

Basic of Mental Health and Clinical Psychiatry

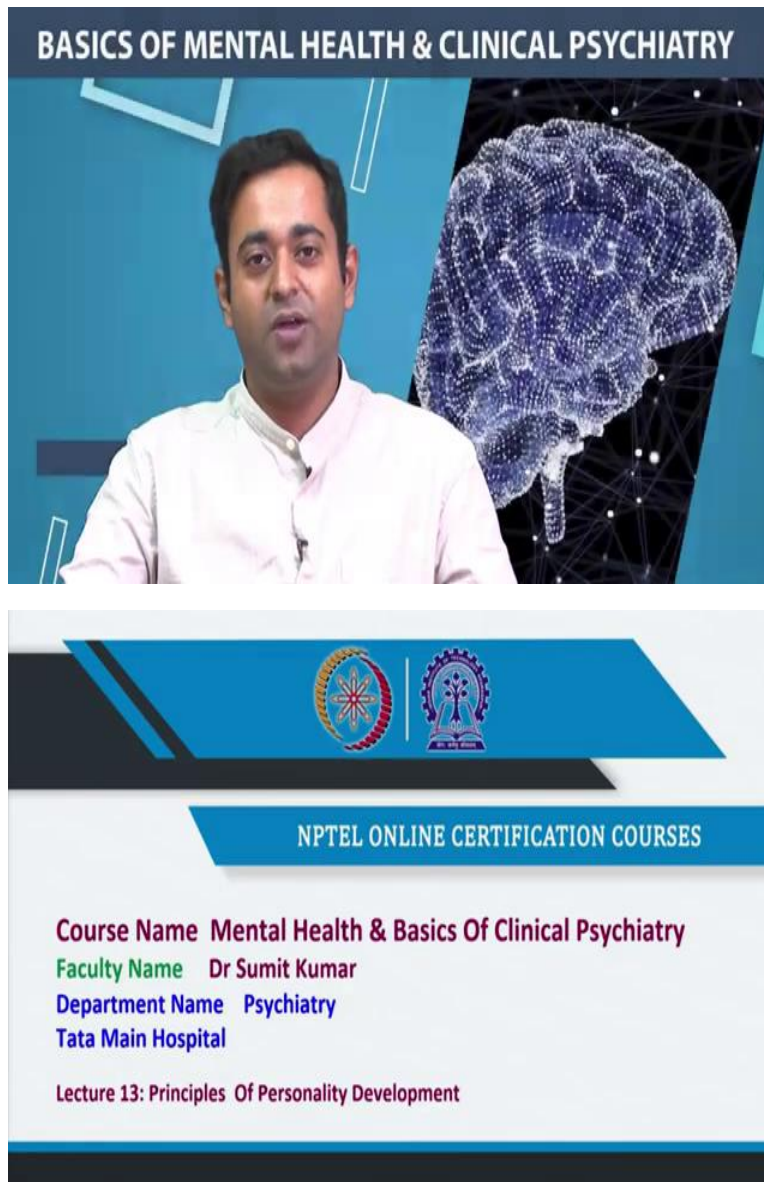
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Lecture 13

Principles of Personality Development

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The slide is a presentation slide for an NPTEL online certification course. It features a blue header with the text "BASICS OF MENTAL HEALTH & CLINICAL PSYCHIATRY". Below the header is a video frame showing a man in a white shirt speaking, with a stylized brain graphic in the background. Below the video frame is a blue banner with the NPTEL logo and the text "NPTEL ONLINE CERTIFICATION COURSES". Below the banner is a white box containing the following text:

Course Name Mental Health & Basics Of Clinical Psychiatry
Faculty Name Dr Sumit Kumar
Department Name Psychiatry
Tata Main Hospital
Lecture 13: Principles Of Personality Development

Hello everyone, we will discuss regarding the topic Principles of Personality Development and let us begin lecture number 13.

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Topics at a Glance

- Attachment
- Defence mechanism
- Topographical theory and structural theory of mind
- Sigmund Freud & Personalities concerned during Neo-Freudian Era
- Concept of Personality and its categorical classification

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What are the topics that we will be discussing, attachment, defense mechanism, topographical theory, structural theory of mind, Sigmund Freud and personality is concerned during Neo-Freudian Era and the concept of personality and its categorical classification.

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Attachment

Attachment theory given by British Psychoanalyst John Bowlby

Attachment is defined as emotional bond between children and caregiver and is evidenced by an infant's seeking and clinging to the caregiver usually mother.

Attachment is a central motivational force essential for human interaction and had important consequences for later development and personality functioning

Bonding is used interchangeable with Attachment but has a different meaning altogether.
"Bonding is mother's feeling for her infant and requires skin to skin contact"

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Now, what is attachment, let us start with that, now as child grows and develops into an adult, the initial part of its developmental process is actually forms important, how this how he correlates relates himself with the mother. So, this theory was actually given by John Bowlby.

And attachment is something where the mother and the child they both have the role to play, so it has often been confused with the bonding, bonding and attachment, so bonding is actually the mother's feeling, it is just a mother's feeling which towards her infant, whereas, the attachment you have the feelings developed by the mother and as well as the child.

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Harry Harlow (American Psychologist) :

Demonstrated emotional and behavioural effects from birth and prevented from forming attachments in rhesus monkeys.

He identified 4 phases of attachment:

1. *Pre -attachment stage- (birth to 8-12 weeks) -babies orient towards to their mother follow them and move rhythmically.*
2. *Attachment in the making (8-12 weeks to 6 months) – Infants become attach to one or more persons in the environment.*
3. *Clear cut attachment (6-24 months) - infants cry and show distress when separated from mother but when returned stops crying.*
4. *Fourth phase – (> 25 months) Mother figure is seen as independent and complex relationship between child and mother develop.*

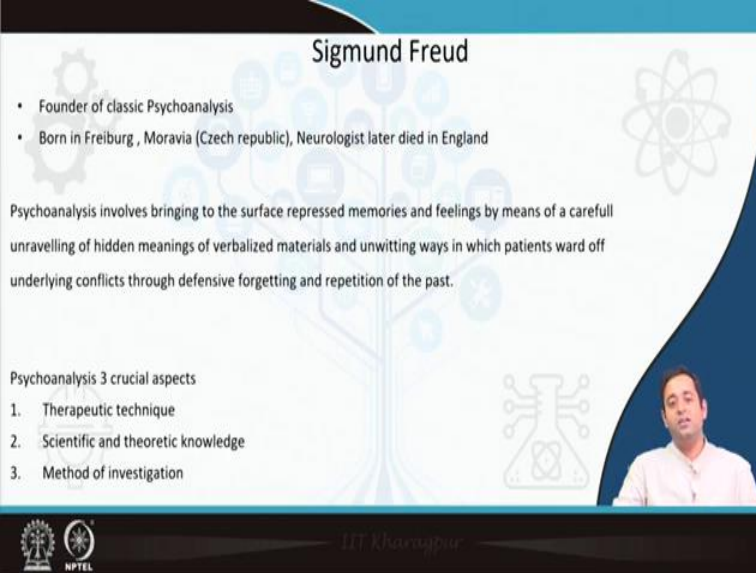
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And now Harry Harlow he demonstrated emotional behavioral effects from birth and prevented from forming attachments in rhesus monkeys. Now, there was this process which he observed that any identified in four phases of attachment, the first was pre-attachment phase from birth to 12 weeks, they tried babies they tried to orient themselves with the mother wherever they go they try twin them themselves with moving rhythmically, like they actually follow their mothers.

Second is attachment in the making that is from 8 to 12 weeks to 6 months the infants they try to attach themselves to the caregiver as well as some other person. So, it can be a mother, it can be father, it can be uncle, aunt, grandmother, anybody else. Clear-cut attachment is when infants they try to shoot distress whenever their caregiver or the mother they are not around and finally when the child actually grows and develops matures that is beyond 25 months 2 years he or she sees mother figure as an independent and complex relationship grows between the child and mother.

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Sigmund Freud

- Founder of classic Psychoanalysis
- Born in Freiburg , Moravia (Czech republic), Neurologist later died in England

Psychoanalysis involves bringing to the surface repressed memories and feelings by means of a careful unravelling of hidden meanings of verbalized materials and unwitting ways in which patients ward off underlying conflicts through defensive forgetting and repetition of the past.

Psychoanalysis 3 crucial aspects

1. Therapeutic technique
2. Scientific and theoretic knowledge
3. Method of investigation

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Now, Sigmund Freud as we all know is the father of psychoanalysis and he was a major, he give major contribution in the field of psychology.

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Defence Mechanism

Defence Mechanisms are mental operations that are involuntary and unconscious and contribute to reduce internal and external stresses.

Vaillant (1977) classified in 3 categories

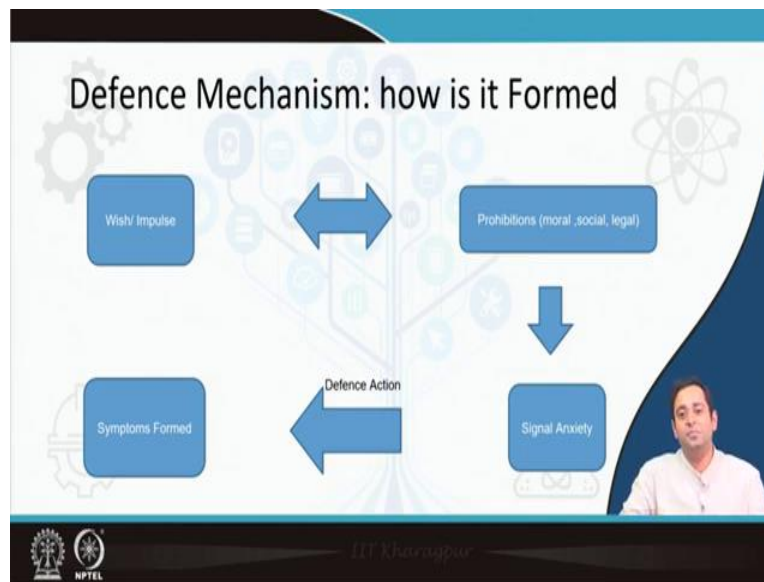
1. Mature
2. Immature
3. Neurotic defences.

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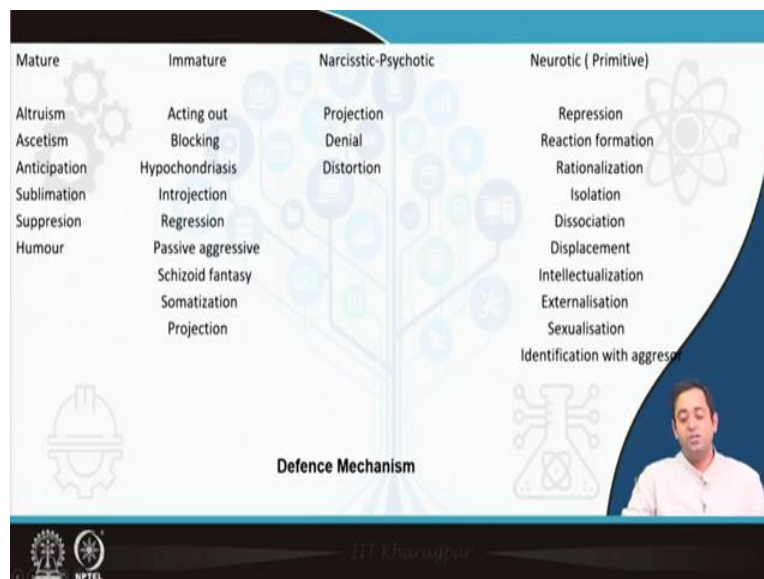
Let us talk about defense mechanism, they are the mental operations that are involuntarily and conscious and contribute to reduce internal and external stresses. Now, there are basically three categories of defense mechanisms, Vaillant describes it as mature, immature and neurotic defenses.

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What are the difference mechanisms how is it formed? Now, there is a impulse that I have to get this thing, I have to procure this thing, this impulse can be subdued mellow down by some prohibitions, this can be due to moral factors, social factors or some legal factors which gives us or propels us for anxious kind of feeling, it signals us gives us and anxious feelings and that is how when this anxiety is developing we actually try to prevent this by forming a defense mechanism.

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There are various types mature you have altruism, ascetism, anticipation, sublimation, suppression, humor. Immature, narcissistic-psychotic and neurotic which are primitive premature mechanisms.

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Mature Defence mechanism

- **Altruism**

Constructive and gratifying service to others to receive a vicarious satisfaction and does not involve giving up one's pleasures.

(Altruistic behaviour - Surrender of direct gratification of instinctual needs takes place to satisfy the needs of others to the detriment of the self)

Conflict	suffered Defeat
Action	Offers unconditional help
Process	Replaces aggression and competition by support and achieves vicarious satisfaction.

(vicarious- Felt or experienced by watching or reading about somebody else doing something)

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What is an Altruism? Altruism is a constructive and gratifying service to others to receive a vicarious that is you feel content by watching or reading about some by giving somebody else's by doing for somebody else actually you have a satisfaction and does not involve giving up once pleasure.

Now, there is a difference between altruistic behavior, you have a, in altruistic behavior there is certain gratification of instinctual needs that takes place to satisfy needs of others to the detriment of the self, now that is a difference between that. Now, what is the conflict? The people might have suffered defeat, so they give up their own this own problems and their own pleasures by giving it and giving help to the others.

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Humour

Comical representation of feelings and thoughts overtly without personal discomfort and without producing an unpleasant effect on others.

Conflict : Failure, loss or destruction of belongings
Action : Highlighting amusing aspects of threat signals or outcome
Process : Anxiety converted to comedy.

Anticipation

Plans realistically for future inner discomfort and expects worse to occur with mental preparation.

Conflict : Sudden threat event
Action : Predicting probabilities and planning countermeasures
Process : Matching events and coping resources to achieve a sense of control

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What is humor? Humor is a comical representation of feelings and thoughts overtly without personal discomfort without producing an unpleasant effect on others. Now, there is we have already like experienced this we have already utilized this kind of defense mechanism in our day-to-day life like we actually for, If you say for example if you consider this with the children who is attending a class for a teacher, they might be talking with their friends that this teacher actually teaches and takes class and we can have a choking sensation kind of feeling actually a throttles manual strangers, so the feeling is very bad.

So, they actually give this kind of the humeral presentation, so this is actually a kind of defense mechanism which is being portrayed by the students. Anticipation is when you plan realistically for future inner discomfort and expect worse to happen.

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Sublimation

Altering a socially objectionable impulse to a socially acceptable one wherein impulses are channeled to achieve gratification

Conflict: Unacceptable impulses
Action: Socially acceptable behaviour
Process: Rechanneling impulses into acceptable expressions.

Suppression

Consciously or semiconsciously postponing a conscious impulse or conflict wherein the issues may be deliberately cut off, but they are not avoided. Discomfort is acknowledged but minimized.

Conflict: Painful event or sexual impulse
Action: Postponement of painful problems and feelings
Process: Intentional blocking of recall (NOT unconscious forgetting – contrast from repression)

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Sublimation is when your objectionable impulses are being channelized into something which is good for to achieve a gratification, like the person who is having aggressive impulses to fight and all they actually go and channelize their energy in actively performing in sports, some kind of exercises. So, they are actually utilizing the sublimation difference mechanism.

Suppression is when you are actually trying to actively your conscious part of the brain your conscious brain is actually suppressing your own past memories which is creating problem to your thought process, your painful and sexual impulses are being subdued meltdown by the conscious part of the brain that is suppression.

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Neurotic Defences

Displacement
Process by which interest and/or emotion is shifted from one object onto another less-threatening, often less-retaliating one.

Conflict : Fear/threat by an object; love or hate for an object
Action : Expression of love/hate/anger or fear against an unprovoking stimulus
Process : Transfer of feelings from one object to a substitute

Dissociation
Unconscious defence mechanism involving the segregation of any group of mental or behavioural processes from the rest of the person's psychic activity.

Conflict : Promiscuous, hostile or irresponsible behaviour
Action : clinically: Multiple personalities, fugue, amnesia)
Process : Temporary alteration of identity including consciousness, memory and perception.

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Displacement is which is actually happening nowadays or we have we might have experienced the boss if you are a office goer your seniors might shout at you might criticize you, so you go back home with the bad frame of mind and you shout at your children you might kick your dog. So, the idea is that your frame of reference is being shifted from the boss to the dog or you might slap your children or you might have a conversation verbal acquisition with your wife or your parents and all this is displacement.

Dissociation is unconscious different mechanism, it happens unconsciously involving the segregation of group of mental and behavioral process from the rest of the person's psychic activity. Now, what is dissociation the classical example is when the girl gets married and to married and goes to a new home tries to settle down with the new family he or she might not be experiencing some good vibes from the mother-in-law or the person who is there staying with them.

So, he the person the person tries to figure out any solutions how to approach these problems, how to make them satisfied, how to make them more agreeable to my problems and all but they are not able to understand the person dealing with the female who has been married newly got married she is not well accustomed to the new place, so she wants to make them understand that see these are the problems that I am facing right now please try and understand, but they are not able to understand.

So, she in order to more have a more acceptable form of explanation she dissociates maybe dissociation can be any form she might have difficulty walking, she might actually lose consciousness and lose and lie down or she might have, she might all together forget his name telling I do not know where I belong from what is my name, where am I. So, these are a kind of dissociation which actually utilize which is being utilized by that girl to ease of the tension which she is experiencing that now.

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Isolation

Splitting or separating an idea from the affect that accompanies it normally but is now repressed seen in OCD

Conflict : Painful emotions or memories

Action : Talking about emotional events without feeling (clinically: obsessions)

Process : Separate content from affect, remove affect completely.

Rationalization

Rational explanations in an attempt to justify attitudes, beliefs, or behaviour that may otherwise be unacceptable involves finding excuses that will justify unacceptable behaviour when self esteem is threatened

Conflict : Low self-esteem along with socially unacceptable behaviours

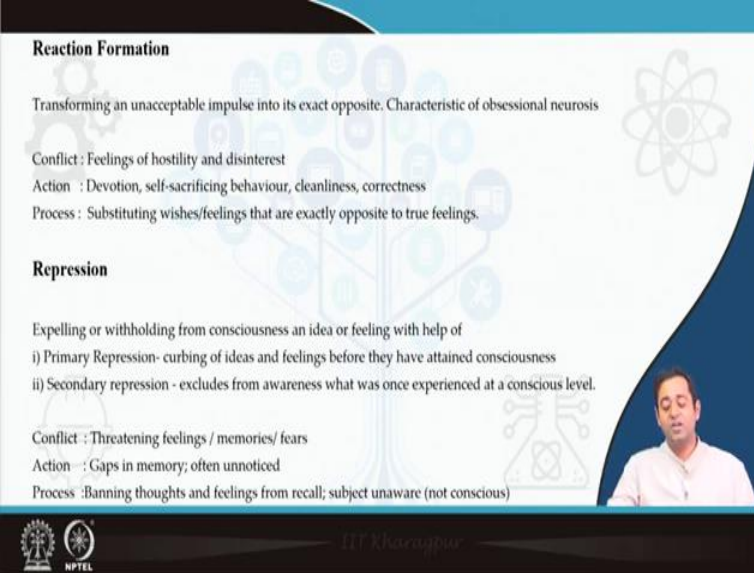
Action : Self-serving explanations and justification of behaviours

Process : False but socially acceptable explanations are offered for unacceptable behaviours

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Isolation is actually observed in OCD, it is a separation and it splitting our separation and idea from the effect that accompanies it normally but is now repressed seen in OCDs. Rationalization is when the patient actually attempts to justify attitudes beliefs, behavior that may otherwise be unacceptable involving finding excuses that will justify unacceptable behavior when self-esteem is threatened.

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Reaction Formation

Transforming an unacceptable impulse into its exact opposite. Characteristic of obsessional neurosis

Conflict : Feelings of hostility and disinterest
Action : Devotion, self-sacrificing behaviour, cleanliness, correctness
Process : Substituting wishes/feelings that are exactly opposite to true feelings.

Repression

Expelling or withholding from consciousness an idea or feeling with help of

i) Primary Repression- curbing of ideas and feelings before they have attained consciousness
ii) Secondary repression - excludes from awareness what was once experienced at a conscious level.

Conflict : Threatening feelings / memories/ fears
Action : Gaps in memory; often unnoticed
Process : Banning thoughts and feelings from recall; subject unaware (not conscious)

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Reaction formation is transforming and unacceptable impulse into its exact opposite thing, this is characteristic of obsessional neurosis. What is repression? Repression is it is being done unconsciously withholding from consciousness and idea or feeling with the help of primary repression that is curbing of ideas feelings before they have attained consciousness and the secondary depression or that is the excludes from the awareness what was once experience at a conscious level.

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Intellectualisation

Using intellectual processes to avoid affective expression or experience.

Here the needless emphasis is focused on the inanimate to avoid intimacy with people
attention is paid to external reality to avoid the expression of inner feelings, and irrelevant details are emphasised to avoid perceiving the whole.

Conflict : Disturbing feelings and thoughts ('dissonance')
Action : Abstract thinking, doubting, indecisiveness, generalizations
Process : Removing personal and emotional components of an event and focusing only on factual aspects.

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What is intellectualization? Intellectualization is you are actually utilizing your intellectual process to avoid an effective expression or experience. Your attention is paid to external reality to avoid the expression of inner feelings and irrelevant details which are emphasized to avoid the perceiving whole.

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Identification with the aggressor
Observed where the victim of aggression begins to assume the qualities of the proponent of aggression.

Conflict : Sexual threat or life / limb threatening violence
Action : Perpetrates violent acts
Process : Identify with aggressor, may reduce direct resistance and aid in survival during acute trauma

Undoing
Seen in OCD and is associated with magical thinking and rituals. A student might think that if he taps his table three times before the start of his exam, he will surely succeed!

Conflict : Sadistic wishes, unacceptable impulses
Action : Superstitions (compulsive behaviour clinically)
Process : Symbolic negating of an impulse

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What is identification with the aggressor? It is observed by the victim of aggression begins to assume the qualities of proponent of aggression. Now, in undoing it is also seen in OCD when the patient has a magical kind of thinking, suppose if the patient is having obsessional thoughts which is making him to believe if something bad is going to happen.

So, in order to counteract those thoughts he tries to count 1, 2, 3, 4, 5, 6 some odd even numbers 2 4 6 or 1 3 5 7. So, he believes that counting this numbers he might negate what is going to happen, what bad is going to happen, this is actually undoing a kind of defense mechanism.

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Immature Defence Mechanism

Acting Out
Expression of an unconscious wish or impulse through action to avoid being conscious of an accompanying affect.

Conflict : Sexual and aggressive impulses
Action : Violence, stealing, rape, lies
Process : Non-reflective and uncontrolled wish-fulfilment

Passive Aggression
Expressing aggression towards authorities indirectly through passive obstructive activities.

Conflict : Resentment, hostility, low self esteem
Action : Procrastination, loss of follow through
Process : Expression through inactivity

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What are the immature difference mechanisms acting out? In acting out you are actually expressing out your unconscious wishes or impulses through action to avoid being conscious of an accompanying affect. Now, this happens is basic this is actually been seen in a psychotic patient mostly seen in psychotic patients where the active psychotic process the abnormal thought process which is undergoing in the patient's mind is being expressed out.

Suppose if I have a delusion of persecution that my that I might be followed by someone I will most of the time go and try to see the open my door and see if somebody is there or not, so my actions are being expressed even though I am not going to tell I am having this kind of abnormal thought process, this is actually acting out.

Passive aggression is when you actually enthusiastically and gives answers to actually give your boss sometimes feeling that yes sir I am with you but at the same time you at the back of your mind you are feeling no I am not going to help my boss, I am going to retaliate. So, this cannot be done actively you cannot actively express your feelings.

So, what you do you at the heat of the moment give your affirmation to the boss like yes I will be doing your work but at the same time at the time of the deadline you does not agree to do that work on time, so that is passive aggression.

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Somatization
Converting psychological states and tension to bodily symptoms
Conflict : Threat or unidentified fear
Action : Bodily Complaints
Process : Converting mental tension to physical symptoms

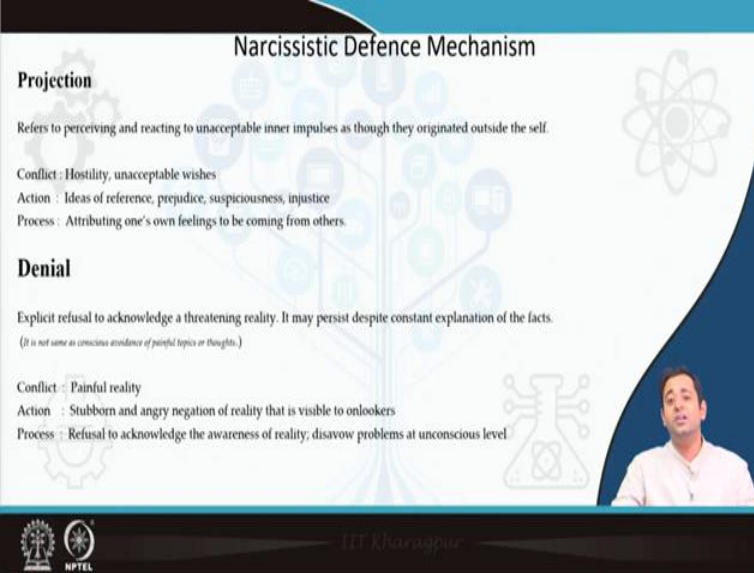
Regression
Moving back into childish or earlier developmental phase to avoid confronting a conflict.
Conflict : Threat or humility
Action : Childish, immature behaviour
Process : Moving back to earlier developmental stages

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Somatization is converting psychological states into multiple bodily manifestations, so you might be suffering from some problem but it is being expelled out in a form of hand pain, back pain, stomach pain all those things.

Regression is when you go back to your childlike state, now in the movies you might have experienced this that a girl who is some 18, 20 years old she is actually normally performing her day-to-day life activities, but whenever he whenever the wants the desires the demands is not being fulfilled by her father or her mother or aunt or uncle, he tries to talk in a very childish kind of way, so that has been portrayed as regression, when there is a when you regressed and go back into the earlier developmental phases in order to avoid the conflict which he or she might be facing which the patient might be facing.

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Narcissistic Defence Mechanism

Projection

Refers to perceiving and reacting to unacceptable inner impulses as though they originated outside the self.

Conflict : Hostility, unacceptable wishes
Action : Ideas of reference, prejudice, suspiciousness, injustice
Process : Attributing one's own feelings to be coming from others.

Denial

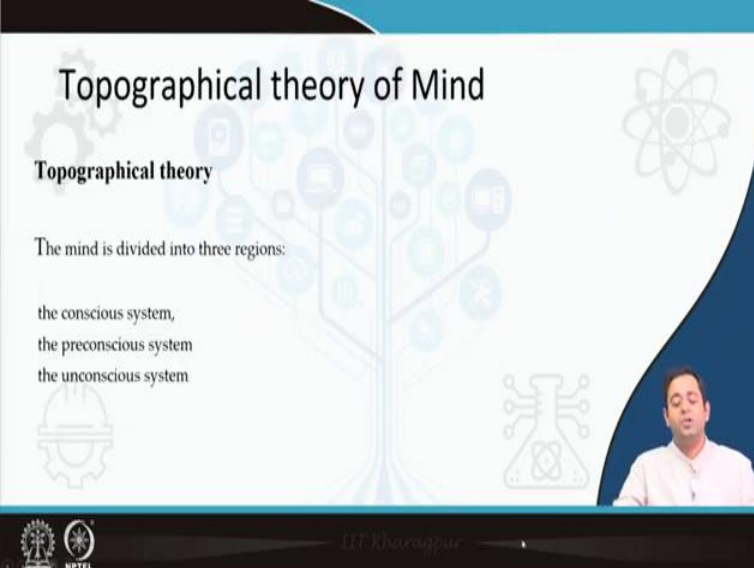
Explicit refusal to acknowledge a threatening reality. It may persist despite constant explanation of the facts.
(It is not same as conscious avoidance of painful topics or thoughts.)

Conflict : Painful reality
Action : Stubborn and angry negation of reality that is visible to onlookers
Process : Refusal to acknowledge the awareness of reality; disavow problems at unconscious level.

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Projection refers to perceiving and reacting to unacceptable inner impulses as though they originate outside the self and denial is when refused to acknowledge a threatening reality, this mostly happens for addict patients, they actually does not acknowledge their problem and try to avoid those feeling.

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Topographical theory of Mind

Topographical theory

The mind is divided into three regions:

- the conscious system,
- the preconscious system
- the unconscious system

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The conscious system

- Receives and process information from the outside world.
- Its contents are communicated via speech and behaviour.
- Attention cathexis refers to the investment of psychic energy on a particular idea or feeling to process it consciously.
- Operates secondary process thinking mainly.

The unconscious system:

- Contains the contents of censored or repressed wishes, etc.
- Characterized by primary-process thinking.
- Governed by the pleasure principle.
- Shift of cathexis happens very often and quickly
- Evident via parapraxes (Freudian slips) and dreams.

The preconscious system:

- As and when needed service
- Interfaces with both unconscious and conscious
- contents of unconscious become conscious by squeezing through the preconscious
- Maintains the 'repressive barrier' to censor unacceptable wishes and desires (not the repressed contents).

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Now, Freud proposed topographical theory of mind and divided those into three systems, pre-conscious, conscious and unconscious. Conscious system actually runs on secondary process thinking, this is the most advanced process thinking which actually tries to give you this liberty to relate yourself to the surroundings to the people, how you talk to them, how you communicate, how you change your decisions, how you analyze those skills these are the part of conscious system.

So, unconscious is what unconscious is that is depending on the primitive process, the primary process thinking, it is the desires the impulses which is actually making you more impulsive, it is governed by the pressure principles, no I want to have this thing I should get this thing these are actually running on the primitive methodology. What is pre-conscious system? Pre-conscious is actually acting as a barrier between conscious and unconscious, it actually tries to prevent those objects or impulses from the unconscious to getting into expressed in the conscious. So, it acts as a barrier, pre conscious is a barrier.


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Structural Theory of the Mind

Id: full of the instinctual aspects of the individual (e.g., sexual and aggressive impulses), mostly unconscious
The Pleasure Principle is the innate tendency to avoid pain and seek pleasure

Ego: the executive organ of the mind- linked in with reality
The reality principle is a learned function, which requires delay or postponement of wish fulfillment according to environmental reality.

Superego: the seat of internalised morals and values. Can be quite punishing ('thou shalt not...') or helpful in striving for a goal (the Ego Ideal).



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Structural theory of mind, you have Id, ego and superego, ego is the working the instinctual aspect of the individual which is working on the pleasure principle that is to avoid pain and seek pleasure. Ego as I told you it works on the secondary process thinking, this actually is making you or allowing you to work in the reality and superego is kind of a internalized model and value it is this superego which is actually preventing you from doing any act which is not acceptable, which is not acceptable in society.

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Dream work

Turns **latent** into **manifest** content and includes the following processes:


Unconscious thoughts and wishes → Latent Dream → Dream Work → Manifest Dream → What dreamer recalls

Condensation, displacement, diffusion, symbolic representation

Condensation:
Two or more unconscious impulses are combined into a single image.
E.g., a strict father and a punitive teacher combine in the dream into one frightening monster

Diffusion or Irradiation: one unconscious impulse is represented by several images (the opposite of condensation)

Displacement:
The energy invested in one object or idea gets transferred to another..



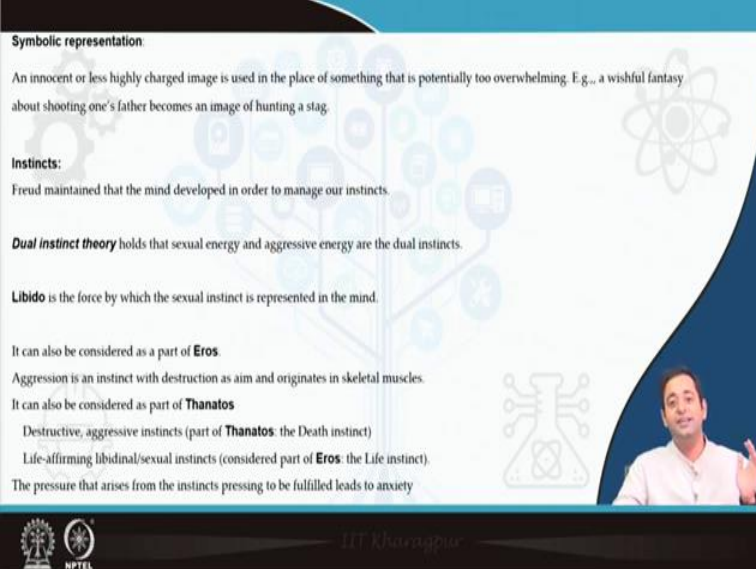
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Now, Freud in his work on conscious, unconscious theories, he found out that there are some unconscious thoughts and wishes which are being expressed manifest in the dream itself. So, what are these unconscious thoughts and wishes which are being expressed or manifesting in dream, it is occurring with the help of condensation, displacement and symbolic representation.

So, what is condensation? There is two or more conscious unconscious impulses which are combining and giving a single image, example is a strict father and a punitive teacher giving a frightening image of a monster. So, there is condensation of the two images. In diffusion you have the opposite where one image gives rise to two different kind of images.

Displacement as we have already discussed there is the energy which is invested in one object is being transferred to the other object where the where you have been punished by your boss and you come back home and you give those negative energy to from the boss to your dog or to your child or you have a verbal acquisition with your mother or father.

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Symbolic representation

An innocent or less highly charged image is used in the place of something that is potentially too overwhelming. E.g., a wishful fantasy about shooting one's father becomes an image of hunting a stag.

Instincts:

Freud maintained that the mind developed in order to manage our instincts.

Dual instinct theory holds that sexual energy and aggressive energy are the dual instincts.

Libido is the force by which the sexual instinct is represented in the mind.

It can also be considered as a part of **Eros**.

Aggression is an instinct with destruction as aim and originates in skeletal muscles.

It can also be considered as part of **Thanatos**

Destructive, aggressive instincts (part of **Thanatos**: the Death instinct)

Life-affirming libidinal/sexual instincts (considered part of **Eros**: the Life instinct)

The pressure that arises from the instincts pressing to be fulfilled leads to anxiety

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Symbolic representation is when you have an innocent or less highly charged image is being used in place of something that is potentially too overwhelming, example is wishful fantasy about shooting one's father and becoming an image of hunting a stag, so stag has taken the symbol of father.

Instincts Freud maintained that mind developed in order to manage our instincts, what is dual instinct theory, dual instincts theory is you have two kind of part what is Eros and other is Thanators, so Eros comes from the libidinal impulses and Thanatos come from the destructive that impulses. So, pleasure that arises from the instinct pressing to be fulfilled leads to anxiety.

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Sl No	Psychosocial stage	Associated virtue	Psychopathology	Age of Attainment
1.	Trust vs Mistrust	Hope	Psychosis Depression Addiction	Birth
2.	Autonomy vs Shame	Will	Paranoia Obsession compulsion	18 months
3.	Initiative vs guilt	Purpose	Conversion Disorder Phobia Psychosomatic disorder	3 years
4.	Industry vs Inferiority	Competence	Creative Inhibition	5 years
5.	Identity vs Role Confusion	Fidelity	Gender Identity Disorder	13 years
6.	Intimacy vs Isolation	Love	borderline personality Schizoid personality	20 years
7.	Generativity vs Stagnation	Care	premature Invalidism Mid life crisis	40 years
8.	Integrity vs Despair	Wisdom	Extreme Alienation Despair	60 years

- 1. Autonomy-** refers to children gaining more control over activities and acquiring new skills which is crucial for building self-esteem, failing which a sense of **shame** is felt.
- 2. Industry-** Capable of learning, creating and accomplishing numerous new skills and knowledge, can have serious problems in terms of competence and self-esteem, if we experience unresolved feelings of inadequacy and inferiority among our peers
- 3. Initiative & Guilt-** If not able to perform with respect to peers and friends then early years of life has deleterious repercussions in the development of the growing child.
- 4. Industry-** During 6 to 12 years of age we are capable of learning, creating and accomplishing numerous new skills and knowledge.
- 5. Identity vs. role confusion** - Occurs during adolescence. Up to this stage, according to Erikson, development mostly depends upon what is done to us. But from teenage onwards, our development depends primarily on what we do
- 6. Intimacy** -The inherent strength of young adulthood is love, and the major task is **intimacy** and formation of a future bond partner.
- 7. Generativity** -A middle aged adult seeks satisfaction through productivity in career and family / social network.
- 8. Integrity** -An older adult reviews/cherishes life accomplishments prepares for end of life by pursuing lifelong interest.

Now, Ericsson had given 8 stages and what he proposed that there are these 8 these 8 stages the child must undergo in order to develop into a mature adult, this stages should be crossed and should be properly analyzed and form. So, what are these 8 stages? Autonomy refers to child

gaining more in control over activities and acquiring new skills which is crucial for building self-esteem and failing which is sense shame is there.

So, in initial part of the years when the child is growing in the developing phase, there is autonomy industry initiative guild, so in all these stages the child actually tries to learn explore new things, so if he is not being allowed to do so he develops shame, when if he goes a bit higher on the next level when he tries to compete with his fellow mates his classmates his the children of his age when he tries to compete and he actually wants to outshine he wants to propel he wants to inculcate this feeling that I have to develop I have to be more successful, so this kind of feeling should be there.

Next is identity versus role confusion, these occurs in adolescence up to this stage according to Ericsson the development mostly depends upon what is done to us, but from now onwards up till this teenage our development will be depending on the primarily what the person is doing from teenage onwards, it is their effort which will actually give them the future endeavors.

Next stage is intimacy, in intimacy the child learns to the person who is there in his later adolescent phase he develops internal strength of young adulthood that is the major task is to get intimated with and forming a future bond partner.

Next is generativity, here a middle aged adult seek satisfaction through productivity in career family and social network. And the last is when you become older you actually tries to see what have you done in the past have you accomplished what figure what goals you have made up in the past and tries to cherish his life accomplishments prepares for the end of the life by pursuing lifelong interferences.

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Freud Psychosexual Development					
Sl No	Stages	Age	Pleasure Zones	Major Development	Fixation
1.	Oral	0-18 months	Mouth ,Lips	Breastfeeding	smoking, Over eating,Nail biting
2.	Anal	18mnts—3yrs	Anus	Anal- sadistic Toilet training	OCD
3.	Phallic	3 – 5 yrs	Genital	Oedipus/Electra complex	Sexual Dysfunction Identity disorders
4	Latency	5-6 to 11-13 yrs	Environment	Defence mechanism	Non learning
5.	Genital	11-13 to adolescence	Genitals	Full Sexual Maturity	Fully mature personality

Freud organized psychosexual maturation into 5 distinct phases.

Each stage symbolizes the concentration of the libido or instincts on a different area of the body (i.e., erogenous zones).

In order to mature into a well-functioning adult, one must progress sequentially through each of the aforementioned psychosexual stages.

When libidinal drives are repressed or unable to be appropriately discharged, the child is left wanting and unsatisfied. [Libidinal- sexual energy]

Freud identified this dissatisfaction as fixation.

Fixation at any stage would produce anxiety, persisting into adulthood as neurosis.

Now, Freud in his psychosexual development, you organize 5 distinct phases, each stage symbolizes, concentration of the libido or instance on a different area of the body, erogenous zones. In order to mature into what he told in order to mature into a well-functioning adult one must progress sequentially through each of this aforementioned stages.

When libidinal drives are repressed or unable to appropriately discharge child is left wanting and unsatisfied. Freud identified this dissatisfaction as fixation and fixation of at any stage would produce anxiety, persisting into adult as neurosis.

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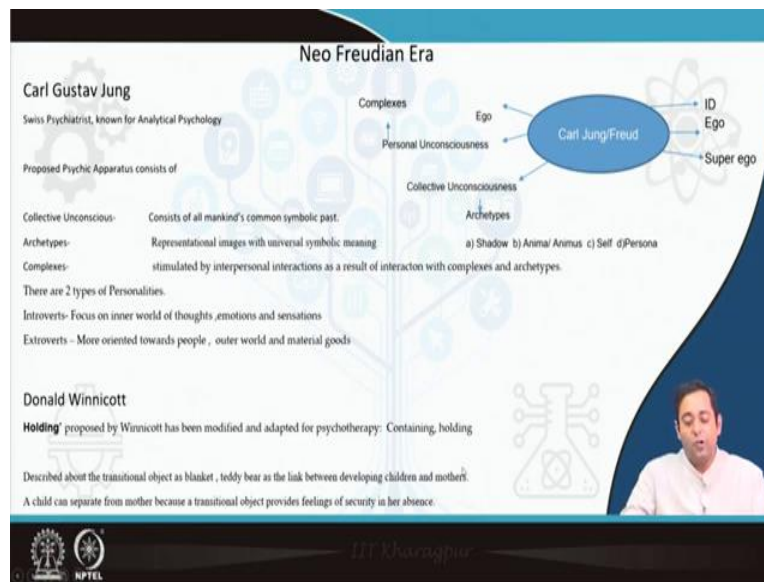


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Now, what is happening in the first phase oral phase the erogenous zones are mouth and lips and that is why when this stage is not addressed properly, the smoking various eating disorders they develop. In the second stage it is the OCD which actually develops when this stage is not properly analyzed or assessed.

Third is the phallic stage where the sexual dysfunction and identity disorders occur here there is repressed feelings of sexual feeling which is being expressed towards the opposite gender that is father and mother. In latency phase you have those defense mechanism as the child develops into an adult and adolescent phase where those defense mechanism tries to protect them from the unusual impulses, the anxiety provoking impulses and lastly when the patient actually develops into a full mature adult.

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What are the contributors from Neo Freudian Era, let us talk about there are various names Carl Gustav Jung, Donald Winnicott, Melanie Klein, Ronald Fairbarn these all have active contribution in the Neo Freudian Era. So, let us talk about Carl Gustav Jung, Carl Gustav Jung was a Swiss psychiatrist and known for analytical psychology, now initial part of his life he was working with Freud and he actually was inclined with the contributions from Freud, but later on when he developed differences between Freud, so he started having his own concept of psychoanalytic theory.

So, what happened was Freud gave the topographical theory of mind as Id ego and superego, but on the other hand while he was describing what Carl Jung proposed was actually ego there are three components which in his proposition was ego personal unconscious and collective unconscious.

So, this ego was actually the same as the ego of Freud in person unconscious this is actually the area which gives rise to complexes, those emotions those attitudes of the persons. Collective unconscious give rise to archetypes, these archetypes are actually the images, the attitudes, the beliefs of the ancestral, so this archetype there are various archetypes which was given by Carl Jung, so basically four became more famous, one is Shadow, anime animus, self and persona, persona is a kind of mask which actually keeps your real identity from the outside, what you what you are being showed and what you are inner from within.

So, there is a difference it acts as a mask, so shadow is what it is the animal part animistic animalistic part of the individual, anima is the femaleness part of the male and animaus is the male part of the female and self is the actualized self the real self of the person.

So, Donald Winnicott proposed Winnicott modified and adapted for psychotherapy containing holding .So, he described transitional object as blanket, teddy bear as the link between developing children mothers, child can separate what happens a child gets separated from his mother depending upon this transitional object. So, this gives a kind of security in the absence of mother or the caregiver.

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Ronald Fairbairn and Michael Balint

British Psychoanalyst elaborated on the early stages in infants' relationship with need satisfying objects and on gradual development of a sense of separateness from the mother.

Melanie Klein

Credited with theory of "Object relations theory" along with Winnicott, Ronald Fairban and Michael balint

1. Places less emphasis on biological based drives and more importance on interpersonal relationships.
2. In object-relations theory, objects are usually persons, parts of persons (such as the mother's breast), or symbols of one of these, with primary object being the mother.
3. The child's relation to an object (e.g. the mother's breast) serves as the prototype for future interpersonal relationships.
4. Objects can be both external (a physical person or body part) and internal, comprising emotional images and representations of an external object (e.g. good breast vs. bad breast).
5. The conceptualisation of internal objects is linked to Klein's theory of unconscious phantasy, and development from the paranoid-schizoid position to the depressive position

Mother-Infant relationship → Results into Projection → introjection and lastly → Persecutory anxiety.
→ Paranoid-schizoid behaviour → Depressive position

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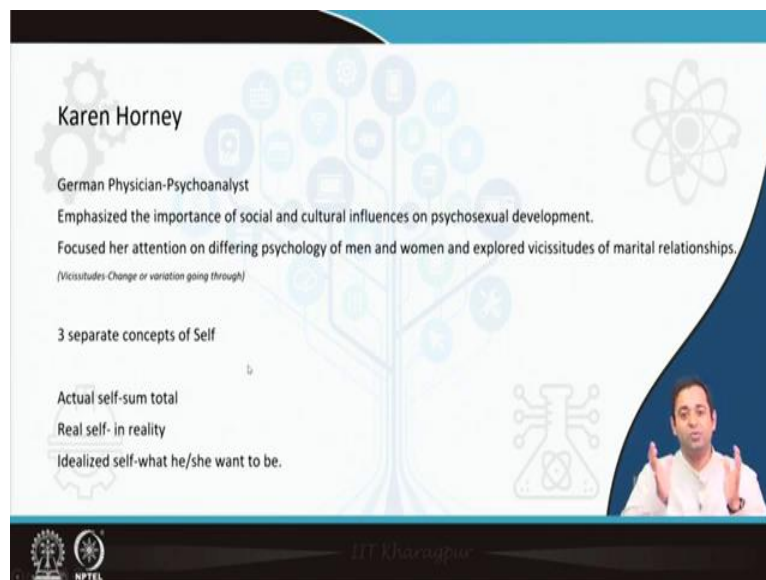
So, Ronald Fairbairn and Michael Balint they together with Melanie Klein they had given object relation theory. Now, what is object relation theory? It places less emphasis on the biological base drives and more importance of the interpersonal relationships, whereas, this biological based drives was given more emphasis by the Sigmund Freud.

In object relation theories objects are usually the persons the parts of the persons like breast of the mother penis of the father they are the parts objects can both be external and internal, internal is comprising of the emotional images and representation and external as we have told you.

Conceptualization of the internal object is linked to Klein's theory of unconscious phantasy and the development of paranoid-schizoid position to the depressive position. Now, what is the splitting of and the paranoid- schizoid position?

Now, the child when he is hungry he develops a feeling of bad mother that he is being not that he or she is not being fed properly and when the child is being fed properly he develops the feeling of good mother, so this splitting kind of feeling is actually not being compressed into itself and it is being expressed out. So, it gives a an image of schizoid which is kind of paranoid kind of behavior which later on when the child is born and he is being separated from the mother and not being given the food at times, it develops the feeling of depressive position.

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The slide features a light blue background with a faint tree diagram where the branches are represented by various icons (gears, a lightbulb, a book, a person, etc.). The text on the slide is as follows:

Karen Horney
German Physician-Psychoanalyst
Emphasized the importance of social and cultural influences on psychosexual development.
Focused her attention on differing psychology of men and women and explored vicissitudes of marital relationships.
(Vicissitudes: Change or variation going through)

3 separate concepts of Self

- Actual self-sum total
- Real self- in reality
- Idealized self-what he/she want to be.

In the bottom right corner, there is a small video inset of a man with dark hair, wearing a light-colored shirt, gesturing with his hands while speaking. The bottom of the slide has a dark blue footer with the IIT Kharagpur logo on the left and the text "IIT Kharagpur" in the center.

Now, was Karen Horney, Karen Horney gave he was actually studying regarding the psychology of men and women regarding the changes and the variation going through the marriages, she was mostly involved in this kind of work, he, she gave three separate concepts of self, the real self, idealized self and the actual self, the idealized self is what actually person wants to be real self is in reality what he is or she is, and actual service sum total of these two.

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Transference

The feelings, thoughts and attitudes given to a person in the present (such as the therapist)

Do not benefit that person but actually originate from a person or figure in the patient's past (such as a parent).

Transference is said to be **bidimensional** – it includes replaying past experiences + seeking new relationship with therapist.

Countertransference

The therapist's spontaneous feelings and emotions that are evoked when s/he 'tunes in' to the patient's unconscious communication, including the patient's transference.

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Transference is what the patient is having the feeling what the patient develops towards the mental health professional all the therapist and the counter transferences when the doctor himself has the feeling the mental health professional, the psychiatrist, the psychologist, when he or she develops the feeling towards the patient.

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Personality Disorders

DSM defines Personality disorder an enduring pattern of behaviour and inner experiences that deviates significantly from the individual's cultural standards, is rigidly pervasive, has onset in adolescence, is stable through time leads to unhappiness and impairment which manifest in at least 2 of the following 4 areas

a) Cognition b) Affectivity c) Interpersonal Function d) Impulse Control

Theories of personality consider the following different dimensions:

1. Personality as an enduring & consistent feature (dispositional) vs. influenced by situations (situationalism)
2. Personality traits are shared and comparable (nomothetic) vs. traits are unique to individual (idiographic)

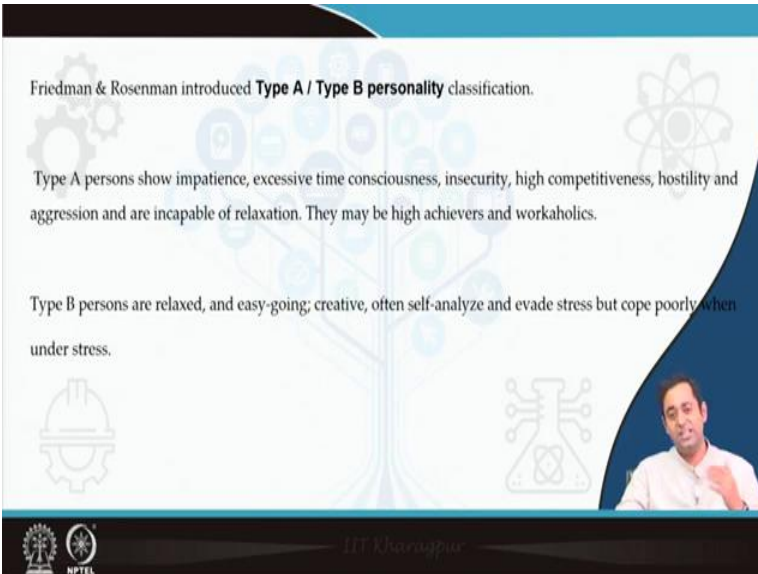
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Let us come to personality disorders, personality disorders are the enduring pattern of behavior and inner experiences that deviate significantly from the individual's cultural standards is rigidly pervasive has onset in adolescence is stable to trying leads to unhappiness an impairment which

manifests in at least two following, four following areas, one is cognition, affectivity, interpersonal function and impulse control.

There are various theories of personality various schools of thought which actually tries to describe this, one school of thought tells that personality is actually situational dependent, it is because of this situation that this kind of behaviors are expressed, others tell that no these are actually shared kind of traits which is actually present in all of us, other school of thought tells that which is it is unique to a person, it is ingrained to a person, it is specific to a person.

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Friedman & Rosenman introduced **Type A / Type B personality** classification.

Type A persons show impatience, excessive time consciousness, insecurity, high competitiveness, hostility and aggression and are incapable of relaxation. They may be high achievers and workaholics.

Type B persons are relaxed, and easy-going; creative, often self-analyze and evade stress but cope poorly when under stress.

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Friedman and Rosenman, they introduce type A and type B personality type A persons are very impatient, excessive, they are highly insecure, highly competitive and they are incapable of relaxation, whereas, type B they are relaxed, easy-ongoing type and they evade stress, but cope properly when under stress.

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Cloninger's psychobiological model of personality

The temperamental dimensions include

- Novelty-seeking** (includes frustration avoidance, impulsive decision-making)
- Harm-avoidance** (pessimistic worry about the future, passive avoidant behaviour, fear of uncertainty)
- Reward-dependence** (sentimentality, social attachment, and dependence on praise and approval)
- Persistence** (high perseverance and tolerance of frustration)

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Cloninger had given psychobiological model of personality, they are basically of four types, he gave four types that is Novelty-seeking, Harm-avoidance, Reward-dependence and persistence. Let us talk about novelty-seeking, novelty-seeking seekers are mostly are the drug abusers, they actually try to seek this kind of substances or any kind of work which is actually providing them or keeping them away from the frustration and they are very impulsive, they actually try to do out of impulse things out of impulse.

Harm-avoidance is they are always the persons who are having this kind of temperament they are actually having excessive kind of worry, they are anxious, they are apprehensive and they are always in a kind of subjective uncertainty, whether to do this or not something will happen something bad will happen.

Reward-dependencies when they know if I do this kind of action this kind of work something is going to get which is going to give me satisfaction, it is going to give me a good feeling, a warm kind of mark, so they are dependent, they are contingent on some kind of situations.

Persistence is they have good frustration tolerance, they actually try to pursue, they have a good perseverance, the high perseverance despite of the feeling of boredom they actually try to do all those kind of work which actually needs a lot of patience and perseverance.

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Categorical Classification: Personality		
Sl NO		
Cluster A		
1.	Paranoid	
2.	Schizoid	
3.	Schizotypal	
Cluster B		
1.	Borderline	
2.	Histrionic	
3.	Dissocial	
4.	Narcissistic	
Cluster C		
1.	Anxious-Avoidant	
2.	Emotionally Dependant	
3.	Anankastic/obsessive compulsive	

Now, there is a categorical classification by DSM when they have classified personality into three clusters and into three clusters with ten different ranks of personality disorders, in cluster A we have three different kind of personality disorders, one is paranoid, second is schizoid, third is schizotypal. Cluster B we have borderline, histrionic, dissocial, narcissistic and in cluster C we have anxious-avoidant, emotionally dependent and Anankastic and obsessive compulsive personality disorders.

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CONCLUSIONS

In this lecture we have learned basic concepts of Attachment and eminent personalities with their contributions in this field.

Concepts associated with defence mechanism

Basic understanding of Object relation theory with developmental theories like Freud's sexual theory, cognitive theory of Piaget.

Concepts of Personality and its categorical subtypes



So, what have we learned so far in this lecture, we have learned basic concepts about attachment, eminent personalities which contributing to this field, the concepts regarding defense mechanism, basic understanding of object relation theory and the developmental theories with Freud and the cognitive theory of Piaget and lastly the concept of personality and its categorical subtypes. Thank you.