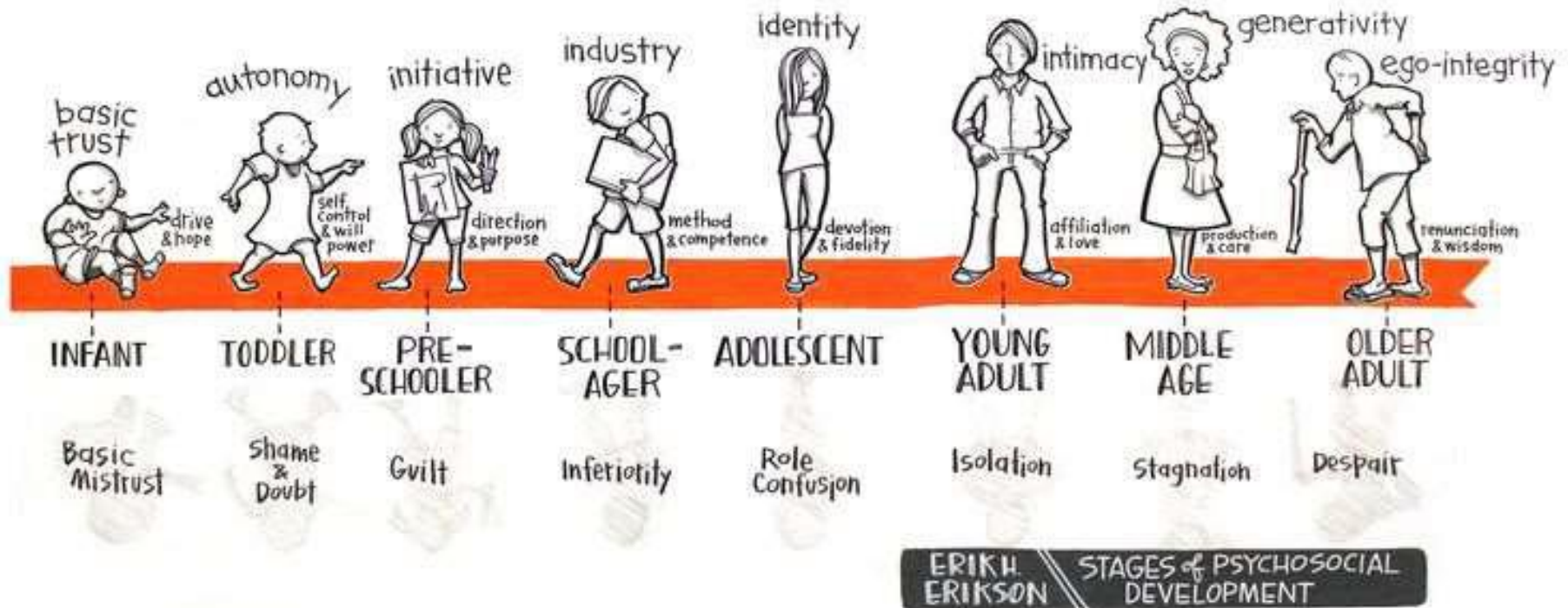


Erik Erikson's theory of development



OUTLINE

- History
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Erik Homburger Erikson 1902-1994

- Born June 15,1902 Frankfurt, Germany
- Artist and later child psychoanalyst
- Erickson's father abandoned his mother before he was born
- Issues of Identity with his own parents - "loving deceit"
- Influenced by work of Anna Freud and Ego development
- **Coined the term Lifespan Development and Identity crisis**

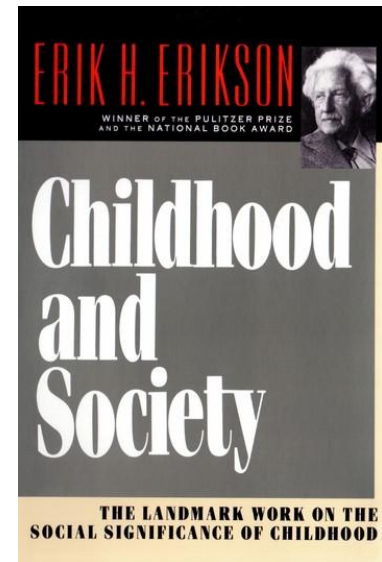


Epigenetic Principle

- Development takes place **in-sequential, clearly defined stages** , and **that each stage must be adequately resolved for a smooth flow of development.**
- According to epigenetic model, if successful resolution of a particular stage does not occur, all subsequent stages reflect the failure in the form of physical, cognitive, social or emotional maladjustment.

The Psychosocial Theory of Development

- In his theory, he presented his conception of **8 stages of ego development** across the life cycle.
- Each stage of development, are with their respective developmental tasks, which he termed as *crises*, which are needed to be resolved to attain growth and development of specific *virtues*.
- Compared to Freud, Erikson is much more optimistic and takes account of social factors influence



The Psychosocial Theory of Development

- **Crisis**- It refers not to a “threat of catastrophe, but to a turning point, a crucial period of increased vulnerability and heightened potential, and therefore, the ontogenetic source of generational strength and maladjustment.”
- **Virtue**- the **psychosocial strength** that helps the individual through the rest of the stages of development.

- **Malignancy**- involves too little of the positive and too much of the negative aspect of the task
- **Maladaptation**- means too much of the positive and too little of the negative.
- Mastery of a stage is not required to advance to the next stage

Stages of Psychosocial Development

- I. Stage 1- Trust vs. Mistrust
- II. Stage 2- Autonomy vs. Shame & Doubt
- III. Stage 3- Initiative vs. Guilt
- IV. Stage 4- Industry vs. Inferiority
- V. Stage 5- Identity vs. Role Confusion
- VI. Stage 6- Intimacy vs. Isolation
- VII. Stage 7- Generativity vs. Stagnation
- VIII. Stage 8- Integrity vs. Despair

First Stage

- Age: Birth to 18 months
- Crisis: **Trust Vs. Mistrust**
- Significant relations: Mother
- Virtue: Hope
- Maladjustment: Sensory Distortion
- Malignancy: Withdrawal
- Question: Can I trust the world?
- Key Event: Feeding



First Stage

- Children are completely dependent on others
- **Trust:** Established when babies are given adequate warmth, touching, love, and physical care -*Dependable & Reliable*
- **Mistrust:** Caused by inadequate or unpredictable care and by cold, indifferent, and rejecting parents-*Undependable, Unpredictable & Dangerous.*
- **Related form of psychopathology:** psychosis, addiction and depression

Implications

- Impairment of basic trust leads to basic mistrust
- Prolonged separation during infancy can lead to anaclitic depression/attachment disorders
- Mistrust is a major contributor to the development of schizoid personality disorder and schizophrenia.
- Substance-related disorders can also be traced to social mistrust
- If not nurtured properly, infants may feel empty, starved not just for food but also for sensual and visual stimulation.

Second Stage

- Age: 18 month to 3 years
- Crisis: **Autonomy Vs. Shame and Doubt**
- Significant relations: Parents/Caretakers
- Psychosocial virtue: Willpower/Determination
- Maladjustment: Impulsivity
- Malignancy: Compulsion
- Question: Is it ok to be me?
- Key Event: Toilet Training



Second Stage

- **Autonomy:** Doing things for themselves such as body control & making choices.- *Secure and confident self.*
- **Shame:** Overprotective or ridiculing parents may cause children to doubt abilities and feel shameful about their actions- *Inadequacy & self doubt.*
- **Related form of psychopathology:** paranoia, obsessions, compulsions and impulsivity

Implications

- Often called the terrible two's
- If shame and doubt dominate over autonomy, compulsive doubting can occur
- The inflexibility of the obsessive personality also results from an overabundance of doubt
- Compulsive personality that is stingy, meticulous, and selfish known as anal personalities, such persons are parsimonious, punctual, and perfectionistic (the three Ps)

Third Stage

- Age: 3 years to 5 years
- Crisis: **Initiative Vs. Guilt**
- Significant relations: Family
- Psychosocial virtue: Purpose
- Maladjustment: Ruthlessness
- Malignancy: Inhibition
- Question: Is it okay for me to do, move & act?
- Key Event: Independence



Third Stage

- **Initiative:** Parents reinforce via giving children freedom to play, use imagination, and ask questions- **Creative, Constructive.**
- **Guilt:** May occur if parents criticize, prevent play, or discourage a child's questions- **Always being wrong, Failed to explore world.**
- Oedipus complex as a source of guilt
- Initiative and Guilt should be balanced in order to have moral judgment.
- **Related form of psychopathology:** conversion disorder, phobia, psychosomatic disorder & inhibition

Implications

- Hysteria was the usual form of pathological regression in this area, but psychosomatic disease is now common
- Excessive guilt can lead to a variety of conditions, such as generalized anxiety disorder and phobias.
- Punishment or severe prohibitions during this stage can produce sexual inhibitions.
- Conversion disorder or specific phobia can result when the oedipal conflict is not resolved.

Fourth Stage

- Age: 5 years to 12 years
- Crisis: **Industry Vs. Inferiority**
- Significant relations: Neighborhood and School
- Psychosocial virtue: Competence
- Maladjustment: Narrow Virtuosity
- Malignancy: Inertia
- Question: Can I make it in the world of people and things?
- Key Event: School



Fourth Stage

- Children's have to cope with new social and academic demands
- **Industry:** Occurs when child is praised for productive activities, such as painting and building- ***Sense of competence***
- **Inferiority:** Occurs if child's efforts are regarded as messy or inadequate- ***Weak sense of self, Incapable to take responsibility***
- **Related form of psychopathology:** creative inhibition and inertia

Implications

- When children's efforts are thwarted a sense of inferiority develops.
- In adults, this sense of inferiority can result in severe work inhibitions and feelings of inadequacy.
- The feelings may result in a compensatory drive for money, power, and prestige.
- Work can become the main focus of life, at the expense of intimacy.

Fifth Stage

- Age: 13 years to 21 years
- Crisis: **Identity Vs. Role Confusion**
- Significant relations: Peer Groups/ Role Model
- Psychosocial virtue: Fidelity
- Maladjustment: Fanaticism
- Malignancy: Repudiation
- Question: Who am I? what can I be?
- Key Event: Peer relationships



Fifth Stage

- Children learn a number of different roles
- **Identity:** One's organization of individual drives, abilities, beliefs, and experience into consistent image of self. *Who we are.*
- **Role Confusion:** Failure to establish an individual identity separate from the family and having no peer relationships and plans for an occupation- *Ego diffusion*
- **Related form of psychopathology:** delinquent behavior, gender identity disorder and borderline psychotic episodes

Implications

- Many disorders of adolescence can be traced to identity confusion.
- Erikson used the term “Identity crisis”
- The danger is role diffusion
- It is primarily the inability to settle on an occupational identity that disturbs young persons.
- **Disorders include conduct disorder, disruptive behavior disorder, gender identity disorder, schizophreniform disorder, and other psychotic disorders.**
- The ability to leave home and live independently is an important task during this period.

Sixth Stage

- Age: 21 years to 40 years
- Crisis: **Intimacy Vs. Isolation**
- Significant relations: Partners, Friends
- Psychosocial virtue: Love
- Maladjustment: Promiscuity
- Malignancy: Exclusion
- Question: Can I love?
- Key Event: Love relationships



Sixth Stage

- Start of families
- **Intimacy:** Ability to care about others and to share experiences with them- **Strong relationship**
- **Isolation:** Feeling alone and uncared for in life- **Loneliness**
- **Related form of psychopathology:** schizoid personality disorder

Sixth Stage

- To develop a young-adult sense of self and other
- To develop adult friendships
- To develop the capacity for intimacy; to become a spouse
- To become a biological and psychological parent
- To develop a relationship of mutuality and equality with parents while facilitating their midlife development
- To establish an adult work identity
- To develop adult forms of play
- To integrate new attitudes toward time

Implications

- The successful formation of a stable marriage and family depends on the capacity to become intimate.
- The years of early adulthood are crucial for deciding whether to get married and to whom.
- Persons with schizoid personality disorder remain isolated from others because of fear, suspicion, the inability to take risks, or the lack of a capacity to love.

Seventh Stage

- Age: 40 years to 60 years
- Crisis: **Generativity Vs. Stagnation**
- Significant relations: Household, workmates
- Psychosocial virtue: Care
- Maladjustment: Overextension
- Malignancy: Rejection
- Question: Can I make my life count?
- Key Event: Parenting



Seventh Stage

- Primary developmental task is one of contributing to society and helping to guide future generation
- **Generativity:** Interest in guiding the next generation- ***Social involvement, Parenting***
- **Stagnation:** When one is only concerned with one's own needs and comforts- ***Material possession, escapism, Non productive***
- **Related form of psychopathology:** midlife crisis and premature invalidism

Seventh Stage

- **To integrate the potential for attachment and loss**
- **To accept the aging body**
- **To accept time limitation and personal death: Time sense in middle adulthood**
- To reappraise relationships; to let children go, to achieve a relationship of equality with them, and to integrate new members into the family
- **To accept the reversal of roles with elderly parents**
- **To develop midlife friendships**
- To become a generative mentor and to plan for retirement
- **To give play new meanings and purposes**
- **To become a grandparent**

Implications

- Persons who are middle aged show a higher incidence of depression than younger adults, which may be related to middle-aged persons' disappointments and failed expectations.
- The increased use of alcohol and other psychoactive substances also occurs during this time.

Eighth Stage

- Age: 60 years to Death
- Crisis: **Integrity Vs. Despair**
- Significant relations: Mankind
- Psychosocial virtue: Wisdom
- Maladjustment: Presumption
- Malignancy: Disdain
- Question: Is it ok to have been me?
- Key Event: Reflecting on and acceptance of one's life



Eighth Stage

- In the last stages of life individuals look back over their lives and judge them
- **Integrity:** Self-respect; developed when people have lived richly and responsibly- *Feeling of wisdom and meaning*
- **Despair:** Occurs when previous life events are viewed with regret; experiences heartache and remorse- *Regret, Bitterness*
- **Related form of psychopathology:** extreme alienation and despair

Eighth Stage

- To maintain the body image and physical integrity
- To conduct the life review
- To maintain sexual interests and activities
- To deal with the death of significant loved ones
- To accept the implications of retirement
- To accept the genetically programmed failure of organ systems
- To divest oneself of the attachment to possessions
- To accept changes in the relationship with grandchildren

Implications

- Anxiety disorders often develop in older persons.
- It may be related to persons' looking back on their lives with a sense of panic.
- The decline in physical functions can contribute to psychosomatic illness, hypochondriasis, and depression.
- Integrity, for Erikson, is characterized by an acceptance of life.
- Without acceptance, persons feel despair and hopelessness that can result in severe depressive disorders.

Proposed Ninth Stage

- *Crisis Hope and Faith vs despair*
- *This stage was added by Erikson's wife Joan Erikson who published an update of The Life Cycle Completed while she was in her 90s*
- *All eight stages in reverse quotient order*
- *Revised view of wisdom*
- *Very old age*
- *Develop a new sense of wisdom and transcendence of time*

Critique

- Overly Influenced by his own life experiences
- Ambiguous terms and concepts
- Stages might not be sequential, in specific age range or maladjusted
- Experiences in stage may only apply to males, identity development in females lacking
- Identity crisis may only apply to those affluent enough to explore identities

Impact on Treatment

- Encouraged therapists to not shy away from guiding patients; offer permissions and prohibitions
- 4 Dimensions of Psychoanalyst : Mutuality, Objectivity, Knowledge-participation and Tolerance-indignation
- Identity disorder was in DSM-III in 1980s that involved adolescents having “severe subjective distress regarding uncertainty about a variety of issues relating to identity” - role in mood disorders and borderline personality disorder

Role in Psychotherapy

- Psychiatric Symptoms understood as manifestation of aggravated developmental crises
- Goal of therapy is to recognize how pt. has passed through various stages and associated crises have or have not been mastered and assisting in same
- “Increased sense of inner unity, good judgement and capacity to do well according to ones own standards and of those significant to oneself” (Erikson, *Identity: Youth and crisis*)

- Play as therapy: for children create models to gain mastery of reality, for adults to correct past and redeem their failures(sense of control for ego)
- Promoting Adolescent development: exploration into alternate activities and relationships that fit, commitment and investment in activities that promote autonomy

Summary

Age (Years)	Stage	Psychosocial Crisis	Psychosocial Strength	Environmental Influence
Birth -18 months	Infancy	Trust vs. Mistrust	Hope	Maternal
18 months - 3	Early childhood	Autonomy vs. Shame and Doubt	Willpower	Both parents or adult substitutes
3-5	Preschool	Initiative vs. Guilt	Purpose	Parents, family and friends
5-13	Middle Childhood	Industry vs. Inferiority	Competence	School
13-21	Adolescence	Identity vs. Role confusion	Fidelity	Peers
21-40	Young adulthood	Intimacy vs. Isolation	Love	Spouse, lover, friends
40-60	Middle age	Generativity vs. Stagnation	Care	Family, society
60-death	Old age	Integrity vs. Despair	Wisdom	All humans

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THANK YOU

