

On Freud's Negation Psychology: Psychoanalysis and Psychotherapy



On Freud's Negation (Psychology, Psychoanalysis & Psychotherapy) by Salman Akhtar

★★★★★ 5 out of 5

Language : English
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Word Wise : Enabled
Print length : 304 pages



Negation is a fundamental concept in Freud's psychoanalysis. It refers to the unconscious process of denying or rejecting an idea, feeling, or impulse that is unacceptable to the conscious mind. Negation is one of the defense mechanisms that the ego uses to protect itself from anxiety and conflict.

Freud first introduced the concept of negation in his 1895 paper "The Unconscious." In this paper, he argued that negation is a way of keeping unconscious thoughts and feelings out of awareness. He also suggested that negation is a sign of unconscious conflict.

In his later work, Freud developed his theory of negation further. He argued that negation is not simply a way of keeping unconscious thoughts and feelings out of awareness, but also a way of expressing them. He also

suggested that negation can be used to create symptoms, such as phobias and obsessions.

The concept of negation has been a major influence on the development of psychoanalysis and psychotherapy. It has been used to explain a wide range of psychological phenomena, from everyday slips of the tongue to severe mental disorders.

Freud's Theory of Negation

Freud's theory of negation is based on the idea that the unconscious mind is a repository of thoughts, feelings, and impulses that are unacceptable to the conscious mind. These unconscious thoughts and feelings can be a source of anxiety and conflict. The ego uses defense mechanisms, such as negation, to protect itself from this anxiety and conflict.

Freud argued that negation is a two-step process. The first step is the unconscious denial of an unacceptable thought, feeling, or impulse. The second step is the conscious affirmation of the opposite thought, feeling, or impulse.

For example, a person who is unconsciously afraid of spiders may consciously deny their fear and affirm that they are not afraid of spiders. This is an example of negation.

Freud also suggested that negation can be used to create symptoms. For example, a person who is unconsciously afraid of flying may develop a phobia of flying. This is an example of how negation can be used to express an unconscious thought or feeling.

Clinical Applications of Negation

The concept of negation has a number of clinical applications. It can be used to understand a wide range of psychological phenomena, from everyday slips of the tongue to severe mental disFree Downloads.

Negation can also be used as a therapeutic tool to help patients uncover unconscious thoughts and feelings.

In psychotherapy, negation can be used to help patients understand their own defenses. For example, a therapist may help a patient to see how they are using negation to deny their own feelings of anger or sadness.

Negation can also be used to help patients uncover unconscious thoughts and feelings. For example, a therapist may help a patient to see how their dreams or slips of the tongue are revealing unconscious thoughts and feelings.

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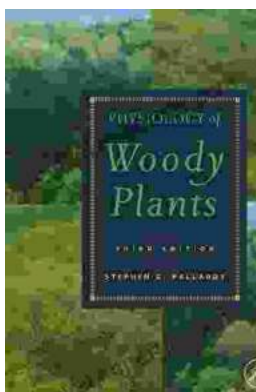
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