**Psychodynamic**

1a) **Outline two assumptions of the Psychodynamic Approach (4 marks)**

One assumption of the Psychodynamic Approach (PA) is that our mind is split into three parts: the id, superego and ego. These parts are constantly in conflict with one-another (dynamic personality) for conscious control – the id is the completely unconscious part of the mind responsible for basic impulses, the superego is the moral centre of the mind and the ego is the rational part of the mind that tries to exact a balance between the two.

Another assumption of the PA is that childhood experiences can be the root cause of adult problems. Freud said that loss (perceived or real) is a precursor to mental illness e.g. depression from the death of a parent in childhood.

1b) **Describe the Psychodynamic theory of Personality Development (8 marks)**

The Psychodynamic theory assumes the personality is split into three; the id (most primitive, instinctive part we have from birth), the ego (logical, balances out the id and superego) and the superego, the moral part of our personality. These areas influence our behaviour, as well as the defence mechanisms of the ego, and the psychosexual stages of development.

Defence mechanisms e.g. repression are used by the ego to help balance out the id and superego to make sure the person isn’t overly impulsive and behaves in a socially acceptable way, without being overly self-conscious. If a person’s superego majorly outweighs the ego, the person may be depressed. If the person’s id outweighs, they are likely to be more aggressive and immoral as their superego doesn’t have much control.

The psychosexual stages of development (oral, anal, phallic, latency and genital) also affect personality as if someone experiences trauma, certain behaviours occur as a result (e.g. over tidiness at the anal stage). This links back to the assumptions of the approach, where childhood experiences may have an effect on the adult personality. People who suffer trauma during the oral stage (0-1 years old, where only the id is present) can become fixated at this stage, causing them to be excessively dependant on others and have psychological problems with food or drink e.g. bulimia or anorexia, overindulgence being oral receptive and frustration being oral aggressive (angry, suspicious). Trauma during the anal stage (1-3 years old, where the ego is developed) can result in stubbornness and stinginess (anal retentive) or with overindulgence being generous and messy (anal expulsive), whereas problems during the phallic stage (3-6 years old, where the superego is developed) can cause a weak superego (no guilt or shame), a strong superego (excessive guilt) or tendencies to be overly sexual (phallic personality). The next stage is the Latency Stage where no important development takes place apart from relationship building, and then finally there is the genital stage at puberty which includes appropriate adult sexual relationships.