

# 14 - Analytical Psychology (Jungian Model)

## Analytical Psychology (Jungian Model)

© SPMM Course Instinct/drive theory This theory has derived most of its terms from biology. Drive and instinct are often used interchangeably. An instinct has four principal characteristics: source, impetus, aim, and object. □ Source - part of body where instinct originates from □ Impetus - intensity/force of the instinct. □ Aim - action directed towards the discharge of energy/tension □ Object - the target for action. Dual instinct theory holds that sexual energy and aggressive energy are the dual instincts. Libido is the force by which the sexual instinct is represented in the mind. It can also be considered as a part of Eros. Aggression is an instinct with destruction as aim and originates in skeletal muscles. It can also be considered as part of Thanatos (see below) Eros and Thanatos are life and death instincts respectively. According to Freud, the dominant force in biology is Thanatos. Hierarchy of anxiety □ Signal anxiety - unconscious perception of external or internal threat leads to resource mobilization and aversion of threat. This forms the basis of defence mechanisms discussed earlier. □ Disintegration / annihilation anxiety - concerns about fusion with an external object. □ Stranger anxiety - around 7-9 months age □ Separation anxiety - when mother is recognized as independent object □ Fear of object loss / loss of love - especially in girls at phallic stage □ Castration anxiety □ Superego anxiety - mature form of anxiety - id vs. ego conflicts. Analytical Psychology (Jungian Model) □ Jung founded analytic psychology. His construct of psychic apparatus is shown in the figure. □ Collective unconscious (CU) - all mankind's collective symbolic past. (Something like a DNA in psychoanalytical terms!). This must be differentiated from the personal unconscious (PU), which is same as Freudian unconscious, a collection of repressed

© SPMM Course individual memories. □ Archetypes - part of CU. Includes representational images with universal symbolic meaning (e.g. Hero, Old Wise Man, Tree, etc.) □ Complexes - part of PU and are stimulated by interpersonal interactions. Feeling toned ideas are developing as a result of the interactions of complexes with archetypes. □ Persona - mask covering one's personality - presented to outside world □ Anima - unconscious feminine aspect of a man □ Animus - unconscious masculine aspect of a woman □ Shadow - an archetype - a personification of unacceptable aspects of oneself symbolized as a dark internal alien. □ Individuation - ultimate goal of life where an individual develops a sense of self- identity □ Introduced terms extraversion

and introversion

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