

# Personality

What makes us who we are?

**Psychology 305A: Lecture 6**

## **Contemporary Psychoanalytic Approaches**

# Exam 1

- **MC Results in!**
  - Mean = 73%
  - Range = 33% - 100%
- **Essays will be graded by Tuesday\*\*, exam scores will be posted online by Wed. night**

*\*\*hopefully*

# Problem MC Item

**14. Construct validity refers to the ability of a measure to:**

**A. Assign a personality test score to a person**

**B. Measure what the personality test purports to measure**

**C. Produce the same test score for an individual at other testings**

**D. Show predicted correlations with other variables**

**E. All of the above.**

**HURRY!** Only a couple of days left to earn an **extra ½ credit** towards your course grade!

**Don't miss this opportunity!!!**

REMEMBER:

1. Go to <https://hsp.psych.ubc.ca/>
2. Fill out the 30 minute survey
3. Earn an extra ½ credit!

**DO IT BY FRIDAY, SEPT  
27TH, 2013**



# **Contemporary Psychoanalytic Approaches**

# What did Freud do for Psychological Science and Personality Research?

- **A talking cure**
  - “free-association,” “stream of consciousness”
  - Birth of modern therapy
- **Mind-Body connection**
  - Basic tenet of modern health psychology
- **Psychic issues may influence behavior, even when people aren’t aware of them**
- **Case Study Method**
  - Based on experiences with patients, Freud developed an elaborate theory

# Contemporary Psychoanalytic Approach

- **Desire to keep the parts of Freudian theory that work**
  - Unconscious influences
  - Behavior reflects conflicts between desires and societal norms
  - Childhood influences adulthood
  - Unconscious (implicit) representations of self and others guide relationships
- **But cut the parts that don't work**
  - Unconscious is all about sex
  - Psychosexual stages

# Contemporary Psychoanalytic Research Directions

- **1. Modern View of Repression**
- **2. Cognitive View of Unconscious**
- **3. Ego Psychology**
- **4. Narcissism**
- **5. Object Relations Theory  
(Attachment)**



# 1. Modern View of Repression

- **Repression**

- Freud's view: unacceptable thoughts pushed into the unconscious
- Many of Freud's patients were childhood victims, who only 'remembered' abuse after therapy

- **Does incest/sexual abuse during childhood lead to repression?**

# Repressed Memories in the News

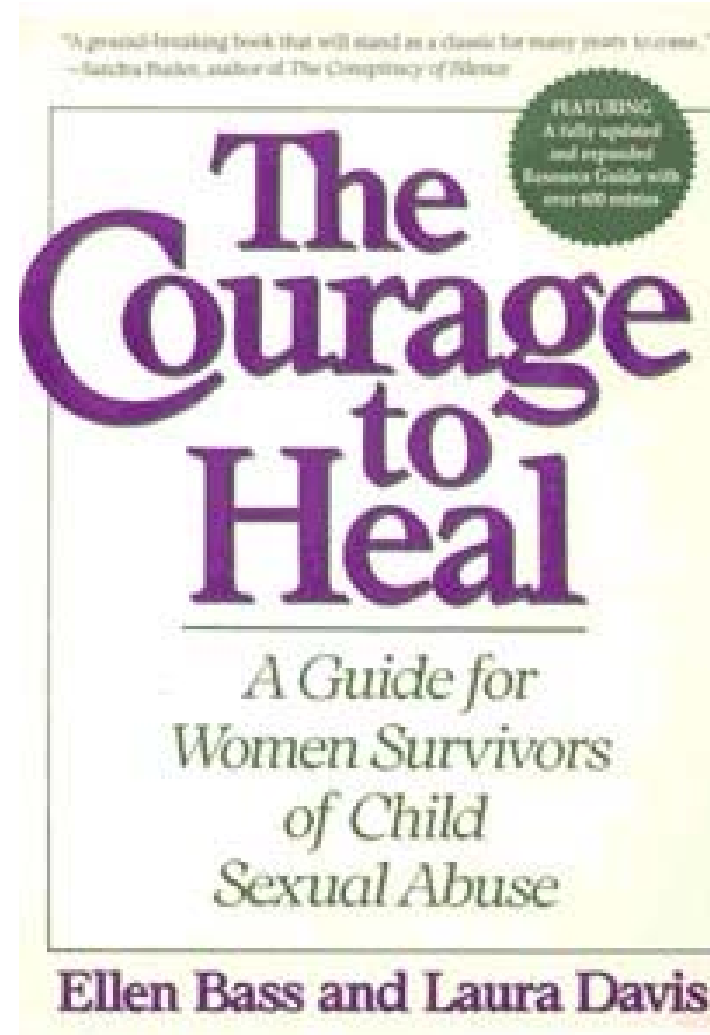
- **1990: George Franklin accused of raping & murdering Susan Nason in 1969, by his daughter Eileen, now 29**
- **Eileen claims to have witnessed, repressed, and recovered the memory**
- **Franklin convicted**
- **1996: Conviction overturned due to unreliability of repressed memories**



**Should we allow convictions on  
the basis of recovered memories?**

## Some therapists say: YES!

- **Repressed memories associated with depression, eating disorders, sexual dysfunction, anxiety**
- **Recovery of memories is therapeutic**



# **“The Courage to Heal”**

- **“If you think you were abused and your life shows the symptoms, then you were. If you don’t remember your abuse, you are not alone. Many women don’t have memories.....this doesn’t mean they weren’t abused.”**

# But, Empirical Evidence says: NO!

- **False Memory Syndrome Foundation**
  - 7,000 members
  - Founded by Pamela Freyd, accused (along with her husband) by her daughter Jennifer
  - Numerous scientist members, including leading memory researchers

# False Memories

- **“Recovered-memory therapists have invented a mechanism that supposedly causes a child’s awareness of sexual assault to be driven entirely from consciousness. There is no limit to the number of traumatic events that can be repressed, and no limit to the length of time over which the series of events can occur.”**

# Read this list of words

- **Bed**
- **Rest**
- **Awake**
- **Tired**
- **Dream**
- **Wake**
- **Snooze**
- **Blanket**
- **Doze**
- **Slumber**
- **Snore**
- **Nap**
- **Peace**
- **Yawn**
- **Drowsy**



# Which of these words did you just see?

- Snooze \_\_\_\_\_
- Television \_\_\_\_\_
- Rest \_\_\_\_\_
- Sleep \_\_\_\_\_
- Bed \_\_\_\_\_
- Mother \_\_\_\_\_

# False Memory Study

- **Researchers contacted parents about students' early life events**
- **Interviewed students and asked about fictitious event**
  - You put silly putty in teacher's desk in Gr 1
- **Interviewed again 1 week later...**
- **47% “remembered” the false event**

# Repressed Memories

- **Traumatic events generally NOT repressed**
  - In fact, they can't be forgotten
  - Post-traumatic stress disorder in Vietnam veterans
  - Victims of incest and childhood abuse typically DO recall these events 10-15 yrs later

# Repressed Memories: Conclusion

- **Very difficult to prove whether a recovered memory is true**
- **It is possible to implant memories of mundane events**
- **Traumatic events are *particularly* memorable, less likely to be forgotten**

## 2. Modern view of the Unconscious: Motivated vs. Cognitive

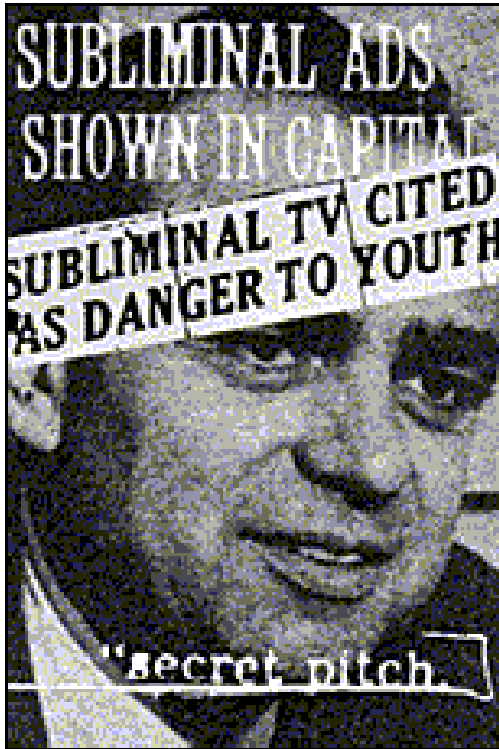
- **There is an unconscious, but does it really have “desires”?**
  - Motivated view: We bury hidden needs/desires in the unconscious
  - Cognitive view: information perceived may become unconscious and influence us, but it’s not “buried” there
    - Similar to Freud’s pre-conscious

# Cognitive Unconscious

- **Subliminal Priming**
  - Concepts may be perceived and influence us, without our even knowing it



# Controversy about subliminal priming



But, not clear that subliminal priming of concepts actually influences BEHAVIOR

# Priming and Advertising

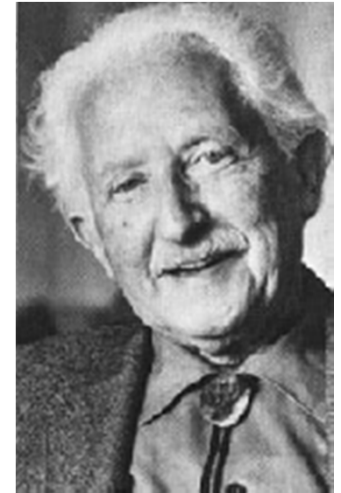
- **Lipton Ice Tea study**
  - Pp subliminally primed with tea or nonsense words
  - Results:
    - Pp more likely to buy tea over other drink
    - But, ONLY if thirsty to begin with
- **Most effective priming is when product is embedded (product placement)**
  - If it's subtle, observer is engrossed in film/TV, so can't use cognitive resources to prevent the impact of the ad



# **3. Modern View of the Ego**



# Ego Psychology



- **Anna Freud, Erik Erikson**
  - Students of Freud
- **More complex view of ego**
- **Focus on the strengths of conscious self**
- **Control over one's environment**
  - Goal is to establish a secure identity
  - Failure to do so creates identity crisis

# Erikson's 8 Stages of Development

- **Different from Freud's psychosexual development**
  - Cover the full lifespan
  - Allow for development during "latency" and adulthood
- **Similar to Freud's**
  - Each stage marked by conflict
  - Failure to resolve conflict leads to fixation, or *crisis*

# **4. Narcissism: Modern research on Freudian Defenses**

# Narcissism

- **Exaggerated positive self-esteem**
- **Does the individual really believe his/her positive self-views?**
  - Narcissistic Paradox: People who seem to think they're great may feel insecure underneath
  - Narcissism is a defense
    - Reaction formation
    - Repression

# Echo and Narcissus



# THE SELF-CONSCIOUS EMOTIONS THEORY AND RESEARCH

Edited by Jessica L. Tracy, Richard W. Robins, & June Price Tangney



# Metamorphosis of Narcissus





# NARCISSISM

- **DSM characteristics: grandiosity, dominance, entitlement, superiority**
- **In normal (non-clinical) populations, characterized by self-enhancement**
  - i.e., excessively positive view of self and negative view of others
  - bragging, egotism, superiority, derogation of others, entitlement

# Classic Narcissist Armand Hammer

- **Wealthy tycoon**
- **Bought Leonardo DaVinci's book "Codex Leicester" and renamed it "Codex Hammer"**
- **"My ideas are beyond the comprehension of ordinary mortals. The brilliance of my mind can only be described as dazzling. Even I am impressed by it..."**
  - After Hammer's death, Bill Gates bought back "Codex Hammer" and renamed it "Codex Leicester"

- **“Around the time of grammar school I had this incredible desire to be recognized... I didn’t care about the money, I thought about the fame, about just being the greatest. I was dreaming about being some dictator of a country or some savior like Jesus. Just to be recognized.”**

- Arnold Schwarzenegger,  
1976



# What Causes Narcissism?

- **Parents over-idealize child, set up unrealistic standards**
- **Simultaneously, they excessively criticize child for failing to meet unrealistic standards**
- **“Narcissistic wound” – early humiliation experience**
- **Narcissists overcompensate for insecurities by self-aggrandizing**

# Measuring Narcissism

**Circle the choice that most accurately describes you:**

- A. I am much like everyone else
- B. I am an extraordinary person
  
- A. I like to look at myself in the mirror
- B. I am not particularly interested in looking at myself in the mirror

# Measuring Narcissism

- **Unrealistically positive beliefs about abilities and achievements**
  - “I can make anybody believe anything I want them to.”
  - 37% agree
- **Preoccupied with fantasies of unlimited success, power, brilliance, and beauty**
  - “If I ruled the world it would be a much better place.”
  - 45% agree
- **Strong sense of entitlement**
  - “I will never be satisfied until I get all that I deserve.”
  - 26% agree
- **Grandiose sense of self-importance**
  - “I am an extraordinary person.”
  - 55% agree

# Narcissism and Therapy

- **Narcissists typically go to therapy for external life problems**
  - Work
    - Repeated failures
    - Not living up to their own career expectations
  - Love
    - Idealization and devaluation of romantic partners
    - Always need to be center of attention
- **Narcissistic Personality Disorder is very difficult to treat in therapy**
  - Why?

# Next Class

- Wrap up Narcissism
- Begin Motives and Humanist Approach
- Read Larsen & Buss Chapter 11