

In death (thanatos)
instinct, (cited by
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In the field of mental health, there is more than one way to look at what is abnormal. As the word "abnormal" itself, brings a lot of stigmas with it as explained in C, Triandis & J, Gelfand (1998) article.

There is not a defined definition for it, but a relevant number of particular behaviours that are easily found at the clinics and psychiatrist hospitals today. However, the essay presented will be exploring only two types of what is classified as personal distress (any experience of discomfort linked to the self) which includes anxiety and depression as the key issues here (as cited by Birch, A. & Hayward, S. 1994). Whereas, anxiety will be slightly more focused than depression.

The psychodynamic perspective looks at the motivations and how the individual personality happens to develop as the result of an inner conflict. Also known as mental apparatus; which involves the id, ego and superego. (cited by Lundin, R. 1996. Freud, S.

1947). The humanistic perspective aims to look at the qualities and capacities of each human being individually, in order to understand the individual uniqueness instead of explaining it (Glassman, W. & Hadad, M. 2013).

The psychodynamic perspective, as suggested by Woodworth (1948), has Sigmund Freud as the main theorist. Freud was focused on what makes a human behaviour abnormal; he was one of the first to notice that, abnormality in behaviour usually starts at childhood (Muris, P. 2006), as it is described in his theory of psychosexual stages (as Lundin, R.

1994, cited Freud, S. 1995). Freud also believes that human behaviour is guided by a psychic instinct divided into two; the life (Eros) and the death

(Thanatos) instinct, (cited by Birch, A. & Hayward, M. 1994). In the case of anxiety, the psychoanalysts would say that an innerconflict is happening between the id, ego and superego. Moreover, the reasonfor it to happen is that, whether the ego starts to feel intimidated by anexternal event or an internal request from the id or superego, anxiety willarise (Glassman, W. & Hadad, M. 2013). In the case of depression, asGlassman, W., & Hadad, M. (2013) cited, Freud (1920) would explain it, asan over among of unpleasant memories and feelings pushed down into theunconscious. While the mechanism of defence (which has the propose ofrecreating gratification), is not really doing its function. Instead, it isusing most of its energy by keeping undesirable thoughts away from theconscious mind; which would result in depression.

Thehumanistic approach looks at what guides and keeps the human being lookingforward, as well as, suggests that each person has a need for being positivesocial accepted and that such feeling should arise from an unconditionalpositive regard from those surrounding the person. Whether this does nothappen, the disharmony between the self and ideal-self occur. Furthermore, according to the humanistic perspective, by this point may be when theindividual starts to feel anxious about what S/he “ will be” or “ would be”; which is known by incongruence (cited by Glassman, W. & Hadad, M.

2013, Rogers. 1959). Consequently, the person will start to feel too preoccupiedabout how the others will judge S/he, for not being what they

think others are expecting, resulting in a depressed feeling (Birch, A. & Hayward, S. (1994).

According to Maslow theory of the hierarchy of needs (cited by Lundin, R., 1996. Maslow, 1968-1971) all human being aims to achieve basic needs first then start other needs such as safety, belonging, esteem, intellectual, aesthetic and finally achieve self-actualization (which is considered by Maslow, as the most difficult part of the hierarchy to be achieved).

All of them must be an incentive from the environment where this individual is inserted in. Otherwise, if there is a deficit, especially in the safety need, where the person may not be able to find a safe place to be; that will cause anxiety and a lack of the pyramid of needs, that probably will not allow the individual to reach other needs, causing distress and a depressed feeling. Both, the psychodynamic and humanistic perspective shares the same main aim, which is to focus first on the person itself, instead of the environment that this person is inserted in for instance. Also, says Hansen, J. (2000) the two perspectives look at what is happening inside the individual. Still, according to Hansen, J.

(2000), there is some evidence which suggests, that humanism and psychoanalysis have similarity through techniques of psychotherapy. These two approaches agree on the use of free association (this means when the individual is encouraged during a therapeutic session, to say whatever comes to s/he mind). Although the two approaches have this technique in common, they use it differently in terms of what is going to be analysed from the therapist observation. For instance, when working through free

association, the psychodynamic therapist objective will be to look at what is hidden in the unconscious mind, in order to explain the internal conflict by what the individual speech is showing.

Whilst the humanistic prefers to use it in order to facilitate the connection between the person and the therapist, suggests Hansen, J. (2000). Those who sympathized with the humanistic approach, tend to consider the individual capacity of choosing, as a natural ability carried within each human being (cited by Hansen, J. 2000).

Sass, L. 1989). In other words, it is evident that the humanistic approach has a flexible view towards the individual itself, as this approach tends to consider first what is important by each individual view. While the followers of the psychodynamic perspective, for being guided by the means of the unconscious; end up showing a strong determinism, as the unconscious is one of the most difficult parts of the mind to be investigated (cited by Hansen, J. 2000. Sass, L. 1989).

Another contrast between the two perspectives is in the matter of the person; (cited by Lundin, R. 1994. Rogers, C. 1951) viewed the person as the one responsible to be the same who will guide themselves. Whilst, the psychodynamic view would say that the individual repressed sexual drive and/or aggressive behaviour during childhood will be a consequence of the inner conflict that lead future behaviour in adulthood (as cited by Hansen, J. 2000. Pine, F. 1990).

In conclusion, the essay presented aim was to describe how the psychodynamic and humanistic approach would explain abnormality in

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human behaviour. Considering the two abnormalities addressed; anxiety and depression, as well as, their common and different points of view. The finds show a relevant significance in anxiety as a trigger to personal distress, in the case of depression. Although both perspectives have different ways to understand the hypothesis of what may cause such peculiar behaviour. According to what was examined, there is evidence which demonstrates how the psychodynamic and the humanistic approach agrees on the internal process as an influencer to the individual external behaviour.

In addition, this essay also brought an interesting therapeutic skill, named by free association. As a technique used commonly by the psychodynamic and the humanistic approach.