlerian has a subjective perception of the world described as phenomenological. Subjective reality is paying attention to the individual way in which people perceive the world, includes the individual perception, thoughts, feelings, values, beliefs, convictions, and conclusion (Corey, 2013 p. 104). Another name for Adlerian therapy is individual psychology.

Individual psychology promotes social equality, which means granting each other mutual respect regardless of our inherent differences. Adler's holistic approach to personality consists of looking at the person as a whole in his/her social life. People are motivated by social interest and by finding goals to give life meaning. Adlerian therapy assumes that most decisions are based on the person's experiences, on the present situation, and on the direction in which the person is moving. We can be fully understood only in light of knowing the purposes and goals toward which we are striving.

Each person has the power to personalize a fictional goal, the term used is fictional finalist, an imagined life goal that guides a person's behavior (Corey, 2013 p. 105). Individual psychology suggest that a person has feelings of inferiority, feelings that motivate hem to strive for success. The order in which an individual was born is a big emphasis Alder placed on his theory. Corey stated, " Birth order and the interpretation of one's position in the family have a great deal to do with how adults interact in the world.

According to Idler's theory the birth order goes from the oldest child, middle child, youngest child, and the only child (. Corey, 2013 p. 108) The oldest child receives a great deal of attention until the second child is born. When the second child is born the first child often feel pushed to the side. The oldest child then later becomes the model child always goosing younger children and exhibiting a high achievement rate. The second child often have a sense of not belonging. The middle child often picks of the slack where the first born is lacking, becomes the peace maker, and holds things together.

The youngest child is often spoiled and pampered by their parents. They may develop in ways that their older sibling didn't, and may even out chine everyone (Corey, 2013 p. 108). The only child share some characteristics of the oldest child and youngest child. The youngest child may have a high achievement drive such as the oldest child and re pampered by their parents such as the youngest child. The role of the counselor in Deadlier theory is to encourage the client to examine and change faulty lifestyle by developing social interest.

Social interest is the action line of one's community feelings, and it involves being as concerned about others as one is about oneself (Corey, 2013 p. 106). The counseling process focuses on providing information, teaching, guiding and offering encouragement to discouraged clients. Adlerian therapy approach help clients find his own strengths and recognize his power to affect the world. The therapist is to make a comprehensive assessment in the client's family constellation, which includes parents, siblings, and others living in the home, life tasks, and early recollection (Corey, 2013 p. 10). Early recollections is defined in our text as " stories of events that a person says occurred before he or she was 10 years old", and they also help indicate what clients do and how they think in both adaptive and maladaptive ways (Corey, 2013 p. 111) Therapist uses a lifestyle assessment that helps the therapist learn the goals and motivation of the client through choices. During the Adlerian therapy the client explore private logic, which is a system invented by an individual to justify a style of living.