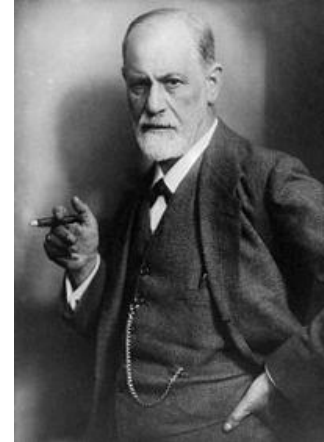


Person of Issue: Sigmund Freud (1856-1939)

Mr. Ankit P. Patel*

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| Born | Sigismund Schlomo Freud 6 May 1856 Freiberg in Mähren, Moravia, Austrian Empire (now Příbor, Czech Republic) |
| Died | 23 September 1939 (aged 83) London, England |
| Nationality | Austrian |
| Fields | Neurology Psychotherapy Psychoanalysis |
| Institutions | University of Vienna |
| Alma mater | University of Vienna (MD, 1881) |
| Academic advisors | Franz Brentano Ernst Brücke Carl Claus |
| Known for | Psychoanalysis |
| Influences | Aristotle, Börne, Brentano, Breuer, Charcot, Darwin, Dostoyevsky, Empedocles, Fliess, Goethe, Haeckel, Hartmann, Jackson, Jacobsen, Kant, Mayer, Nietzsche, Plato, Schopenhauer, Shakespeare, Sophocles |
| Influenced | Adorno, Althusser, Bass, Bloom, Breton, Brown, Chodorow, Dalí, Deleuze, Derrida, Firestone, Anna Freud, Fromm, Gallop, Gilligan, Grosz, Guattari, Habermas, Horney, Irigaray, Janov, Jones, Jung, Kandel, Khanna, Klein, Kovel, Kristeva, Lacan, Lyotard, Marcuse, Merleau-Ponty, Mitchell, Molyneux, Paglia, Perls, Rank, Reich, Ricœur, Rieff, Sartre, Solms, Stekel, Sullivan, Trilling |
| Notable awards | Goethe Prize (1930) Foreign Member of the Royal Society (London) |
| Spouse | Martha Bernays (m. 1886–1939, his death) |



Signature

Sigm. Freud

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Sigmund Freud was one of the trailblazers of modern-day psychology. As the originator of Psychoanalysis, Freud distinguished himself as an intellectual giant. He pioneered new techniques for understanding human behavior, and his efforts resulted in the most comprehensive theory of personality and psychotherapy ever developed. Freud was the firstborn in a Viennese family of three boys and five girls. He was born in Freiberg, a rural town near Ostrau in northwestern Moravia. Even though Freud's family had limited finances and were forced to live in a crowded apartment, his parents made every effort to foster his obvious intellectual capacities.

From a very early age he had many interests, unfortunately his career choices were limited because of his Jewish heritage. He attended school at "Leopoldstdter Communal-Real-und Obergymnasium" and took his leaving exam in July 1873. This was also the year that Freud registered at the faculty of Medicine at the University of Vienna. In 1881 he obtained his doctorate in medicine. From 1876 to 1882 he worked as a research assistant at the Institute of Physiology under Ernst Brcke, with neurology as his main focus. In 1885 Freud received a One-year scholarship with Charcot at the "Salpetriere" in Paris. In 1886 Freud opened his first neurologist's office in Vienna, Rathausstrasse 7. Under Jean-Martin Charcot, Freud practiced and observed hypnosis as a clinical technique, and began to formulate the beginnings of his theory on the mind.

Freud went on to make nervous ailments his speciality, concentrating on hysteria. By 1895, the year he published *Studies on Hysteria* with Josef Breuer, he had made significant progress in mapping out and defining his own theory of the mind. A period of intense work and self-analysis, further inspired by the death of his father, led Freud to his publication of *The Interpretation of Dreams* in 1900 and of *Psychopathology of Everyday Life* in 1901. The latter work, offering amusing and easily applicable anecdotes of Freudian slips, found a wide audience for his theories of the mind. By 1902 he finally gained the position of associate professor at the University of Vienna. In 1908 Freud established a Psychoanalytic society in Vienna, and thus his new field began to gain wider acceptance. Also in this period Freud published papers on religion, literature and more importantly his introductory lectures, which secured him a wide and popular audience. In 1920, inspired by the death of his daughter Sophie, *Beyond the Pleasure Principle* was published. Soon after in 1923 *The Ego and the Id* was published. This work contained a final formulation of his structural theory of the mind. In late 1923 Freud suffered from cancer and had surgery. However he continued to publish his work and in 1927 he published a series of papers on female sexuality.

Freud died in 1939. Today he falls under criticism from most sides, as his speculative theories fail to find support. However, Freud's work presented a new way of thinking about human nature, and his legacy lives on in the vocabulary and beliefs of millions.

Theory

Sigmund Freud is the father of Psychoanalysis. He continued to modify his theory over a period of nearly half a century. Psychoanalysis focuses on the unconscious aspects of personality.

According to Freud the human mind is like an iceberg. It is mostly hidden in the unconscious. He believed that the conscious level of the mind was similar to the tip of the iceberg which could be seen, but the unconscious was mysterious and was hidden. The unconscious also consists of aspects of personality of which a person is unaware. The conscious on the other hand is that which is within our awareness. The preconscious consists of that which is not in immediate awareness but is easily accessible.

In 1923 Freud described his constructs of the id, ego and the superego. The id is the most primitive part of our personality. It operates according to the pleasure principle and it simply seeks immediate gratification. Freud believed that every human had a life and death instinct. The life instinct is called *eros* while the death instinct is called *thanatos*. Both are integral parts of the id. And the energy for this mechanism is libido, a flowing, dynamic force.

The ego is different from the id as it is extremely objective. It operates according to the "reality principle" and deals with the demands of the environment. It regulates the flow of libido and keeps the id in check, thus acting as a "control center" of the personality. It is the superego which represents the values and standards of an individual's personality. It acts as an internal judge, it punishes the ego with feelings of guilt or it rewards, which lead to feelings of pride and heightened self esteem. The superego is a characteristic of the personality which strives for perfection. According to Freud, the disparity and development of the id, ego and the superego, determines an individual's behavior in a given situation, which in turn results in the development of the personality. Freud placed great importance on the early years of a child as he believed that what we are as adults is determined by childhood experiences. Freud called these early years of development the psychosexual years of development. These early years proceed through a number of stages. Each child undergoes the different stages. These stages are the oral stage (first year of life), the anal stage (second year), phallic stage (third through fifth year), a period of latency (from 6 to 12), and the genital stage (after puberty). Freud believed that as every child passes through these stages there might be a likely possibility that a child may spend more time in a particular stage than they ought to. This condition can lead to a fixation or an incomplete development of the personality. A critical event during the first five years of life is the experience of Oedipus and Electra conflicts. Freud believed that both sexes encounter and must deal with these turmoils, which result from boys developing sexual attraction toward their mothers, and girls developing sexual attraction towards their fathers. A boy may have feelings of jealousy towards his father as he is an obstacle between him and his mother. And, they fear retaliation by their fathers if they are caught (fear of castration). Since the boy loves his father, these feelings are repressed and he begins to identify with the father, adopting his values. Similarly girls develop hostility towards their mothers, unconsciously blaming their mothers for not being equal with boys. They assume that something is missing and feels inadequate (penis envy).

Another major aspect of psychoanalysis is the development of defense mechanisms. According to the theory defense mechanisms are used by the ego to protect the person from anxiety. Repression is when information is pushed down into the unconscious. This information is either unpleasant or undesirable and may cause anxiety. Very often this information is pushed so deep down into the unconscious that is hard to retrieve. Reaction formation is when due to anxiety feelings are replaced by the extreme opposite. For instance a person feeling hate will be replaced

by love. Undoing is when the ego completely changes actions which lead to feelings of anxiety. In this mechanism the truth may be drastically distorted. Projection is when an individual tends to assign one's own shortcomings on to someone else. Rationalization is when an irrational act is made to appear rational. Denial occurs in cases where the ego is threatened and a person refuses to acknowledge the reality or seriousness of the situation. Identification involves empathizing with the qualities or characteristics of another favorable person. Fixation and Regression are related mechanisms which occur during psychosexual development.

Psychoanalysis is also a therapy. It is based on the observation that individuals are often unaware of many of the factors that determine their emotions and behavior. Psychoanalytic treatment demonstrates how these unconscious factors affect current relationships and patterns of behavior, traces them back to their historical origins, shows how they have changed, and helps individuals to deal better with the realities of adult life.

Time Line

1856 Born in Freiberg (Pribor), northwestern Moravia
1859 Family moved to Vienna's "Leopoldstadt", or second district
1865 Attended high school at "Leopoldstadter Communal-Real-und Obergymnasium"
1873 Registered at the Faculty of Medicine of the University of Vienna
1878 He changed his first name "Sigismund" to "Sigmund"
1881 Obtained his doctorate in Medicine
1882 Worked as a research assistant at the Institute of Physiology under Ernst Brcke
1885 One-year scholarship with Charcot at the "Salpetriere" in Paris
1886 Opened up his first neurologist's office in Vienna, Rathausstrasse 7
1886 Married Hamburg-born Martha Bernays (1861-1951)
1887 Birth of his elder daughter Mathilde (1887-1978)
1889 Birth of his son Martin (1889-1967)
1889 Scholarship in Nancy, with Libault and Bernheim: hypnosis studies
1891 Birth of his son Oliver (1892-1970)
1891 Freud family moved to the house Berggasse 19 in the 9th Viennese District
1892 Birth of his son Ernst (1892-1970)
1893 Birth of his daughter Sophie (1893-1920)
1895 Birth of his daughter Anna (1895-1982)
1895 Publication of his studies on hysteria together with Josef Breuer
1896 Freud called his new therapeutical treatment Psychoanalysis
1900 Publication of the book "Traumdeutung"/ "The Interpretation of Dreams"
1901 Publication of "Psychopathology of Everyday Life"
1902 Appointed associate professor of the Faculty of Medicine at the University of Vienna
1905 Publication of "Der Witz und seine Beziehung zum Unbewuten" und "Drei Abhandlungen zur Sexualtheorie"

1908 Founding of the "Viennese Association of Psychoanalysis"
1909 Guest lectures in the United States, University in Worcester, Massachusetts
1910 Founding of the "International Association of Psychoanalysis"
1912 Publication of "Yearbook of Psychoanalysis"
1913 Publication of the "International Magazine for Psychoanalysis"
1917 Freud comes out with "Lectures introducing Psychoanalysis"
1919 Publication of "The International Journal of Psychoanalysis"
1920 Publication of "Beyond the Pleasure Principle"
1920 Freud is finally appointed Professor of the University of Vienna
1923 Falls ill with palatine cancer
1923 Publication of "The Ego and the Id"
1924 Appointed "Citizen of Vienna" by the City of Vienna
1930 Freud is awarded the Goethe Prize for Literature honoring his "clear and impeccable style"
1930 Publication of "Civilization and its Discontents"
1930 Death of Freud's mother
1933 Freud's book burnt in Berlin
1936 First recurrence of cancer
1938 Nazi Invasion and thus decision to leave Vienna
1938 Journey to London
1939 Inoperable recurrence of cancer
1939 Freud dies on September 23

Books

- 1891 On Aphasia
- 1895 Studies on Hysteria (co-authored with Josef Breuer)
- 1900 The Interpretation of Dreams
- 1901 On Dreams (abridged version of The Interpretation of Dreams)
- 1904 The Psychopathology of Everyday Life
- 1905 Jokes and their Relation to the Unconscious
- 1905 Three Essays on the Theory of Sexuality
- 1907 Delusions and Dreams in Jensen's Gradiva
- 1910 Five Lectures on Psycho-Analysis
- 1910 Leonardo da Vinci and a Memory of his Childhood
- 1913 Totem and Taboo: Resemblances between the Psychic Lives of Savages and Neurotics
- 1915-17 Introductory Lectures on Psycho-Analysis
- 1920 Beyond the Pleasure Principle
- 1921 Group Psychology and the Analysis of the Ego
- 1923 The Ego and the Id
- 1926 Inhibitions, Symptoms and Anxiety
- 1926 The Question of Lay Analysis
- 1927 The Future of an Illusion

- 1930 Civilization and Its Discontents
- 1933 New Introductory Lectures on Psycho-Analysis
- 1938 An Outline of Psycho-Analysis
- 1939 Moses and Monotheism

Case histories

- 1905 Fragment of an Analysis of a Case of Hysteria (the Dora case history)
- 1909 Analysis of a Phobia in a Five-Year-Old Boy (the Little Hans case history)
- 1909 Notes upon a Case of Obsessional Neurosis (the Rat Man case history)
- 1911 Psycho-Analytic Notes on an Autobiographical Account of a Case of Paranoia (the Schreber case history)
- 1918 From the History of an Infantile Neurosis (the Wolfman case history)
- 1920 The Psychogenesis of a Case of Homosexuality in a Woman
- Papers on sexuality
- 1906 My Views on the Part Played by Sexuality in the Aetiology of the Neuroses
- 1908 "Civilized" Sexual Morality and Modern Nervous Illness
- 1910 A Special Type of Choice of Object made by Men
- 1912 Types of Onset of Neurosis
- 1912 The Most Prevalent Form of Degradation in Erotic Life
- 1913 The Disposition to Obsessional Neurosis
- 1915 A Case of Paranoia Running Counter to the Psycho-Analytic Theory of the Disease
- 1919 A Child is Being Beaten: A Contribution to the Origin of Sexual Perversions
- 1922 Medusa's Head
- 1922 Some Neurotic Mechanisms in Jealousy, Paranoia and Homosexuality
- 1923 Infantile Genital Organisation
- 1924 The Dissolution of the Oedipus Complex
- 1925 Some Psychological Consequences of the Anatomical Distinction between the Sexes
- 1927 Fetishism
- 1931 Female Sexuality
- 1938 The Splitting of the Ego in the Process of Defence

Autobiographical papers

- 1914 On the History of the Psycho-Analytic Movement
- 1925 An Autobiographical Study

The Standard Edition

The Standard Edition of the Complete Psychological Works of Sigmund Freud. Trans. from the German under the general editorship of James Strachey, in collaboration with Anna Freud, assisted by Alix Strachey, Alan Tyson, and Angela Richards. 24 volumes, London: Hogarth Press and the Institute of Psycho-Analysis, 1953-1974.

- Vol. I Pre-Psycho-Analytic Publications and Unpublished Drafts (1886-1899).
- Vol. II Studies in Hysteria (1893-1895). By Josef Breuer and S. Freud.
- Vol. III Early Psycho-Analytic Publications (1893-1899)
- Vol. IV The Interpretation of Dreams (I) (1900)
- Vol. V The Interpretation of Dreams (II) and On Dreams (1900-1901)
- Vol. VI The Psychopathology of Everyday Life (1901)
- Vol. VII A Case of Hysteria, Three Essays on Sexuality and Other Works (1901-1905)
- Vol. VIII Jokes and their Relation to the Unconscious (1905)
- Vol. IX Jensen's 'Gradiva,' and Other Works (1906-1909)
- Vol. X The Cases of 'Little Hans' and the Rat Man' (1909)
- Vol. XI Five Lectures on Psycho-Analysis, Leonardo and Other Works (1910)
- Vol. XIII Totem and Taboo and Other Works (1913-1914)
- Vol. XIV On the History of the Psycho-Analytic Movement, Papers on Meta-psychology and Other Works (1914-1916)
- Vol. XV Introductory Lectures on Psycho-Analysis (Parts I and II) (1915-1916)
- Vol. XVI Introductory Lectures on Psycho-Analysis (Part III) (1916-1917)
- Vol. XVII An Infantile Neurosis and Other Works (1917-1919)
- Vol. XVIII Beyond the Pleasure Principle, Group Psychology and Other Works (1920-1922)
- Vol. XIX The Ego and the Id and Other Works (1923-1925)
- Vol. XX An Autobiographical Study, Inhibitions, Symptoms and Anxiety, Lay Analysis and Other Works (1925-1926)
- Vol. XXI The Future of an Illusion, Civilization and its Discontents and Other Works (1927-1931)
- Vol. XXII New Introductory Lectures on Psycho-Analysis and Other Works (1932-1936)
- Vol. XXIII Moses and Monotheism, An Outline of Psycho-Analysis and Other Works (1937 - 1939)
- Vol. XXIV Indexes and Bibliographies (Compiled by Angela Richards, 1974)

Reference

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4. Esterson, A. (2001). "The mythologizing of psychoanalytic history: deception and self-deception in Freud's accounts of the seduction theory episode", *History of Psychiatry*, xii, pp. 335–339.
5. For its efficacy and the influence of psychoanalysis on psychiatry and psychotherapy, see *The Challenge to Psychoanalysis and Psychotherapy*, Chapter 9, *Psychoanalysis and Psychiatry: A Changing Relationship* by Robert Michels, 1999 and Tom Burns *Our Necessary Shadow: The Nature and Meaning of Psychiatry* London: Allen Lane 2013 p. 96-97.
 - For the debate on efficacy, see Fisher, S. and Greenberg, R. P., *Freud Scientifically Reappraised: Testing the Theories and Therapy*, New York: John Wiley, 1996, pp. 193-217.
 - For the debate on psychoanalysis and feminism, see Appignanesi, Lisa & Forrester, John. *Freud's Women*. London: Penguin Books, 1992, pp. 455-474
 - For the debate on the scientific status of psychoanalysis see Stevens, R. 1985 *Freud and Psychoanalysis* Milton Keynes: Open University Press, pp. 91-116.
 - For the influence of psychoanalysis in the humanities, see J. Forrester *The Seductions of Psychoanalysis* Cambridge University Press 1990, pp. 2-3.
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7. <http://www.muskingum.edu/~psych/psycweb/history/freud.htm>
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