



# PSYCHOANALYSIS COUNSELLING

# History

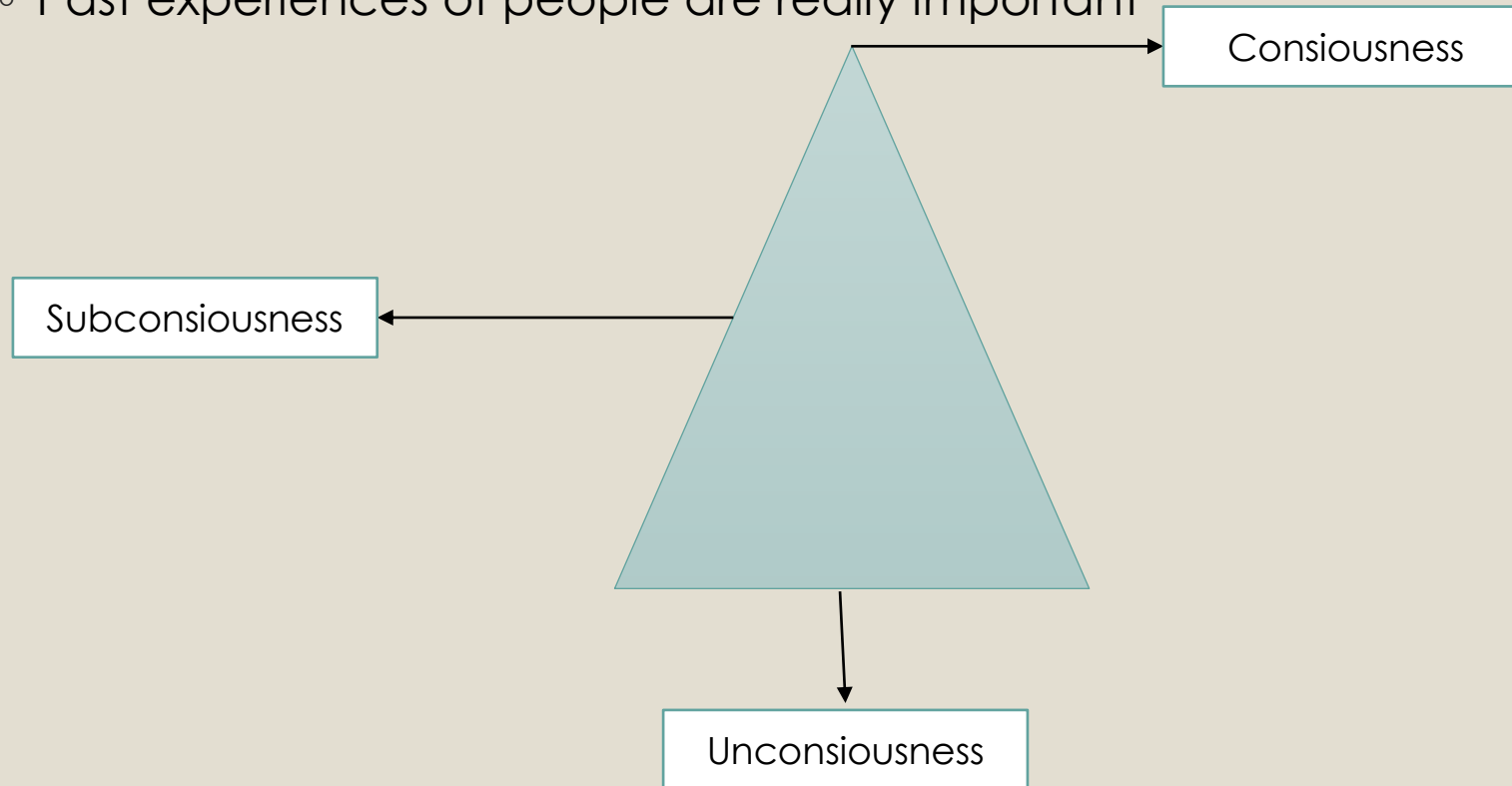
- Is develop by Sigmund Freud (1856-1939)
- Is started with his first book “Dream Interpretation.”
- Psychoanalysis theory explain structural of personality, dynamic of personality, and development of personality
- All human behavior is related with a drive in unconsciousness

# Opinion about Human

- Deterministic
- Behavior is driven by irrational power, unconsciousness motivation, drive, instinct, psychosexual experiences that happened in early sixth year of human life
- Basic concept of human life are about psychic determinism and unconscious mental processes

# Basic Concept

- Past experiences of people are really important



# Unconsciousness

- Dream represented there is a need, expectation, conflict
- Slip of tongue
- Posthypnotic suggestion
- Material derived from free association techniques
- Material derived from projective techniques

# Structure of Personality

Id

Ego

Superego

# The Developmental of Personality

Oral  
(0-1 y.o)

Anal  
(1-3 y.o)

Phallic  
(3-5 y.o)

Laten  
(5-12 y.o)

Genital  
(12 y.o -)

# Ego Defense Mechanism

Repression

Projection

Substitution

Denial

Suppression

Rationalisation

Compensation

Introjection

Reaction  
formation

Displacement

Fixation

Identification

Rejection

Sublimation

Regression

# The purposes of Counselling

- Making client conscious and realize the unconscious thing in their life

# The Role of Counselor

- Talkless about her self
- Belief that clients's feeling is related with significant person in their past experiences
- Analyze client feeling
- Make a situation that can make client express their difficult thinking
- Help client finf their consciousness, solve their worry, control impulsive behavior

# Counselling Techniques

Case  
Histories

Hipnosis

Free  
Association

Analysis of  
Resistance

Analysis of  
Transference

Interpretation

