

Lecture Title: Psychoanalytical Therapies

Subject: English for Psychology

Target Group: 3rd Year Clinical Psychology Students

1. Definition and Philosophical Foundations

Psychoanalytic theory is a **past-oriented** approach that operates on a **disease model of pathology**. It emphasizes how **early childhood experiences** influence current psychological functioning. Developed by **Sigmund Freud**, this therapy aims to reconstruct the client's past within the context of adult analysis. The core belief is that human behavior and thoughts arise from **basic instincts** and the **subconscious mind**.

2. Personality Structure and Defence Mechanisms

Freud's work provides insights into how the personality is structured and how **defence mechanisms** are used to balance the **id** and **superego** with the perceived reality.

3. Therapeutic Techniques

In psychoanalytical therapies, the client is encouraged to reveal **unconscious impulses** and conflicts through several specialized techniques:

- **Free Association:** The client speaks freely about their thoughts, fears, and fantasies.
- **Dream Analysis:** Examining dreams as a source of information about the unconscious.
- **Transference:** Exploring how the client projects feelings from past relationships onto the therapist.
- **Behavioural Observation:** Analyzing the client's actions during the sessions.

4. The Seven Focus Areas of Modern Exploration

Modern psychodynamic therapy focuses on seven key areas to cultivate emotional insight:

1. **Affect and Emotion:** Describing repressed or troubling feelings.
2. **Avoidance:** Identifying **resistance** and defence mechanisms used to avoid distressing thoughts.
3. **Recurring Patterns:** Recognizing self-defeating themes in thoughts and relationships.
4. **Past Experience:** Understanding how early **attachment figures** affect present problems.
5. **Interpersonal Relations:** Improving social skills and adaptive personality aspects.
6. **Therapy Relationship:** Using **transference and countertransference** to analyze interpersonal themes "in vivo" (in real life).
7. **Fantasy Life:** Exploring dreams and hopes to understand the client's view of the world.

5. Critical Evaluation

While empirical evidence shows that psychoanalytical therapy is effective in **symptom reduction** and **personality change**, it faces several criticisms:

- **Nature of Sessions:** They are often **unstructured**, open-ended, and lack a predetermined agenda.
- **Cost and Time:** It is considered a long and costly journey.
- **Complexity:** The abstract nature of the theory can lead to misinterpretations.

- **Theoretical Focus:** Critics argue it ignores the **dynamic nature of behavioral processes** in favor of fixations on early development.

Glossary of Key Terms

English Term	Arabic Equivalent	Definition in Context
Psychoanalytical Therapies	العلاجات التحليلية النفسية	Therapies based on reconstructing the client's past.
Subconscious Mind	العقل الباطن / اللاوعي	The source of basic instincts and impulses.
Id & Superego	الهو والأنا الأعلى	Components of personality that defence mechanisms balance.
Resistance	المقاومة	Deliberate or inadvertent attempts to avoid distressing thoughts.
Countertransference	التحويل المقابل	Emotional reactions of the therapist toward the client.
Attachment Figures	شخصيات الارتباط	Primary caregivers whose early influence affects present life.
Symptom Reduction	تقليل الأعراض	A primary goal of long-term psychoanalytic therapy.
In vivo	في الواقع / في الحال	Analyzing interpersonal themes as they happen in the session