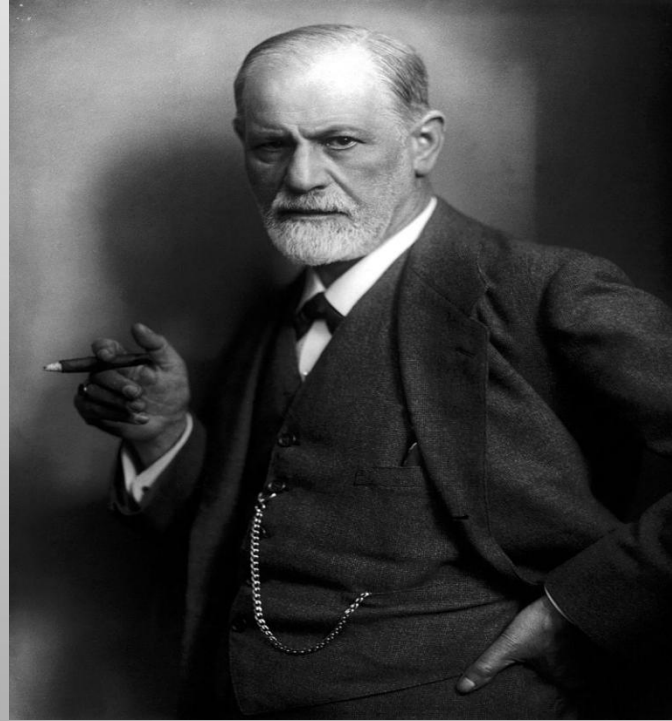


# FREUD: EGO PSYCHOLOGY



# OVERVIEW

- What is ego?
- Important terms
- History of ego psychology
- Evolution of ego
- Structural theory of mind
- Ego
- Super-ego
- Summary
- References

# WHAT IS EGO?

- Ego- “I” or me of personality
- Executive of personality
- Centre of organization and integration of psyche
- The ego is defined as a **coherent system of functions for mediating between instincts and the outside world**

# TERMS

- **Instincts-** motivating force that drive behaviour. Internal bodily stimuli transformed to mental wish- psychic energy
- **Life instincts-** libido (psychic energy)
- **Death instincts-** aggressive drive

Give me food!

I need air!

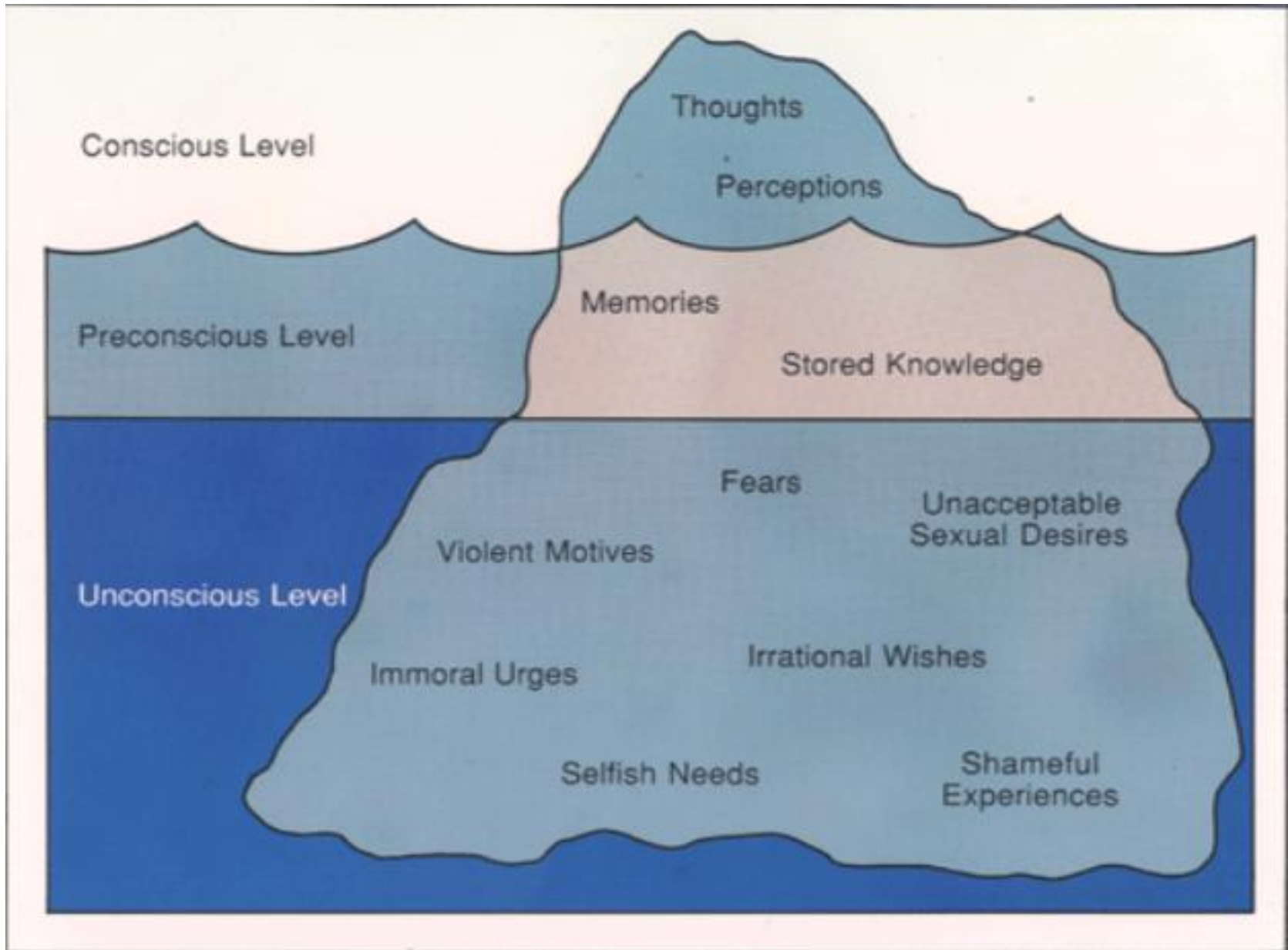
I need to  
reproduce.

Make me mad  
and I'll fight!



# TERMS

- **Unconscious-** seething cauldron of repressed wishes, memories and instincts that we aren't aware of
- **Pre-conscious-** **storehouse** of thoughts, memories and perceptions that can be easily summoned to consciousness
- **Conscious-** all sensations and perception and thoughts we are aware of at the time



# HISTORY

## FREUD

- 1897- Concept of 'égo' introduced
- 1923- 'The ego and Id'
- 1926- 'Inhibitions, Symptoms, and Anxiety'



# HISTORY

## POST-FREUDIAN ERA

- 1936- Anna Freud- 'The Ego and the Mechanisms of Defense '
- 1939- Heinz Hartmann- 'Ego Psychology and problems of adaptation'
- 1951- David Rapaport systematized ego psychology

# HISTORY

## FALL AND TRANSFORMATION

- 1970's-
- 'Psychology versus metapsychology'
- Object-relations theory
- Pluralism
- Charles Brenner and modern ego psychology

# EVOLUTION OF EGO

## ➤ **1<sup>st</sup> phase (early concept) ( till 1897)**

- Ego poorly defined
- **Dominant mass of conscious ideas and moral values**
- Distinct from impulses and wishes of the repressed unconscious.
- Chiefly concerned with defence

# EVOLUTION OF EGO

## ➤ **2<sup>nd</sup> phase (historical roots) (1897-1923)**

- Shift- neurophysiological- topographical- structural theory
- Development of psychoanalysis
- **Limitations of topographical models- unconscious nature of defence mechanisms and unconscious guilt**
- Instinct theory
- Ego- function, organization and relation to reality

# EVOLUTION OF EGO

- **3<sup>rd</sup> phase (Freud's ego psychology) (1923-1937)**
  - Structural entity
  - Coherent organization of mental processes and functions
  - Perceptual conscious system
  - Structures responsible for resistance and unconscious defense.
  - Passive and weak.

# EVOLUTION OF EGO

- **3<sup>rd</sup> phase (Freud's ego psychology) (1923-1937)**
  - Controls apparatuses of motility and perception, contact with reality through defence mechanisms, inhibition and control of primary instinctual drives
  - *Inhibitions, symptoms, and anxiety* - ego more independent.
  - Able to anticipate( autonomous function), mobilize defences and avoid conflict
  - Function of adaptation based on reality principle that allowed the ego to curb instinctual drives when action prompted by them would lead into real danger.

# EVOLUTION OF EGO

- **3<sup>rd</sup> phase (Freud's ego psychology) (1923-1937)**
  - Powerful regulatory force responsible for integration and control of behavioral responses
  - Introduction of adaptive function and reality
  - Ego had independent roots

# EVOLUTION OF EGO

## ➤ 4<sup>th</sup> phase (systematization)

- Elaboration of **defense mechanisms**
- **Autonomy of ego-** primary and secondary
- Conflict-free sphere of ego functions-  
contradicts freudian conflict psychoanalysis



- **Pleasure Principle:** Inborn tendency to avoid pain & to seek pleasure through discharge of tension
- **Reality Principle:** Ability of mind to assess reality of external world, and to act upon it accordingly, as opposed to acting on the pleasure principle.

# STRUCTURAL THEORY

- **Structure of psychic apparatus**
  1. Id (primal)
  2. Ego (real and rational)
  3. Super-ego (ideal)

# STRUCTURAL THEORY-ID

- Reservoir of instincts and libido
- Energy supply
- **Pleasure principle**



- Instant gratification
- No awareness of reality
- Primary process

# STRUCTURAL THEORY-EGO

- Rational master
- Executive- **decides whether, how and when to fulfill impulses in accordance with reality**
- **Postpone, delay or re-direct id satisfaction**
- **Reality principle**
- **Secondary process thought**
- **Tightrope between id, super-ego and reality**

# STRUCTURAL THEORY-EGO

- *'In consequence of the pre-established connection between sense and perception and muscular action, the ego has voluntary movement at its command. It has the task of self-preservation.*
- *As regards **external** events, it performs that task by becoming aware of stimuli, by storing up experiences about them (in the memory), by **avoiding** excessively strong stimuli (through flight), by **dealing** with moderate stimuli (through adaptation) and finally by learning to bring about expedient changes in the external world to its own advantage (through activity).*

# STRUCTURAL THEORY-EGO

- *As regards **internal** events, in relation to the id, it performs that task by **gaining control over the demands of the instinct**, by deciding whether they are to be allowed satisfaction, by postponing that satisfaction to times and circumstances favourable in the external world or by suppressing their excitations entirely.*
- *It is **guided in its activity by consideration of the tension produced by stimuli**, whether these tensions are present in it or introduced into it.'*

# STRUCTURAL THEORY-SUPER-EGO

- Largely unconscious set of beliefs
- **internalized** moral values, ideals, prohibitions, and standards of the parental imagoes.
- **Conscience-** through punishment
- **Ego-ideal-** through praise
- Thought/action contrary to super-ego-guilt/shame
- Severe regression- allies with id (sexualized/permeated with aggression)

# The Psyche (Personality)



**Id:**

Instincts



**Ego:**

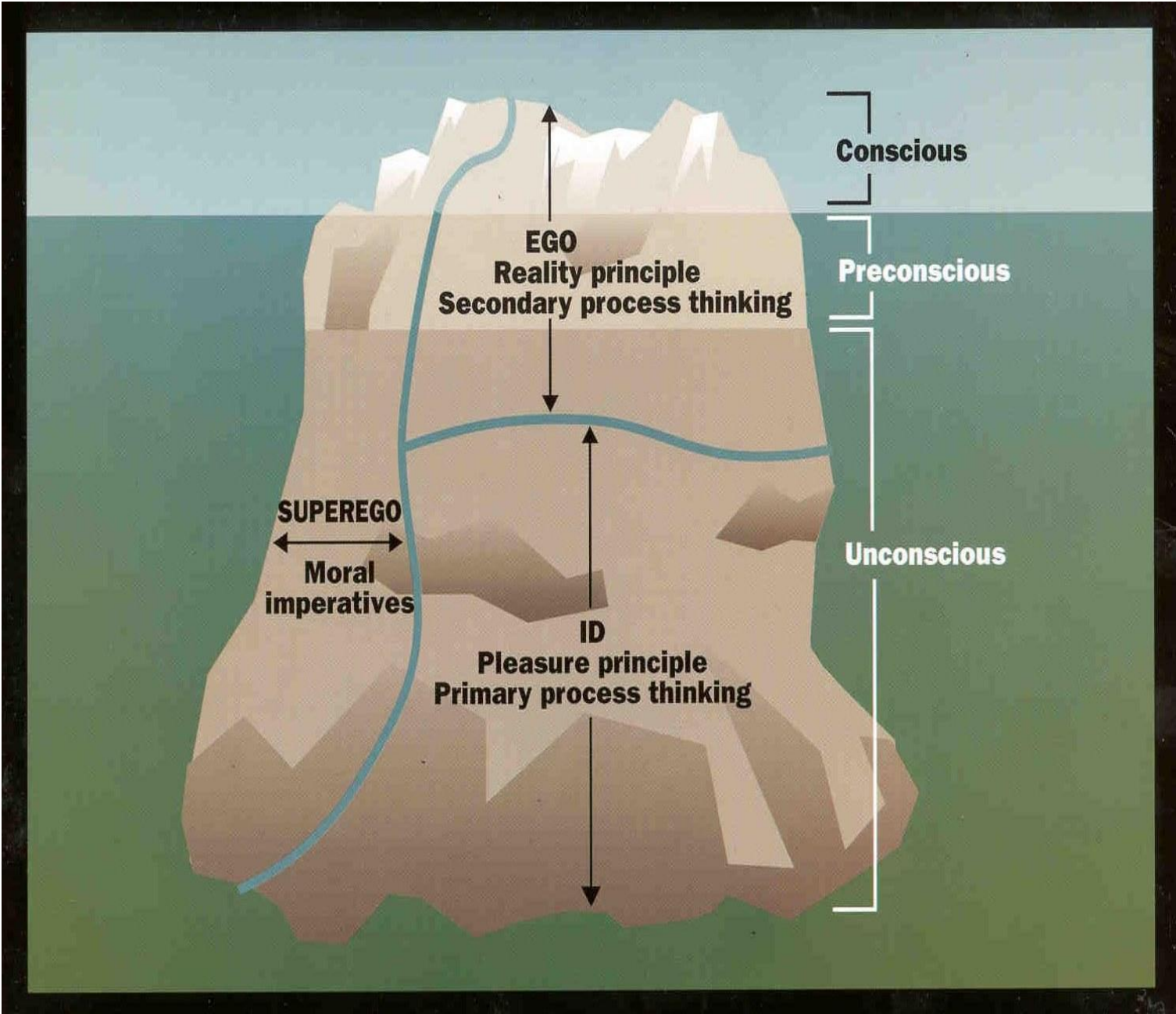
Reality



**Superego:**

Morality





# ORIGINS OF EGO

- Freud- ego derived from id- instincts and conflict with external world
- Newly born- no or rudimentary ego
- Contradiction- neonate has intact ego capacities including sensory and motor functions and adaptive capacities to react to and relate with caretaking figures.
- Hartmann- separate roots of ego from id

# DEVELOPMENT OF EGO

- Maturation of autonomous functions
- Acquiring aspects from external world by internalization
- **Internalization-**
  1. Incorporation
    - primitive oral wish for union with an object (maternal object). Object distinction not maintained

# DEVELOPMENT OF EGO

## 2. Introjection

- At close of oedipal phase
- Qualities of the person at centre of gratifying relationship are internalized and reestablished as part of the organization of the self.
- **Incomplete integration**

## 3. Identification

- Active structuralizing and alteration of internal structures (ego and super-ego) on the basis of selected elements derived from the model which **integrate completely.**

# FUNCTIONS OF EGO

1. Control and regulation of instinctual drives
2. Judgement- anticipate consequences of actions
3. Object relations- The capacity for mutually satisfying relationships from initial relations with maternal figures to social relationships.
4. Defensive functions- resolve conflict between instinctual demands and external reality.

# FUNCTIONS OF EGO

5. Relation to reality- mediate between internal world and external reality
  - **Sense of reality-** distinguish what is inside the body from what is outside
  - **Reality testing-** objective evaluation and judgment of the external world and differentiating from internal fantasy
  - **Adaptation to reality-** ability to use resources to deal effectively with changing circumstances based on previously tested judgments of reality.

# FUNCTIONS OF EGO

6. Synthetic function- capacity to organize, and bind together various drives, motives, tendencies, and functions within the personality in overall unity

# EGO AUTONOMY

## ➤ Primary autonomy-

- functions (perception, memory, intelligence, thought processes, motor activity, reality testing) present at birth
- develop naturally and **independently of intrapsychic conflict** in average expectable environment

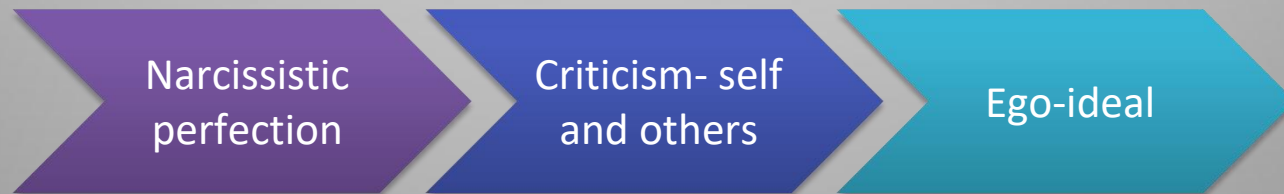
## ➤ Secondary autonomy-

- Functions developed as defence against drives
- Acquire independent structure



# SUPER-EGO:HISTORICAL DEVELOPMENT

- 1914 -Freud suggested another structural component of psychic apparatus – to watch over ego – make sure it measured up to ego-ideal (Superego)



# SUPER-EGO:HISTORICAL DEVELOPMENT

- 1917 - conscience- part of ego that judges it critically
- 1923 – superego consisted of ego-ideal and conscience; mainly unconscious
- Guilt due to tension between ego and superego – tension expressed by need for punishment

# ORIGINS OF SUPEREGO

- Oedipal period – competing for love of the desired parent
- Hostility and sexual exploration & masturbatory activities unacceptable to parents
- Fear of castration, observation that girls lack penis – reinforces fear
- Turns away from oedipal situation and enters latency period of psychosexual development – renounces sexual impulses of infantile phase

# ORIGINS OF SUPEREGO

- Fear of loss of the mother's love and disappointment over father's failure to fulfil their wish makes girls give up their Electra complex
- Superego develops with resolution of Oedipus complex

# EVOLUTION OF SUPEREGO

- Beyond oral phase- abandons symbiotic ties with parents; forms initial introjections
- Introjections from both parents get united – precipitate & confronts – organizes as “superego”
- Struggle to repress instinctual aims toward parents- renouncement of aim- prohibiting character of superego- heir to oedipal complex

# EVOLUTION OF SUPEREGO

- Closely related to id than ego due to repression of instinctual desires
- Conflict internalizes- ego and super-ego
- External control to self control
- Latency period and beyond – child continues to build on through contact with teachers, heroic figures and admired persons – forming child's moral standards, values, aspirations and ideals

# SUMMARY

- **Id**- unconscious drives
- **Ego**- executive organ and mediator
- **Super-ego**- moral perfection

## EGO

- Spans all **three topographical** dimensions
- Origin- **autonomous** + **conflict** of id and reality
- Develop through **maturation** and **internalization**
- Functions- mediator, judgement, contact to reality, object relations, defense and integration

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**THANK YOU**