

In what ways are the concepts of trauma and memory central to the historical deve...

[Psychology](#)



Ways through which the concepts of trauma and memory central to the historical development of psychoanalytic ideas s: What is psychotherapy - Historical development (childhood experiences essentially)?

Apart from being a therapy, psychoanalysis is a technique of comprehending the mental functioning as well as the steps of growth and development.

It entails a general theory of personal human experience and behaviour. It continues to contribute to the development of other disciplines in the same way it benefits from them.

It forms the foundation for many other ways applied in therapy (Laplanche, & Pontalis, 1973, p. 87/465).

Body

Trauma and memory (connection with to introduction)

Psychoanalysis delves into explaining the complex association that exists between the body and the mind (Cherry, 2014, p. 12). Furthermore, it makes people comprehend more on the role of emotions in diseases and health.

Developments in psychoanalysis are a reason behind other discovered means of treating many diseases in other fields such as family therapy, psychiatry, as well as overall practices on psychiatry (Freud, 1910, p. 112).

Nonetheless, critics continue to question the validity and value of psychoanalysis both as a treatment and theory ever since Freud brought in forth in the twentieth century (Greenberg, and Mitchell, 1983). - tie in object relation theory

Psychoanalysis stands at the base of much psychotherapy (Intro) but this paper focuses on the understanding of trauma (Grotper, and Elliott, 2002, p. 45). E. g. sex offender Mr Z case.

Illustration:

The profession still finds useful some of the ideas originally developed and proposed by Freud and Breuer.

Scholars define trauma as a rigorous shock to the organization. On other occasions the system that experiences the shock is physical meaning that trauma relates to the bodily injury.

On the other hand, when the system is physical it only means that the trauma affected the deep emotional wound or blow. The trauma could also be linked to the physical trauma. Psychoanalysis counteracts the impacts of physical trauma.

Application of Freud's ideas

A psychic trauma continues to pain an individual long after the emotional wound resolved (McCormack, & Ward, 2002, p. 24). Powerful stimulus including death and serious accidents make it difficult for the psyche to react via usual emotional channels sufficiently among them anger and mourning. In most cases, lack of a resolution brings forth repeated compulsion. This is severe re-occurrence of the trauma using reflection as well as dreams besides through an impulse that sends a person into different traumatic situations (Cherry, 2013, p. 19).

Psychoanalysis works on the assumptions that people do not always comprehend various factors that shape their emotions and behaviours. These features that work unconsciously carries the ability to make people unhappy coming out in form of conspicuous symptoms among them individual traits that disturb, problems regarding creating of relationships, as well as difficulty in overall disposition in addition to self-esteem (Friedman,&

Schustack, 2009).

Concepts from other Scholars e. g. John Bowlby & Bretherton

The treatment given by psychoanalysis as a therapy takes place through personalized means (Bretherton, 1992, p. 761). As a therapy it seeks to demonstrate ways through which the unconscious factors influence relationships, patterns of behaviour, as well as the general mental health. In treatment it follows among many features the unconscious factors through their origin, outlines ways through which they evolve and develop in many years.

Through this knowledge, people can learn ways of overcoming challenges they meet in life (Esterson, 2003, p. 95).

Use of other Theories

McCormack, & Ward, (2002, p. 86/87) posit that the relevance of psychoanalysis in this case, is that it helps patients to build behavioural and emotional plans that they apply in handling trauma. , Erikson also stressed that for good socio-emotional development in childhood, warm, responsive, and sensitive parenting should be considered absolutely essential as held by Esterson, (2003, p. 49).

Social interaction shapes human personality and behaviour. If there is good parenting, then it translates into a healthy social interaction, which ensures healthy personality development in children. It is increasingly likely for those children to develop a warped sense of emotional closeness who are unfortunate enough to have warm and responsible parents.

Bibliography

Bretherton, I. (1992). The Origins of Attachment Theory: John Bowlby and

<https://assignbuster.com/in-what-ways-are-the-concepts-of-trauma-and-memory-central-to-the-historical-development-of-psychoanalytic-ideas/>

Mary Ainsworth. *Developmental Psychology*, Vol. 28(5), p. 759-775.

Cherry, K. (2013). How Do Early Attachments Shape Behaviour? *Psychology*
Available at: <http://psychology.about.com/od/loveandattraction/a/attachment01.htm>

Cherry, K. (2014). 5 Major Theories of Personality Development. *About.com Psychology*. Available at <http://psychology.about.com/od/personalitydevelopment/a/personality-dev.htm>

Esterson, A. (2003), Freud's Theories of Repression and Memory, <http://www.srmhp.org/0202/review-01.html>

Freud, S (1910), 'Five lectures on psychoanalysis', *Standard Edition*, vol. 11, pp. 9-55

Friedman, H. & Schustack, M. (2009). *Personality: Classic Theories and Modern Research*. Boston: Pearson Allyn & Bacon.

Greenberg, J. and Mitchell, S. (1983). *Object relations in psychoanalytic theory*. Cambridge, Mass.: Harvard University Press.

Grotpeter, J. and Elliott, D. (2002). *Violent sexual offending*. Boulder, CO: Centre for the Study and Prevention of Violence, Institute of Behavioural Science, University of Colorado at Boulder.

Laplanche, J & Pontalis, JB (1973), *The Language of Psycho-Analysis*, Tr. Donald Nicholson-Smith, Norton, New York.

McCormack, J. & Ward, T. (2002). Sexual offenders perceptions of their early interpersonal relationships: An attachment perspective. *Journal of sex research*, 39(2), pp. 85--93.