

# *A Brief Analysis of the Application of Psychoanalytic Theory*

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**Abstract:** As the original proponent of psychoanalytic theory, Freud summarized the method of self-analysis through long-term analysis and research, and explored the causes of psychological barriers. On this basis, Freud gradually developed psychoanalytic theory and made great contributions to the field of psychoanalytic therapy. Today, psychoanalysis has a history of more than 100 years. Its theory is not rigid but has been developing and changing. Psychoanalysis, as a kind of deep psychology, is not only to describe psychological phenomena but also to explore people's psychological motivation. To reveal the surface psychological laws and explore people's deep unconscious psychological mechanism, so that the psychological state that is difficult to measure can be understood and investigated by people through a certain method.

## **1. An Overview of Psychoanalytic Theory**

### **1.1 Unconscious Theory**

The unconscious theory is the core of Freud's psychoanalytic theory. His psychological topography divides human psychology into three parts: consciousness, pre-consciousness, and unconsciousness. Consciousness is a conscious and purposeful psychological activity on the surface. It is the psychological part that individuals can recognize or recognize through memory. It is restricted by social conventions and moral customs. Pre-consciousness refers to the past experience that is not aware of at present but can be changed into conscious content through memory. It is in the middle level, guarding against unconsciousness into the conscious level. Unconsciousness is at the bottom of the brain, which refers to the desire that is not accepted by social norms and cannot be recalled back to consciousness through memory. Usually, some instinctive desires of human beings are not contained by social customs, moral consciousness, laws, etc. Desire and norms have a fierce conflict and, in most cases, the desire is being suppressed to accommodate norms. The higher the level of human civilization, the greater the degree of suppression of human desire. The suppressed desire cannot enter the domain of consciousness. It is difficult for individuals to recognize their privacy connotation. Similar to the instinct of the baby to approach the unconscious infinity, the process of the baby being constantly educated and socialized is to let it come out of the unconscious.[1]

## 1.2 Personality Structure Theory

Freud's theory of personality structure is based on the unconscious theory, which is an energy system composed of the ID, ego, and superego. ID is born, and it is also the most primitive, fuzzy, and difficult part of personality. It is connected with the human body, the energy source. The strong impulse full of instinctive desire in the ID is the source of all enthusiasm, impulse, and habits. There is no moral concept. The needs of ID are against society and follow the "happy principle". Being between the ID and the outside, the ego is a part of the differentiation from the ID, a real instinct, and follows the "principle of reality". The ego is the rational thinking that regulates the ID and ego and deals with reality. Most of the psychological energy of the ego is consumed in the suppression and elimination of irrational impulses of ID. It establishes various defense mechanisms to deal with ID. And huge traumatic events will break the self and cause neurosis. The superego is a part of self-development. It is a moral self, including the so-called conscience and self-ideal. It guides the self to limit the instinctive impulse of ID, following the social moral evaluation standards and the "moral principles". The relationship between people and authority reflects the relationship with the superego. [2]

## 1.3 Dynamic View

Freud believed that instinct is the internal power of human psychology and behavior. Each instinct is the psychological representation of physical needs. There are two basic human instincts: the instinct of life and the instinct of death. The two are opposite and unified. Their purposes and functions are quite different. The instinct of life includes sexual instinct and life instinct. It has the function of maintaining racial reproduction and individual survival, which is essentially a creative force. Sexual instinct is a racial preservation instinct based on sexual desire. Sexual desire refers to people's desire to pursue happiness. Libido or sexual force, the driving force behind sexual instinct is the most basic driving force of human behavior and the internal driving force of all psychological activities. Although the instinct of life and death has opposite effects, they coexist at the same time. The instinct of death is a kind of driving force that makes people return to the inorganic state before life. It is not expressed as a desire to die, but in hurting themselves or others. Therefore, the instinct of death is also called a destructive impulse, aggressive instinct, or aggressive instinct, including self-destruction and aggressive drive, forming the power of destruction and conquest, and showing the tendency of aggression. Attack drive is a derivative of the death instinct, which transfers the object of destruction from itself to others. When the drive to attack the outside world is frustrated or severely hindered and cannot be satisfied. It is often likely to fall back to itself and turn to attacking itself in order to destroy itself, forming a suicidal idea or tendency. The scope of this tendency is not limited to suicide, but also includes self-condemnation, self-hatred, self-punishment, self-destruction, jealousy between rivals, and resistance to authority. [3]

## 1.4 Adaptive Perspective

A self-defense system against the external environment is the key to the adaptive concept, which means that if people are under pressure from the external environment, they need to eliminate and relieve the pressure in an effective way, which may distort and deny the external environment. For example, adults convert their sexuality into artistic creations, which can be accepted by social groups. The appropriate self-defense mechanism is conducive to adapting to society and has a positive effect. If the self-defense system is used excessively, people will have psychological problems of anxiety.

## 2. Main Technologies and Applications

### 2.1 Free Association

Free association is a psychological counseling technology created by Freud, according to the hypnosis method, which makes the visitor enter a chaotic state, weakens the "monitoring system" and releases desire, with the purpose of excavating the unknown things in the visitor's subconscious. When the client is making free association, the consultant guides the client to emerge unconscious slowly. The client speaks out all the things he feels without reservation and then analyzes the materials he reports until he finds the unconscious motivation behind the client's symptoms, that is, the cause of the disease. Because classical psychoanalysis believes that anything that comes to mind has a certain causal relationship. For example, if the client feels fear, but does not know why, the consultant can ask him to say all the thoughts in his mind, and then analyze these thoughts to find out the source of the client's fear. For another example, in the process of the previous investigation, this method can be used to excavate the subconsciousness of the suspect to achieve the purpose of solving the case. [4]

### 2.2 Dream Analysis

The analysis of dreams was regarded by Freud as the best way to understand the subconscious. Seeing it as the outpouring of the subconscious is a compromise under the strong conflict between the subconscious and the conscious. Therefore, his description of the subconscious often has the characteristics of metaphor. Whenever he talks about the subconscious, he will look for the hidden meaning behind it. He regards dreams as the achievement of individual wishes, and people meet their wishes in disguise, so in his view, dreams are of absolute significance. He believes that the work of dreams is to process and integrate the originally disordered things into dreams through condensation, replacement, visualization, and remodification, which is the explicit dream that the dreamer can recall. The consultant's job is to uncover the dream layer by layer, seek the hidden meaning of the appearance, and find the crux of the patient. He also requires patients to have insight and self-examination into the types, significance, and causes of self-behavior, which is more conducive to the rehabilitation of patients.

### 2.3 Treatment of Impedance

In classical psychoanalysis, impedance means that the visitor does not follow the main rules of free association, nor does he say what he thinks or hide something. However, in a broader sense, resistance refers to all the ways in which the client consciously or subconsciously resists change. You may forget the appointment, be late for the appointment, fail to do what you have to do or keep doing meaningless things, or have no obvious resistance, but you are aimless and off-center when talking with the consultant. When the consultant feels psychological defensive resistance from the client, he or she should first check the consultation process, whether he or she only pays attention to listening and fails to respond appropriately, and whether he or she explains the questions raised by the client prematurely. Whether there is a lack of attention in the process of listening. If the consultant feels that there are problems in the response during the consultation process, the consultant should correct them in time, and pay special attention to establishing a good relationship with the visitor. When considering the reasons for the resistance of the visitors, we should first be aware of the resistance of the visitors, and then discuss the causes of the resistance with the visitors on this basis. Sometimes we should exchange views and understanding frankly, but we should not directly say "you have psychological resistance to this" and other similar words.

### 3. Application Assumption

Apply for a free association to carry out psychological counseling for visitors. If a visitor reports insomnia symptoms but does not know why he or she has insomnia, we can use free association to let the visitor say everything that can be thought of in the sleeping place or situation. In the process of implementation, tell the patient not to use any ethical, or the standards of social culture to judge any ideas or situations that emerge in one's mind. Only require them to be reported objectively. It also requires the patient to concentrate and the consultant should imply that the patient will recall past events and so on. When the unconscious of the client slowly surfaced, let it be conscious, so that these can be accepted by the client. If the patient is not aware that he really can't remember, it is likely to be resistance. [5] After free association, the consultant learned that the main cause of insomnia may be the sharp increase of contradictions in the dormitory of the visitors. However, since contradictions are not accepted by social groups, the visitors suppress them and hide them in the subconscious, resulting in insomnia. After finding the cause, if the visitors can normalize the contradictions in the dormitory, the relationship between it and sleep is split, which solves the problem of insomnia. Of course, the implementation of the free association method cannot be completed once, but many times. The treatment process of some patients often lasts for several years.

In future daily life or future career, we should accurately grasp the connotation of psychoanalysis and maximize its theoretical value. In addition, the evaluation of the counseling effect of classical psychoanalysis has been a controversial topic for a long time. The effect evaluation of psychoanalysis is mainly based on the subjective reports of clients and consultants, but neither of them is necessarily reliable. Because such reports may be motivated by social expectations or evaluated only according to the satisfaction of the visitors, which makes the evaluation effect of psychological counseling is not objective and scientific. Therefore, when evaluating the effect of counseling, we should not only be limited to the evaluation means of psychoanalysis. We should also make a more comprehensive and accurate evaluation according to the visitor's own narration and judgment, with the help of some psychological measurement methods and other aspects of analysis and observation (such as symptoms, psychological state, behavior mode, adaptation mechanism, personality maturity, etc.).

### 4. Conclusion

Psychoanalytic theory is the cornerstone of modern psychology. Its influence is far from limited to the field of clinical psychology and has a far-reaching impact on the whole of psychological science and even the various fields of western humanities. Since Freud started psychoanalysis, it is precise because his disciples and countless theoretical followers behind him have been constantly studying, revising, and expanding. They have made great contributions to the theoretical development of psychoanalysis, which has made psychoanalysis grow and flourish for a long time. The psychoanalytic theory studied in this paper is closely related to psychological counseling and treatment. It is not only an important theory of psychological counseling but also provides specific guidance and implementation methods for psychological counseling and treatment. Therefore, studying and analyzing psychoanalysis has important theoretical value and practical significance.

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