

The Neo-Freudians

Adler and Jung vs. Freud

- Split from Freud at separate times.

The Freud and Jung Letters

- Freud to Jung, “I always suspected he (Adler) was too stupid to follow.”

Splits:

- Both split over the drive concept
- Adler thought drive was a social force
- Jung thought it was culture.

Alfred Adler:

- Born February 7, 1870
- 2nd of 6 children (remember this for later)

Major Early Life Events:

- Gravely ill as a child – he decided to become a Dr. – and did!!!
- Math teacher suggested to his father that he should pull him from school and train him to be a cobbler. Father told him the teacher was an idiot and to try harder to show up the teacher. Went on to Ace math.

1898

- Writes first book – health of tailors.
- Core idea is that we need to look at the whole person, reacting to an environment – not just instincts

1902

- Responded favorably to Freud’s dream book – gets an invite to join the inner circle.
- Freud assures him that his views would be valued
- Adler remains interested in physical handicaps and their physical and psychological factors.

1907

- Publishes his book on organ inferiority and its compensations
- Causes rift with Freud.
- Adler poopos Freud’s seduction hypothesis.

1911

- Adler leaves Freud with 8 colleagues and forms his own splinter group.
- Later founded several child guidance clinics in Vienna
- 1926 invited to lecture in the US – enjoyed it and was quite popular
- Subsequently accepted a visiting position and traveled between US and Vienna for years.
- Died of heart failure on May 28, 1937.

1. *Core Conflict*

- Aggression (more important than sexual motivation)
- Concern for one's inferiority vs. striving for superiority

2. *Core Drive*

- Aggression drive – more primal.
 - When our instincts for food, be sexually satisfied, or other we may become aggressive to meet the need.
- Later Adler decided that there was only one true drive – *Striving for perfection.*

3. *Sources of Striving:*

- Inferiority (physical and otherwise)

4. *Compensation*

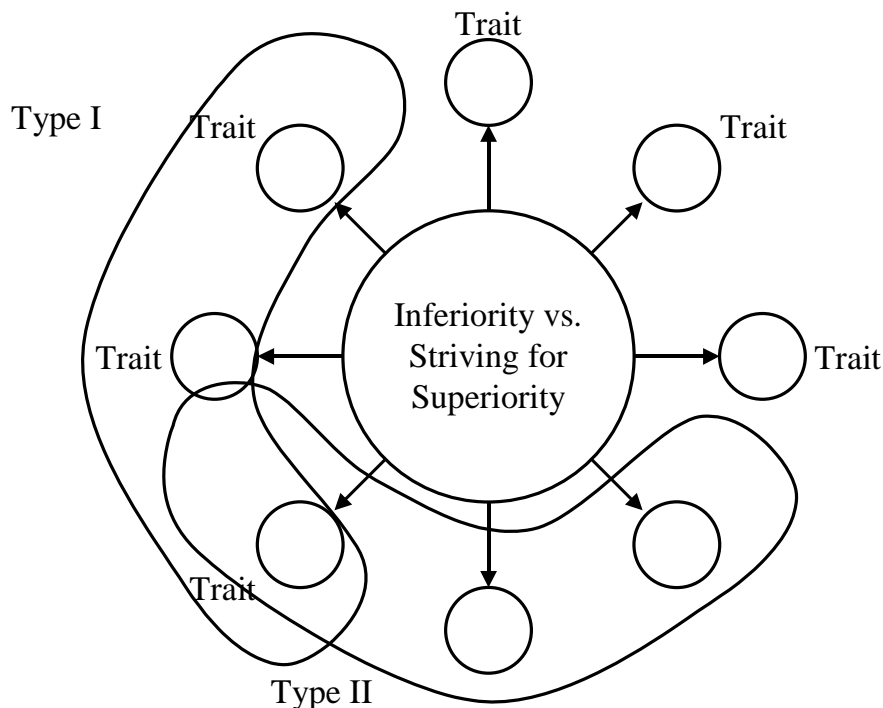
- How people respond to their inferiorities. This is important both as a behavior and as a defense mechanism

3. *Other sources of variability in personality*

- Birth order

4. *Periphery*

- Types (made up of several traits)
- Adler believed that several traits could be grouped together to make more general categories he called “types”.



Determinism

- Freud was of the belief that all we do is a product of our past experiences

- Adler didn't exactly buy this. Past important but not everything. Felt that striving to better our future was also very important

Fictional Finalism

- Notion of the goal state. Where we might like to get to or that which we strive for. Don't need to be true.

Example: The belief that virtue is rewarded in the afterlife.

- Unhealthy development comes from striving at the expense of others.
- Healthy is striving that is also socially facilitating.

Where does striving for superiority come from?

1. Nobody is perfect (#1)

- **Organ Inferiority**: we all get something wrong. Born flawed in a physical sense (too short, tall, fat skinny, IQ, organs, limp hair, etc...) something.
- Personality is then motivated by compensations to the inferiority.

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| <ul style="list-style-type: none"> • For Adler the social world facilitates development whereas with Freud the social world is simply objects by which the ID, Ego, SuperEgo express balance. |
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Inferiority Complex:

- The defensive behaviors driven by the organ inferiority. Acute awareness of one's inferiorities

Superiority Complex

- Defensive behaviors cover inferiorities by pretending to be superior. May not be conscious.

Birth Order

- Determines the initial perceptions of life
- First born are screwed
 1. Neurotic because parents are incompetent
 2. Dethronement. The first born was once the center of attention. However, that attention is taken away by each of the following children. None of those subsequent children ever know complete attention and hence other born after them don't have as great an impact.
 3. The third child on plus last borns
 - Well adjusted
 - No threat of dethronement
 - Professional "experienced" parents
 - Older children as pacemakers

Research

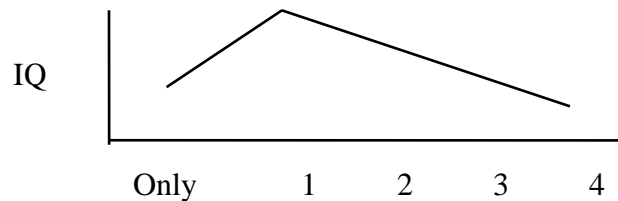
Zajonc: Confluence Model of Intelligence

2 Factors

1. Intellectual sophistication of the social network
2. The Teaching Function
 - Knowledge is crystallized by opportunity to teach to younger siblings.

Results:

1. Birth order effects the size of the available intellectual pool.
2. Where you are in the birth order directly effects your opportunity for the teaching function.

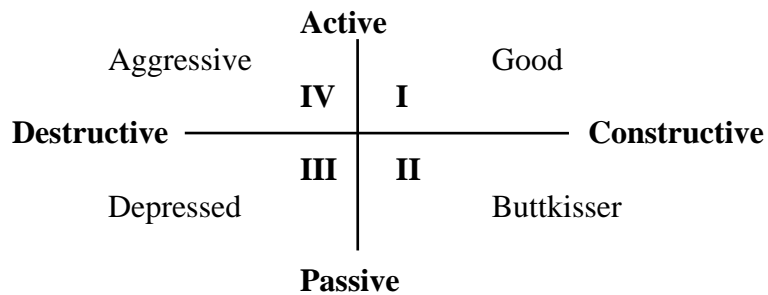


Story: Z once gave a talk titled “Dumber by the Dozen”

How do we get Individual Differences:

- Derived from the 4 ways of dealing with the world and individual *fictional* finals.

Adlerian Typology



Carl Jung

- Born July 26, 1875 in Sweden
- Unlike Adler, Jung was more introverted – less social.
- Admired Freud for years

- They met in 1907 – Freud was so impressed that he came to consider Jung his heir apparent.
- In 1909 their relationship began to cool
- On a trip to America, they were analyzing each others dreams for fun. However, Freud became resistant and eventually insisted that they stop for fear that he “might lose his authority.”
- Jung gets all insulted that Freud thought of himself as the more dominant of the two.
- Great knowledge of mythology and symbolism.
- This made him particularly good at making sense of the unconscious and its appearance often in symbolic form.

Jung’s Theory

A. Structure

- Ego – the conscious mind
- Personal Unconscious – includes anything not presently conscious but that can become conscious
- Collective Unconscious
 - This was the unique part

B. Principle of Opposites.

- Intrapsychic Conflict
- Principle of Equivalence
- Principle of Entropy - The drive toward balance for the self.

C. Development = Life Span

D. Periphery = Attitudes and functions

Ego - Believed it completely conscious (unlike Freud)

Personal Unconscious

- Closely related to the ego.
- Deposit of all your biological drives
- Same as the unconscious as told by Freud
- Believed that all this information could be brought into conscious

Collective Unconscious

- Jung believed that humans share a set of inherited experiences. That is we all are born with the experience of our species.
- Jung believed it influences us but that we cannot be conscious of it.

Why do we need the CU

- Allows us to evolve over time.
- Also, believed it to be the foundation of culture – specific experiences a group accumulated over their time.

- Jung referred to the units of experience held in the collective unconscious as *archetypes*.

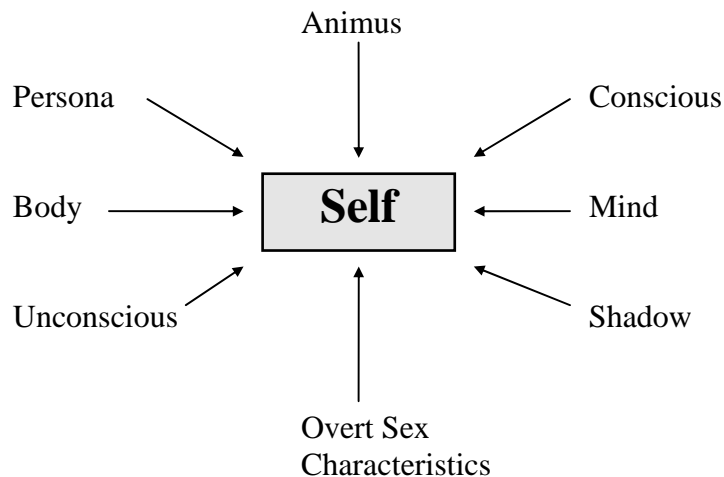
Genetically predetermined affiliative drive.

Animus vs. Anima:

- Regardless of biological sex, we should each have experience with both men and women (in our cultural past) and thus be able to appreciate and embody both.

Example: Men have sensitivity (female)
Females can display aggression (male)

Jung's Coincidence of Opposites



To express one comes at the cost of the expression of the opposite pole.

- Being overtly male (sex) is in contention with the female (Anima) side.

Entropy provides the drives toward balance

SUMMARY

Freud

Core Tendency: To maximize instinct gratification while minimizing punishment and guilt.

- Drives:** Instincts (Biological)
The Id, pleasure principle
- Ego, the reality principle, facilitates maximizing pleasure while minimizing punishment and guilt.
- Superego - inner sense of right and wrong, from which anxiety arises
- Development:** 5 Stages of psychosexual development
Driven by biological instincts and learning to negotiate interaction with society to maximize pleasure with minimal punishment and guilt.
- Fixation:** Inability to effectively use defense to avoid anxiety and conflict at any stage of development can arrest development. Best defense is sublimation (adaptively using several techniques)
- Goal of Therapy: Make the unconscious conscious.

Adler

Core Tendency: Striving toward superiority to overcome our inferiority.

Drive: *Organ Inferiority*: actual physical non-ideals

Fictional Finalisms: The ought self toward which we strive
Life is then a striving and compensation for inferiority.

Development: Influenced by *styles of life* (birth order, active/ passive, constructive vs. destructive.)

Birth order - effects on development and intelligence

Jung

Core Tendency: Striving to attain self-hood through seeking a balance of opposing forces of personality. (*Principle of equivalents*)

Drive: Conflict between the ego and the *social unconscious* (Id-ish thoughts that may have once been in consciousness but have been forced out of awareness by defenses)

Principle of Entropy is the drive toward balance.

Collective Unconscious - inherent tendencies of the species made up of elements or *archetypes*

Development: Sexuality in early life.
Spirituality and the collective unconscious in later life.