**Ego (or I):** Initially, the ego is “that part of the id which has been modified by the direct influences of the external world” (Freud, 1923) – the ego develops in order to mediate between the unrealistic id and the external real world - Ideally the ego works by reason whereas the id is chaotic and totally unreasonable - The ego operates according to the **reality principle**, working our realistic ways of satisfying the id’s demands, often compromising or postponing satisfaction - Like the id, the ego seeks pleasure and avoids pain but unlike the id the ego is concerned with devising a realistic strategy to obtain pleasure - Freud made the analogy of the id being the horse while the ego is the rider - Often the ego is weak relative to the head-strong id and the best the ego can do is stay on, pointing the id in the right direction and claiming some credit at the end as if the action were its own - The ego has no concept of right or wrong; something is good simply if it achieves its end of satisfying without causing harm to itself or to the id

**Id:** The instinctive drives that we got - it consists of all the inherited (i.e. biological) components of personality, including sexual and aggressive instincts – the id is impulsive (and unconscious) part of our psyche which responds directly and immediately to the instincts – the personality of a newborn child is all id and only later does it develop ego and super-ego – it demands immediate satisfaction and when this happens we experience pleasure – when it is denied we experience “unpleasure” or pain

**Key concepts:** **OBJECT-RELATIONS THEORY**

**Central tenet/principle:** We are driven to form relationships

- Started with some of Freud’s ideas but mostly developed by **Melanie Klein**
  - Klein arrived in Britain in 1926 and already had a loyal following by the time the Freuds arrived in 1938
- In **object-relations theory**, the relationship between the child and its ‘primary caregiver’ (the ‘object’) is the predominant area of focus
  - Klein argued that this relationship forms the main basis for the child’s internalised relationship with the ‘self’
    - The individual will draw on this relationship to help understand, predict and relate to other people throughout life
- Object-relations theories have highlighted the crucial role of the parental relationship, in particular the relationship with the mother
Changes evident @ termination and follow-up

Effect sizes & success rates

These are just some of the studies that have been published. Though psychodynamic psychotherapy does not lend itself easily to empirical research in the same way as CBT and other therapeutic models, considerable strides have been made in this area (see Fonagy presentation and document by Leicestershire Partnership NHS trust for an overview).

A final thought

Though science is good for practice, practice is also good for science

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**From the book by Johnstone et al (Formulation in Clinical Psychology)**

The core features of a psychodynamic approach:

- Perhaps the most fundamental one is the focus on psychological or emotional pain
  - Life is thought of as a difficult and demanding process and the psyche is constructed in the struggle to deal with it
  - What is “dynamic” is the turbulence created in the currents of mental life by these struggles
  - Means of avoiding pain are developed: ways of seeing, thinking, and behaving can all serve this purpose

- Much of this activity takes place out of our awareness
  - There is an “internal world” constituted differently from external reality, the unconscious elements of which have a fundamental influence on the way we live our lives
  - These unconscious attempts to avoid pain often fail, but since our awareness is limited, they are nonetheless repeated again and again

- Failing defences are what give form to and maintain patterns of psychological disorder
  - Therapy is about getting in touch with thoughts and feelings which were previously “warded off”, kept hidden from the conscious mind because they seemed to be too much to deal with
Psychodynamic psychotherapy is about helping the client to “reformulate” what they are experiencing in a more inclusive way, and to tolerate the discomfort that this involves.

The understanding that the therapist and client develop about these difficulties expands the client’s awareness and opens up new options for managing conflict.

The client’s ability to bear emotional pain and cope constructively with dissatisfaction is enhanced, and the ability to reflect on and be curious about their experiences is developed.

Info from Wikipedia:

- **David Malan** (the man behind the “Triangle of Conflict”)

  - Psychotherapy is limited and the maximum number of sessions is 30 – the therapy is focussed that the therapist concentrates on one theme and discusses this theme with the patient before the therapy begins.

  - This focus can be a superficial conflict or a conflict that is chosen is related to the central conflict from the patients childhood.

  - The therapist takes an active role during the therapy. Sees to it that the focus is the central theme in each session. Anything outside the focus is neglected, anything related to the focus is given attention to.

  - The therapist makes use of resistance, transference, countertransference and interpretation and uses the Triangle of Conflict and Triangle of Person.

The Triangle of Conflict is picturing the person’s conflict, and the Triangle of Person picture the persons related to the conflict.

- In the Triangle of Conflict, this means that the hidden feeling/impulse lies under the defence and the anxiety.

- In the Triangle of Persons, that is what happened in the relation to the Parent which lies under and is prior to what happens in relationship to Others or to the Therapist (transference).

Malan linked both triangles:

- The hidden feeling is related to one or more categories of the Triangle of Persons.

- Nearly every intervention of the therapist is reflected in the triangles.