

DOWNLOAD PDF THE DEVELOPMENT AND CROSS-CULTURAL SIGNIFICANCE OF DEFENSE MECHANISMS

Chapter 1 : Defense mechanism | human psychology | theinnatdunvilla.com

Cross-cultural research suggests that the defense mechanisms are largely universal. true Hypnosis has been shown to be able to help treat a number of conditions including asthma, warts, psoriasis, and eating disorders.

Foreword [Page ix] Psychodynamic constructions of counseling and therapy are alive and well, despite rumors to the contrary. Arthur Clark has presented us with a scholarly summary of defense mechanisms, and his innovative thought brings them alive—and, more important, makes them immediately useful and understandable to the practitioner. Defenses in clients are often seen by helping professionals as something to overcome. In effect, I am suggesting that defense mechanisms are a logical result of developmental history of the person in environmental context. When viewed from this light, defense mechanisms become an important way to help us understand and conceptualize the client. A weakness of much counseling and psychotherapy theory is a lack of client conceptualization. I rejoice when I find a scholar such as Arthur Clark who brings to us such a wide understanding of complex constructs but who can also make them clear, significant, and, yes, practical and usable in the daily practice of counseling and therapy. Clark details the several types of denial in a fashion we all can recognize in our clients. This is followed by clear illustrations of how we as counselors or therapists can help clients process the meaning of their defensive structure of denial. We seek to understand, rather than attack, defenses. Then, once this is accomplished, Clark suggests we help the client generate new behaviors, thoughts, and feelings. Here we can integrate psychodynamic thought and much of cognitive-behavioral theory and practice. It is a clear and accurate summary of how we can integrate psychodynamic client and case conception with other theoretical orientations such as humanistic-existential and cognitive-behavioral. Counselors will find the action model of processing defense mechanisms helpful in their own practice: Clark also shows an interest in the application of multicultural issues to defense mechanisms. Indeed, individuals learn defensive adaptation styles in family and social context. The dynamics of interaction between and among defensive styles become manifest there, particularly in unstructured groups. In short, Arthur Clark is to be commended for his contribution. *Defense Mechanisms in the Counseling Process* will occupy an important place on my bookshelf and in my thinking. University of Massachusetts, Amherst Preface [Page xii] Twenty-five years ago, as a novice school counselor, I first encountered a pattern of behavior in counseling that has intrigued me ever since. Students frequently would tell me that their grades were improving or that episodes of discipline infractions were a thing of the past. We would then continue with our counseling sessions, and I would feel satisfied that my efforts were making a difference. This pattern repeated itself numerous times as I found clients absolutely convincing when they told me about their improved progress or lack of culpability relating to irresponsible behavior—only to subsequently find out that they were deceiving me. With additional counseling experience, and an increased determination not to be misled by clients, I became more able to detect discrepancies between what individuals report and what they actually do. This awareness, however, created further difficulties for me as a counselor. If I challenged clients about the veracity of their assertions in initial counseling sessions, they would typically become argumentative or withdraw. Those patterns that I encountered early in my career and have since repeatedly observed in my extensive school and clinical experience are, of course, the manifestation of client defense mechanisms. In recent years, I began to present my thoughts in writing about the defenses in counseling Clark, , , c, , a in a pursuit that culminates in this volume. What I have uncovered in my continuing research is that a substantial body of literature exists on defense mechanisms but that surprisingly little attention has been accorded to identifying and modifying defenses in counseling practice. Psychoanalytic writings provide a foundation for conceptualizing and treating patient defenses, whereas general references clarify various facets of the mechanisms on the basis of contemporary and wide-ranging research. Counseling and psychotherapy publications that identify and describe selected techniques and processes offer a dynamic structure for effectively managing client defenses. In this book, an emphasis will be given to integrating examples from

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multicultural perspectives when presenting counseling interventions that counselors may use in processing client defenses. Cultural forces inextricably relate to social influences in the environment of individuals, including the groups with whom a person identifies. Defense mechanisms are primarily a social phenomenon; they are used in response to threatening interpersonal exchanges. Through direct experiences in social-cultural contexts, persons essentially construct and express linguistic and behavioral patterns Martin, , including the mechanisms of defense. In counseling, clients actively engage the same defenses that they initiate in other interpersonal relationships that evoke psychological disequilibrium. Counselors who conceptualize client behavior through defense mechanisms as theoretical entities also socially construct a reality that is commonly shared by groups of mental health professionals Hoffman, Through a collaborative participation with a counselor, clients are encouraged to cocreate new perspectives and meanings that form a basis for more purposeful and adaptive behavior. In this formulation, social interactions become a critical focus for explaining and fostering human change and development Gergen, ; Guterman, Both theoretical and practical considerations contribute to the purpose of this book: Three stages of the counseling process provide a framework for detailing specific techniques and strategies for managing individual defenses. Extensive examples from diverse populations of clients emphasize therapeutic change involving 10 defense mechanisms: Because this book stresses the work of the counselor in individual treatment with clients, a separate chapter focuses on defense mechanisms in the counseling process in groups. Ten classic defenses are then introduced, in addition to a brief overview of the three-stage model of the counseling process. Chapter 2 focuses on denial as the first of the defenses to be reviewed regarding theoretical and practice implications. Denial serves as a lead chapter both for the significance of a prominent defense and for clarifying the counseling process and techniques that are also represented in the subsequent nine chapters on individual defenses. With each chapter on separate defenses organized in a standard format, the reader may study for comparative purposes specific counselor interventions in the counseling process. I have based my selection of the defense mechanisms examined primarily from those defenses most frequently referred to in the literature and my judgment of the mechanisms more commonly encountered in counseling practice. The group and case study chapters conclude the book. In this volume, counseling is viewed as a therapeutic process involving client development during three stages. Although the defense mechanisms originated in the psychoanalytic modality, the use of the constructs has broad and sustained application to practitioners in the helping professions with diverse orientations. With this in mind, I have written this book for counselors, psychologists, social workers, and other direct service professionals. Although the term counselor is used almost exclusively, this designation applies to the complementary roles of therapist and psychotherapist. The book is pertinent as a text in graduate courses that focus on techniques of counseling, theories of counseling and psychotherapy, or the counseling practicum. Acknowledgments [Page xvi] I wish to express my gratitude to William P. Bill has been a mentor and friend for many years, and he made a significant contribution to the completion of the book through his perceptive critiques. Allen Ivey, distinguished university professor, University of Massachusetts Amherst, deserves special credit for his encouragement during the development of the manuscript. I am also grateful to Barry Jackson, chief psychologist, Durham Board of Education, Whitby, Ontario, for his discerning comments in reading each chapter. I also wish to acknowledge Jim Nageotte, sponsoring editor from Sage Publications, for providing supportive direction in shaping my manuscript. For their review of my book, I appreciate the assistance of the following: Thanks to my graduate assistants at St. References [Page] Abend, S. Identification in the neuroses. *International Journal of Psycho-Analysis*, 67, " International Journal of Individual Psychology, 2, 3" What life should mean to you A. Of the imitation of Christ; four books. Original work published Allport, G. Pattern and growth in personality. *Diagnostic and statistical manual of mental disorders* 4th ed. A psychiatric glossary 7th ed. *Psychological testing* 7th ed. The concept of regression and structural theory. Self-deception, rationalization, and reasons for acting. University of California Press. *Counseling and development in a multicultural society* 2nd ed.

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Chapter 2 : Table of contents for Library of Congress control number

The development and cross-cultural significance of defense mechanisms. The fairy tale test in the personality assessment of children with learning disabilities. The fairy tale test in the personality assessment of children with mild mental retardation.

By Saul McLeod, updated Sigmund Freud, noted a number of ego defenses which he refers to throughout his written works. His daughter Anna developed these ideas and elaborated on them, adding ten of her own. Many psychoanalysts have also added further types of ego defenses. Defense mechanisms are psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings. We use defense mechanisms to protect ourselves from feelings of anxiety or guilt, which arise because we feel threatened, or because our id or superego becomes too demanding. They are not under our conscious control, and are non-voluntaristic. Ego-defense mechanisms are natural and normal. When they get out of proportion i. Why do we need Ego defenses? Freud once said, "Life is not easy! When these make conflicting demands upon the poor ego, it is understandable if you feel threatened, overwhelmed, as if it were about to collapse under the weight of it all. This feeling is called anxiety, and it serves as a signal to the ego that its survival, and with it the survival of the whole organism, is in jeopardy. In order to deal with conflict and problems in life, Freud stated that the ego employs a range of defense mechanisms. Defense mechanisms operate at an unconscious level and help ward off unpleasant feelings i. Examples of Defenses Mechanisms There are a large number of defense mechanisms; the main ones are summarized below. Identification with the Aggressor A focus on negative or feared traits. An extreme example of this is the Stockholm Syndrome, where hostages identify with the terrorists. Patty was abused and raped by her captors, yet she joined their movement and even took part in one of their bank robberies. At her trial, she was acquitted because she was a victim suffering from Stockholm Syndrome. Repression This was the first defense mechanism that Freud discovered, and arguably the most important. Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious. Thoughts that are often repressed are those that would result in feelings of guilt from the superego. For example, in the Oedipus complex, aggressive thoughts about the same sex parents are repressed. This is not a very successful defense in the long term since it involves forcing disturbing wishes, ideas or memories into the unconscious, where, although hidden, they will create anxiety. Projection This involves individuals attributing their own thoughts, feeling, and motives to another person A. Thoughts most commonly projected onto another are the ones that would cause guilt such as aggressive and sexual fantasies or thoughts. For instance, you might hate someone, but your superego tells you that such hatred is unacceptable. Displacement Displacement is the redirection of an impulse usually aggression onto a powerless substitute target A. The target can be a person or an object that can serve as a symbolic substitute. Someone who feels uncomfortable with their sexual desire for a real person may substitute a fetish. Someone who is frustrated by his or her superiors may go home and kick the dog, beat up a family member, or engage in cross-burnings. Sublimation This is similar to displacement, but takes place when we manage to displace our emotions into a constructive rather than destructive activity A. This might, for example, be artistic. Many great artists and musicians have had unhappy lives and have used the medium of art of music to express themselves. Sport is another example of putting our emotions e. Also, fixation during the anal stage may cause a person to sublimate their desire to handle faeces with an enjoyment of pottery. Sublimation for Freud was the cornerstone of civilized life, arts and science are all sublimated sexuality. Denial Anna Freud proposed denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it. As you might imagine, this is a primitive and dangerous defense - no one disregards reality and gets away with it for long! It can operate by itself or, more commonly, in combination with other, more subtle mechanisms that support it. For example, smokers may refuse to admit to themselves that smoking is bad for their health. Regression This is a

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movement back in psychological time when one is faced with stress A. When we are troubled or frightened, our behaviors often become more childish or primitive. A child may begin to suck their thumb again or wet the bed when they need to spend some time in the hospital. Teenagers may giggle uncontrollably when introduced into a social situation involving the opposite sex. Rationalization Rationalization is the cognitive distortion of "the facts" to make an event or an impulse less threatening A. We do it often enough on a fairly conscious level when we provide ourselves with excuses. But for many people, with sensitive egos, making excuses comes so easy that they never are truly aware of it. In other words, many of us are quite prepared to believe our lies. Reaction Formation This is where a person goes beyond denial and behaves in the opposite way to which he or she thinks or feels A. By using the reaction formation, the id is satisfied while keeping the ego in ignorance of the true motives. Conscious feelings are the opposite of the unconscious. Shame - disgust and moralizing are reaction formation against sexuality. Usually, a reaction formation is marked by showiness and compulsiveness. For example, Freud claimed that men who are prejudice against homosexuals are making a defense against their own homosexual feelings by adopting a harsh anti-homosexual attitude which helps convince them of their heterosexuality. The Ego and the mechanisms of defense, London: Hogarth Press and Institute of Psycho-Analysis. The neuro-psychoses of defence. Further remarks on the neuro-psychoses of defence. New introductory lectures on psychoanalysis. Contemporary theory and research.

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Chapter 3 : SAGE Books - Defense Mechanisms in the Counseling Process

which of the following correctly defines the defense mechanism of sublimation unacceptable impulses are channeled into socially acceptable activities which of the following correctly describes Freud's oral stage of psychosexual development.

Description Objectivity Person separates ideas from feelings and ideas from each other so that objective evaluations may be achieved. Intellectuality Person is able to detach him- or herself from restrictions of the environment and the self to engage in impartial analysis of a situation. Articulates and symbolizes feelings so that they can contribute to the cognitive processes. Uses jargon and is pseudointellectual. Logical analysis Person thoughtfully and carefully analyzes causal aspects of a situation, whether personal or not. Tolerance of ambiguity Person can cope with cognitive and affective complexity or dissonance. Person cannot tolerate ambiguity. Projection Person attributes undesirable tendencies often involving power or accusation to another person. Concentration Person successfully disregards positive or negative affects so that he or she may concentrate on a particular task. Denial The person ignores past or present facts that would be unpleasant to acknowledge and instead focuses on the benign. Reaction formation Person transforms unpleasant impulses into their opposite, expressing an attitude that contradicts underlying values or inclinations. Repression Open in a separate window Note. Coping and defense mechanisms that align horizontally are thought to involve similar mental processes e. From Coping and defending: Processes of self-environment organization pp. Haan, , New York, NY: Copyright by Academic Press. Evidence that coping and defense strategies may show developmental change across adulthood comes from cross-sectional Diehl et al. In terms of cross-sectional findings, several studies found that older adults used less hostile or avoiding coping strategies compared to younger adults Folkman et al. Conversely, older adults were more likely than younger adults to use problem solving, positive reappraisal and emotional distancing in stressful situations Folkman et al. Specifically, this study showed increases across age groups for the coping mechanisms of sublimation and suppression, whereas decreases across age groups were found for the defense mechanisms of intellectualization, rationalization, isolation, regression, doubt, and displacement. Thus, overall these cross-sectional findings suggest that in European Americans the use of adaptive coping and defense mechanisms increases with age, whereas the use of maladaptive mechanisms decreases. However, these findings can only permit statements about age differences. Questions regarding developmental change require the analysis of longitudinal data. Based on data from the Berkeley Guidance Study, Cramer showed that from age 11 to 18 there was a general progression from less to more cognitively complex defense mechanisms. In particular, the use of denial declined, whereas the use of projection and identification increased over this age range. In a subsequent study, Cramer reported developmental changes from late adolescence to adulthood, showing that from age 18 to 38 the use of identification decreased, the use of denial increased, and the use of projection remained stable. Similarly, Haan used data from the Oakland Growth and the Berkeley Guidance Study to examine her assumptions regarding developmental changes in coping and defense mechanisms. She showed that the use of denial, the least differentiated defense mechanism, decreased between childhood and age 30. Conversely, adaptive forms of coping, such as logical analysis or suppression, were used more frequently during the adult years. McCrae examined 7-year change in coping mechanisms in adults ranging in age from 20 to 93 years. Findings showed declines in the use of isolation of affect, fatalism, positive thinking, drawing strength from adversity, and faith. In contrast, an increase was found in the use of wishful thinking. Finally, Vaillant , and Soldz and Vaillant examined data from the Study of Adult Development, which included two longitudinal samples of men and one longitudinal sample of women. These authors found that as participants grew older, the use of immature and neurotic defenses decreased and the use of mature defenses increased. However, not all study participants developed mature defenses, and some participants continued to use immature and neurotic strategies. In summary, although findings from cross-sectional studies suggest positive age

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differences in coping and defense mechanisms across adulthood, results from longitudinal studies are more mixed. That is, based on the findings from longitudinal studies it is less clear whether the data support a growth or maturation hypothesis. Specifically, it is still open whether European-American adults, as a group, indeed show greater use of adaptive and less use of maladaptive coping and defense mechanisms across adulthood. The present study addressed these issues by examining whether changes in other developmentally relevant variables were associated with changes in coping and defense mechanisms. Only a small number of studies have examined either correlates of age differences Diehl et al. In particular, canonical correlation analysis showed that older individuals with higher verbal ability and higher ego level scores were less likely to report the use of immature defense mechanisms. Instead, older individuals who had higher verbal ability and ego level scores were more likely to report the use of adaptive coping and defense mechanisms, such as objectivity, logical analysis, sublimation, and suppression. Therefore, it seems reasonable to assume that these variables are also linked to how coping and defense mechanisms change across the adult life span. Cramer examined the role of general intelligence IQ and socio-economic status SES as predictors of change in the defense mechanisms denial, projection, and identification from pre-adolescence to early adulthood. Findings provided evidence that higher IQ at pre-adolescence was associated with increases in the use of identification and decreases in the use of projection in early adulthood. Lower SES in childhood predicted an increase in the use of denial from pre-adolescence to early adulthood, yet SES was not associated with changes in projection or identification. Based on data from the Study of Adult Development, Vaillant reported that SES or intellectual ability were not associated with maturity of coping and defense mechanisms, as assessed by bivariate correlations. In summary, evidence about covariates of longitudinal change in coping and defense mechanisms is mixed and limited both in terms of the number of available studies and the age range covered by these studies. The present study contributes to this literature by examining time-invariant and time-varying covariates of longitudinal change in coping and defense mechanisms across a wide age range and multiple times of measurement. We expected that SES would be positively associated with increases in adaptive coping mechanisms and negatively associated with decreases in maladaptive defense mechanisms. In addition, we examined the effects of three time-varying covariates, namely ego level, verbal ability, and inductive reasoning. Given this theoretical and empirical background, yet also being aware of the findings reported by Vaillant, we hypothesized that age-related increases in ego level, verbal ability, and inductive reasoning would be positively associated with increases in the use of coping mechanisms, but inversely associated with changes in the use of defense mechanisms.

Gender Differences in Changes in Coping and Defense Mechanisms

Findings from previous research suggest that European-American women and men differ in meaningful ways in their use of coping and defense mechanisms Diehl et al. For example, Labouvie-Vief et al. Similarly, Diehl et al. These findings suggest that men seem to be more likely to use externalizing coping and defense mechanisms, whereas women seem to be more likely to react in internalizing ways. These findings suggest that more research is needed to learn whether coping and defense strategies change in a gender-specific way across the adult life span. Currently there are, however, no data available that have examined to what extent women and men differ in how their coping and defense mechanisms change across adulthood. Although longitudinal within-person changes do not have to mirror cross-sectional between-person differences, the first hypothesis assumed that gender differences in age-related changes would be similar to the gender differences observed in cross-sectional studies. Under this hypothesis it would be expected that men and women would differ with regard to the age-related change they display for different internalizing vs. For example, compared to men, women would be expected to show greater age-related change in internalizing coping and defense mechanisms, such as suppression, doubt, or repression. Conversely, men would be expected to show greater age-related change in externalizing mechanisms, such as projection or displacement. The second hypothesis assumed that the gender differences in coping and defense mechanisms that have been shown in European-American samples for earlier parts of the life span may disappear in adulthood. This assumption was supported by several empirical studies. Helson and Moane and Haan reported longitudinal

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findings showing that women who changed in a positive way during early and middle adulthood showed decreases in femininity and increases in independence, social assertiveness, and intellectuality. In summary, the present study examined whether and to what extent age-related changes in coping and defense mechanisms across adulthood differed for women and men. The Present Study The present study addressed three major issues. First, we focused on describing age-related changes in a number of coping and defense mechanisms for which significant age differences had previously been documented Diehl et al. In particular, we examined longitudinal growth trajectories in three coping i. Examination of nonlinear patterns of change is important as different coping and defense strategies may show increases or decreases at different ages. This part of the study extended previous research by examining whether and to what extent age-related change in coping and defense strategies was coupled with, and potentially caused by, changes in other developmentally relevant variables. The sample was assessed in , , and Data for pertinent measures were available for the following number of participants: Of the original participants, participants Detailed recruitment procedures and results of attrition analyses from the first three waves were reported by Labouvie-Vief, Diehl, Jain, and Zhang Overall, the pattern of attrition from Waves 1 through 3 was similar to the pattern reported from other longitudinal studies with adults Schaie, The returning participants assessed in represented Non-returnees had significantly lower mean scores compared to returnees. Participants who did not return in , , or also reported more use of the defense mechanism projection at baseline compared to returnees Returnees and non-returnees did, however, not differ significantly in average age, gender, marital status, household income, life satisfaction, or self-rated health. Procedure At each occasion of testing, participants completed two 2-hour sessions that were scheduled, on average, two weeks apart. The intervals of measurement were primarily dictated by available funding for the study and, hence, were not spaced equally. The amount of remuneration in each wave was determined by the length of the testing protocol, the availability of funds, and the general guidelines of the funding agency. The CPI is a self-report personality inventory that assesses the everyday folk-concepts that ordinary people use to describe the behavior of people around them Gough, As such, the CPI assesses personality in terms of observable behaviors and focuses on midlevel units of personality. The CPI was administered to participants aged 15 or older at all four times of measurement. In the present study, we examined a subset of the 20 coping and defense mechanisms, namely those for which a previous study had documented significant age differences Diehl et al. Thus, we included three coping i. These coping and defense mechanisms are marked with an asterisk in Table 1. Because the coping and defense scales for women and men contain a different number of items, scores were scaled to a common metric to allow for valid comparisons. Participants provided written responses to 18 sentence stems. For each sentence stem, responses were scored by an experienced rater. Each response was classified according to the nine-level system of six main and three transitional levels of ego development: Rater 1 coded the data from all three waves, and Rater 2 coded a subset of responses from the first two waves. Rater 1 also demonstrated high intra-rater reliability i. The vocabulary test has 18 items, and participants are asked to identify which word of five possible choices has the same meaning as a target word. The letter sets test has 15 items and participants are asked to cross out the set of letters that does not fit the pattern displayed in the sequence of letter sets. Both tests are widely used in studies with adults and their reliability and validity is well established Schaie,

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Chapter 4 : StudyDroid: FlashCards on the web, and in your hand!

Defense mechanisms are one way of looking at how people distance themselves from a full awareness of unpleasant thoughts, feelings and behaviors. Psychologists have categorized defense mechanisms.

Click here for more information on defense mechanisms. In many cases, the result was some form of neurotic illness. Freud sought to understand the nature and variety of these illnesses by retracing the sexual history of his patients. This was not primarily an investigation of sexual experiences as such. Freud believed that children are born with a libido – a sexual pleasure urge. This particular theory shows how adult personality is determined by childhood experiences. Dreams perform important functions for the unconscious mind and serve as valuable clues to how the unconscious mind operates. On 24 July, Freud had his own dream that was to form the basis of his theory. He had been worried about a patient, Irma, who was not doing as well in treatment as he had hoped. Freud, in fact, blamed himself for this, and was feeling guilty. Freud dreamed that he met Irma at a party and examined her. He then saw a chemical formula for a drug that another doctor had given Irma flash before his eyes and realized that her condition was caused by a dirty syringe used by the other doctor. Freud interpreted this dream as wish-fulfillment. Based on this dream, Freud went on to propose that a major function of dreams was the fulfillment of wishes. Freud distinguished between the manifest content of a dream what the dreamer remembers and the latent content, the symbolic meaning of the dream i. The manifest content is often based on the events of the day. The process whereby the underlying wish is translated into the manifest content is called dreamwork. The purpose of dreamwork is to transform the forbidden wish into a non-threatening form, thus reducing anxiety and allowing us to continue sleeping. Dreamwork involves the process of condensation, displacement, and secondary elaboration. Displacement takes place when we transform the person or object we are really concerned about to someone else. Freud interpreted this as representing his wish to kill his sister-in-law. If the patient would have really dreamed of killing his sister-in-law, he would have felt guilty. The unconscious mind transformed her into a dog to protect him. Secondary elaboration occurs when the unconscious mind strings together wish-fulfilling images in a logical order of events, further obscuring the latent content. According to Freud, this is why the manifest content of dreams can be in the form of believable events. Some of these were sexual in nature, including poles, guns, and swords representing the penis and horse riding and dancing representing sexual intercourse. However, Freud was cautious about symbols and stated that general symbols are more personal rather than universal. At the beginning of , the committee had 22 members and renamed themselves the Vienna Psychoanalytic Society. For example, the unconscious mind is difficult to test and measure objectively. Such empirical findings have demonstrated the role of unconscious processes in human behavior. He mostly studied himself, his patients and only one child e. The main problem here is that the case studies are based on studying one person in detail, and with reference to Freud, the individuals in question are most often middle-aged women from Vienna i. This makes generalizations to the wider population e. However, Freud thought this unimportant, believing in only a qualitative difference between people. Freud may also have shown research bias in his interpretations - he may have only paid attention to information which supported his theories, and ignored information and other explanations that did not fit them. The unbearable automaticity of being. American psychologist, 54 7 , Testing the theories and therapy. The neuro-psychoses of defence. Further remarks on the neuro-psychoses of defence. The interpretation of dreams. Beyond the pleasure principle. The ego and the id. Standard edition, 19, The resistances to psycho-analysis. The Ego and the Id and other works pp. Psychological review, 1 , 4. Studies of interference in serial verbal reactions. Journal of experimental psychology, 18 6 , Episodic and semantic memory. How to reference this article: What are the most interesting ideas of Sigmund Freud?.

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Thus, in contrast to Bellak's model, this assessment of ego development does not distinguish specific ego processes (e.g., defense mechanisms) from one another, since they are considered aspects of one integrated structure of the developing ego (Loevinger b).

According to this theory, id impulses are based on the pleasure principle: Sigmund Freud believed that the id represents biological instinctual impulses in humans, such as aggression Thanatos or the Death instinct and sexuality Eros or the Life instinct. For example, when the id impulses e. To reduce these unpleasant feelings, the ego might use defence mechanisms conscious or unconscious blockage of the id impulses. Freud believed that conflicts between these two structures resulted in conflicts associated with psychosexual stages. Freud proposed three structures of the psyche or personality: The id is the unconscious reservoir of the libido, the psychic energy that fuels instincts and psychic processes. It is a selfish, childish, pleasure-oriented part of the personality with no ability to delay gratification. The superego contains internalised societal and parental standards of "good" and "bad", "right" and "wrong" behaviour. They include conscious appreciations of rules and regulations as well as those incorporated unconsciously. The ego acts as a moderator between the pleasure sought by the id and the morals of the superego, seeking compromises to pacify both. Primary and secondary processes[edit] In the ego, there are two ongoing processes. First, there is the unconscious primary process, where the thoughts are not organised in a coherent way; the feelings can shift, contradictions are not in conflict or are just not perceived that way, and condensations arise. There is no logic and no time line. Lust is important for this process. By contrast, there is the conscious secondary process, where strong boundaries are set and thoughts must be organised in a coherent way. Most conscious thoughts originate here. The reality principle[edit] Id impulses are not appropriate in a civilised society, so there is societal pressure to modify the pleasure principle in favour of the reality principle ; that is, the requirements of the external world. Formation of the superego[edit] The superego forms as the child grows and learns parental and social standards. The superego consists of two structures: Guilt , embarrassment , and shame often accompany anxiety. In the first definitive book on defence mechanisms, *The Ego and the Mechanisms of Defence* , [10] Anna Freud introduced the concept of signal anxiety; she stated that it was "not directly a conflicted instinctual tension but a signal occurring in the ego of an anticipated instinctual tension". The anxiety is felt as an increase in bodily or mental tension, and the signal that the organism receives in this way allows for the possibility of taking defensive action regarding the perceived danger. Defence mechanisms work by distorting the id impulses into acceptable forms, or by unconscious or conscious blockage of these impulses. Different theorists have different categorizations and conceptualizations of defence mechanisms. Large reviews of theories of defence mechanisms are available from Paulhus, Fridhandler and Hayes [11] and Cramer Reaction formation , 4. Reversal into the opposite, All defence mechanisms are responses to anxiety and how the consciousness and unconscious handle the stress of a social situation. For example, if a wife is infatuated with a man who is not her husband, reaction formation may cause her to "rather than cheat" become obsessed with showing her husband signs of love and affection. Kernberg developed a theory of borderline personality organization of which one consequence may be borderline personality disorder. His theory is based on ego psychological object relations theory. Borderline personality organization develops when the child cannot integrate helpful and harmful mental objects together. Kernberg views the use of primitive defence mechanisms as central to this personality organization. Primitive psychological defences are projection, denial, dissociation or splitting and they are called borderline defence mechanisms. Also, devaluation and projective identification are seen as borderline defences. According to his theory, reaction formation relates to joy and manic features , denial relates to acceptance and histrionic features , repression to fear and passivity , regression to surprise and borderline traits , compensation to sadness and depression , projection to disgust and paranoia , displacement to anger and hostility and intellectualization to anticipation and obsessiveness. This

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section needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. June Psychiatrist George Eman Vaillant introduced a four-level classification of defence mechanisms: These six defences, in conjunction, permit one effectively to rearrange external experiences to eliminate the need to cope with reality. Pathological users of these mechanisms frequently appear irrational or insane to others. These are the "psychotic" defences, common in overt psychosis. However, they are normally found in dreams and throughout childhood as well. Delusions about external reality, usually of a persecutory nature. A gross reshaping of external reality to meet internal needs. Immature[edit] These mechanisms are often present in adults. These mechanisms lessen distress and anxiety produced by threatening people or by an uncomfortable reality. Excessive use of such defences is seen as socially undesirable, in that they are immature, difficult to deal with and seriously out of touch with reality. These defences are often seen in major depression and personality disorders. Direct expression of an unconscious wish or impulse in action, without conscious awareness of the emotion that drives the expressive behavior. An excessive preoccupation or worry about having a serious illness. Indirect expression of hostility Projection: A primitive form of paranoia. Tendency to retreat into fantasy in order to resolve inner and outer conflicts. Neurotic[edit] These mechanisms are considered neurotic , but fairly common in adults. For example, a parent may yell at their child because they are angry with their spouse. A form of isolation; concentrating on the intellectual components of a situation so as to distance oneself from the associated anxiety-provoking emotions; separation of emotion from ideas; thinking about wishes in formal, affectively bland terms and not acting on them; avoiding unacceptable emotions by focusing on the intellectual aspects isolation , rationalization , ritual , undoing , compensation , and magical thinking. Converting unconscious wishes or impulses that are perceived to be dangerous or unacceptable into their opposites; behaviour that is completely the opposite of what one really wants or feels; taking the opposite belief because the true belief causes anxiety. Mature[edit] These are commonly found among emotionally healthy adults and are considered mature, even though many have their origins in an immature stage of development. They have been adapted through the years in order to optimise success in human society and relationships. The use of these defences enhances pleasure and feelings of control. These defences help to integrate conflicting emotions and thoughts, whilst still remaining effective. Those who use these mechanisms are usually considered virtuous. Constructive service to others that brings pleasure and personal satisfaction. Realistic planning for future discomfort. Overt expression of ideas and feelings especially those that are unpleasant to focus on or too terrible to talk about directly that gives pleasure to others. The thoughts retain a portion of their innate distress, but they are "skirted around" by witticism, for example self-deprecation. Transformation of unhelpful emotions or instincts into healthy actions, behaviours, or emotions, for example, playing a heavy contact sport such as football or rugby can transform aggression into a game. The conscious decision to delay paying attention to a thought, emotion, or need in order to cope with the present reality; making it possible later to access uncomfortable or distressing emotions whilst accepting them. Other defence mechanisms[edit] This section has multiple issues. Please help improve it or discuss these issues on the talk page. This section does not cite any sources. Please help improve this section by adding citations to reliable sources. April This section possibly contains original research. Please improve it by verifying the claims made and adding inline citations. Statements consisting only of original research should be removed.

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Chapter 6 : Sigmund Freuds Basic Concepts

Defense mechanisms may help us cope with uncertainty or pain in the short-run, but they also can limit our emotional development in the long term.

How we help and hurt our emotional well-being Posted by: Ana Yoerg Being rejected from a job you wanted. A stressful argument with your partner. However, you can learn a good deal about yourself when you examine how you react to hard times. What is a defense mechanism? For many of us, any situation that brings uncertainty triggers an unconscious protective measure that allows us to cope with unpleasant emotions – these are our defense mechanisms. In the short term, many mechanisms can be adaptive. We keep ourselves in a better state. Yet in the long run, the effect is actually the opposite, as routine use of defense mechanisms can actually reduce the effectiveness of our emotional processing. How do you handle stressful situations? Do you live in a state of denial when bad news comes your way? Do you find yourself constantly making excuses for your behavior? You may never rid yourself of your defense mechanisms. Think of them as hard-wired into your system. But with more self-awareness, you can understand how these processes are helping and hurting you, and how to truly tend to your emotional well-being. Take a look at some of the most common defense mechanisms and ask yourself if any of these apply to your behavior: By denying reality, you are essentially protecting yourself from having to face and deal with the unpleasant consequences and pain that accompany acceptance. And while this may alleviate any short-term pain, in the long run, denial can prevent you from making positive change and can have potentially destructive ramifications. But where denial involves the outright refusal to accept a given reality, repression is one of the defense mechanism examples that involves completely forgetting the experience altogether. With repression, your mind makes the decision to bury the memory in your subconscious, thereby preventing painful, disturbing or dangerous thoughts from entering awareness. This is often the case with child abuse or other traumatic experiences that occurred early on in development. While repression, much like denial, may serve immediate purposes, particularly if you were tormented by a painful experience, if you do not eventually process and deal with the experience, it can have severe consequences later on in life. What about a time where you had an argument with your partner, then got in your car and found your patience waning with every driver on the road? When you tap into displacement psychology, you transfer your emotions from the person or situation that is the target of your frustration to someone or something else entirely. Subconsciously, you believe that to confront the source of your feelings may be too dangerous or risky, so you shift the focus toward a target or situation that is less intimidating or dangerous. While displacement may protect you from losing your job, burning a bridge or saying or doing something that could cause irreparable damage, it will not help you handle the emotions you are experiencing, and you will also end up hurting someone completely innocent. You feel uncomfortable and a bit anxious. You start to see that others are staring at you, with what you perceive as a critical, judgmental eye. And the reason we do so is because to recognize that particular quality in ourselves would cause us pain and suffering. While projection defense mechanisms can also work in a positive way, when you project feelings of love, confidence and care onto others, when it impacts us in a negative way, it only compounds the stress and anxiety and prevents us from dealing with the root of the emotions. This is one of the most damaging defense mechanisms, as it can lead to heightened feelings of paranoia and anxiety. Typically, reaction formation is marked by a blatant display. For example, the man who preaches his disdain for homosexuality overtly may be a defense against confronting his own homosexual feelings. By casting stones at someone or something else, you are trying to take the pressure off yourself instead of directly dealing with the issue. This is known as regression. With regression, you revert back to an earlier level of development and earlier, less demanding behaviors as a way of protecting yourself from having to confront the actual situation. Imagine, for example, having an argument with your partner, and instead of using conflict resolution tools, you stomp off, slam the door and give your partner the cold shoulder. The problem with regression is that you may regret letting your

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childish behavior become self-destructive, and this can eventually cause even more problems than you started out with. You might also find yourself relying on regression habits when spending time with people you knew when you were young, like family members or close friends. Consider, for example, that you have an irrationally angry reaction to a situation in front of someone you like and want to respect you. Then to try to justify your behavior, you blame someone else for provoking you. Rationalization is a particularly common mechanism for those with more sensitive egos. Or you have a fight with your partner, so turn to writing music. When used to handle a situation you cannot effectively do anything about, sublimation is actually a positive form of defense. But when used routinely to avoid addressing an issue that must be resolved to move forward, it can have negative repercussions.

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Chapter 7 : Discuss defense mechanisms' implications in the development of personality. | eNotes

1. Author(s): Coulacoglou, Carina, Title(s): *Exploring the child's personality: developmental, clinical, and cross-cultural applications of the fairy tale test/ edited by Carina Coulacoglou.*

Physical trauma can lead to structural changes on the physical, as well as on all other levels, while other forms of trauma impact the more abstract, but equally crucial, structural aspects of a human system. Healthy systems, in anticipation of or in response to events or conditions, develop firm, but flexible boundaries. Events and conditions that significantly diminish our ability to meet our evolved human needs have often come to be perceived as inevitable or even desirable. Thus, the resulting structural changes and defensive behaviors associated with trauma have become pervasive, exerting a profound impact on our lives, our institutions and our planet. Since physical defense mechanisms are well understood and documented medically, I will focus here on explaining the formation of psychological or emotional defense mechanisms. In doing so, I will draw on concepts and terminology derived from a combination of essential fields including the Internal Family Systems model, Nonviolent Communication and Imago Relationship Therapy. First, it offers a comprehensive explanation of multiplicity of mind, the notion that an individual experiences him or herself as consisting of various parts or subselves, each focused primarily on meeting particular needs and behaving like a distinct personality. Second, it distinguishes the Self, a unique part of the human psyche that lies at our authentic core and is designed to serve as a wise leader of this inner system of subselves. According to IFS, a healthy psychological system, like any healthy system, is marked by certain systems indicators. These include appropriate development of the various parts, a certain degree of balance and harmony in the relationships between the parts, and strong but compassionate leadership by the Self. In such a state, an individual can form an authentic identity, generate reasonably flexible but protective boundaries, and successfully meet in balance the human needs that paradigms like the Hierarchy of Needs and Nonviolent Communication NVC identify as so central to health. Parts may mistrustfully disconnect from the Self, cutting off its leadership, in an attempt to protect the Self from injury or protect other parts from the now suspect Self. Some parts may take on extreme roles and leadership positions for which they are not optimally designed. Traumatized parts may take on burdens that freeze their development at the time of the trauma. As a result, parts of the system may lose touch with their true natures, with some becoming overly influential while others become less so or are rendered subconscious or even cut off from conscious access entirely. Instead, these extreme parts drive the individual to act based more on a suspicious power struggle with other parts than in the best interest of the whole system. They perceive and prioritize needs that may not truly be most important and may advocate the use of misguided strategies to meet them. These misguided attempts to meet perceived needs are, according to Marshall Rosenberg, founder of Nonviolent Communication, a major source of conflict within human systems. This combination of unrealistic priorities and misguided strategies fuels a vicious cycle as the defense mechanisms become the very source of strong resistance to their own dissolution. True systemic needs, exiled along with the parts that would otherwise advocate for them, go unrecognized and unmet. Meanwhile, we frustratingly pursue inaccurately perceived needs, creating self-fulfilling prophecies, generating the very conditions our extreme parts most fear and, in coping with this painful outcome, further amplifying the blame, polarization and mistrust between the parts that solidifies the unhealthy defensive structure. Vulnerable Windows in Early Development The development of such defenses can be initiated by a trauma at any point in our lives. However, there are particular windows during which we are especially vulnerable to the activation of this process. While those sensitive periods include pivotal developmental moments throughout life, traumas of neglect or invasiveness impacting early developmental stages involving core identity, boundary and relationship template formation are particularly likely to spark the creation of specific extreme defensive configurations. Children are almost totally dependent on their caretakers for fundamental physical and psychological survival and development needs. In addition to the obvious basic

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security and resources that they require, children are also extremely affected by the level of trust and acceptance that they experience. They are exquisitely sensitive to messages, spoken and - perhaps even more powerfully - unspoken, that they receive from their caregivers and others in their environment regarding which of their behaviors and personality traits are desirable and which are not. They may instinctively accentuate parts of themselves that bring reward or praise and repress parts that, when expressed, are met with fear, shame, guilt or devaluation by those on whom they depend. It is through this process that defenses become deeply ingrained and are passed on in families and societies generationally. The specific dynamics of these reinforcing defensive interactions are discussed in great detail throughout the various books by Harville Hendrix based on his Imago model. This may occur as the particular exiled part burdened by that unmet need takes control of the system, lashing out in its extreme immature, childish state. Managers or firefighters focus the system on particular needs in an imbalanced fashion, while diminishing awareness of true needs that would otherwise be prioritized in a wise strategy for health. Exiles lash out with misguided strategies of their own that usually ultimately fail to get important needs met. Some people experience aspects of both main defensive styles depending on the situation or relationship in which they find themselves. Types of Individual Psychological Defense Mechanisms Out of these various archetypal arrangements of parts stem particular common defensive behaviors that have been recognized in individuals and that play an enormous role in shaping and maintaining the structure of the human systems in which we live. They include, but are not limited to: Denial may be a surface result of deeper defense mechanisms such as suppression, repression or dissociation. Projection plays an enormous role in relationships of all types, in disorders such as Borderline Personality Disorder and Narcissistic Personality Disorder, as well as in the demonization of various groups or nations by others. Repression can occur whenever a part of our psyche is exiled by other parts without our knowledge. Suppression occurs when we make a decision to avoid thinking about aspects of reality we find distressing, often by choosing to focus elsewhere. Thus, though we do not lose the ability to consciously reconnect with it, we temporarily choose to ignore the voice of a part or parts of us. Fantasy may result from the dominance of imbalanced, extreme parts that have hijacked a fragmented psyche and strongly thrust their desired ideas into the forefront of consciousness, blocking out the more realistic, but undesirable views of other parts. Regression may occur when troubling circumstances trigger extreme parts, whose development has been stunted, to take control of the psychological system. It is especially likely when exiles or inner child parts are triggered. This may occur when it is felt to be unacceptable or dangerous to direct the feelings at their true, initial target. Displacement may play a role in important defensive phenomena such as scapegoating. This is common in systems dominated by highly controlling manager parts that fear the unknown situations that may arise if emotions, with their sometimes unpredictable nature, are allowed into awareness. This mechanism is crucial in the process of convincing ourselves and others of the wisdom of allowing control by our extreme parts or extreme parts in the dysfunctional hierarchical systems in which we live. This can occur when, in response to particular psychological parts, other parts, which are polarized with them, assert themselves in an attempt to wrest power from their opponents. This defense occurs commonly within unhealthy human systems as certain parts demonize the very values that, under the sway of other less visible parts, are actually strongly pursued. This process may serve as a compromise, whereby the energy of a particular part is allowed to be experienced, but is not used to fulfill the specific need that the part values. This is especially common in the face of trauma, as psychological parts often move to protect the Self by compartmentalizing and exiling experiences and memories deemed likely to overwhelm its coping abilities. Each of these defenses is like a symptom that can stem from a number of different configurations of parts. Out of the combination of these behaviors displayed by a particular wounded individual emerges their personality style, be it overly conservative and controlled, idealistic and magical-thinking-centered, impulsive, hyper-rational or anything in between. While some people are, to a great extent, living out of their true self, when a person continues to exhibit a number of these defensive behaviors as a result of a great deal of unresolved trauma, they may become the hallmark of their somewhat false, but currently dominant personality type. One of the most

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common approaches is to classify them based on the level of maturity that a given defense mechanism represents. Individual Presentations and Disorders Emerging from Underlying Defense Mechanisms To a great extent, the various neurotic disorders and personality disorders identified by psychology and psychiatry represent efficient ways of labeling particular patterns and symptoms that emerge from different combinations of defense mechanisms. Some of these patterns only become evident situationally. Other disorders, such as Obsessive-Compulsive Disorder OCD may involve defenses that remain engaged in a more constant fashion. If the defenses become solid and pervasive enough, they can come to constitute a fundamental structural dysfunction of the personality that we know as a personality disorder. Many other behavioral patterns such as codependence or other relationship dysfunctions and addictions also tie into and stem from various defensive personality arrangements. These Lifetraps may occur as a result of the repetition compulsion, in which we seek to revisit past traumas in our current lives, possibly in an attempt to master them in a way that eluded us in earlier life. Different psychological and psychiatric schools of thought offer widely ranging approaches to treating this diverse array of dysfunctional behavioral patterns, and they vary in the extent to which they address the deeper root traumas that underlie them. Some schools focus on reducing the superficial symptoms of the disorders, while others seek to resolve their traumatic leverage point wounds and unmet needs, which often remain unconscious and buried behind layers of fear, shame and guilt. Defense Mechanisms and Relationships Relationships lie at the heart of defense mechanisms, whether we are considering how parts of us relate with each other, how we as a whole relate with our environment and the resources and other individuals with whom we mutually meet needs, or how individuals and higher level human systems relate with each other. Dysfunctional relationships are the source of trauma, the building blocks of defenses which consist of suboptimal relationship arrangements between the parts of a human system , the place where the defensive behaviors are most evident as they are triggered and replay, and also, as we will see later, a powerful opportunity for healing. Defense Mechanisms in Interpersonal Relationships Defense mechanisms play an enormous role in determining the participants in and the nature of interpersonal relationships. To a great extent, they dictate both who we relate with and how we relate to them. In a healthy relationship, people connect true self to true self, with an interplay between reasonably flexible protective boundaries and with a high degree of consciousness about their past development and wounds. However, when people maintain a high level of defensiveness and remain relatively unconscious of these defenses, various combinations of polarized power struggles, enmeshment, codependence and push-pull dynamics, such as those typical of the relationship between the Borderline and the Non or the addictive relationship, can ensue. Defense Mechanisms in Intimate Relationships While defense mechanisms can exert these effects in relationships of all types, they play an especially powerful role in our intimate relationships. As we engage with our caregivers, lovers or children, the repetition compulsion may drive us to project our lost selves onto each other and engage in ways that resurface the wounds and defensive patterns of our upbringing and socialization. These dynamics are the focus of Imago Relationship Therapy. Their impact on singles as they seek a long-term partner is explained in Keeping the Love You Find. Their impact within committed couples is explored in Getting the Love You Want. And their impact in the parent-child relationship is described in Giving the Love That Heals. From these dynamics on the most fundamental human system levels emerge the relationship patterns that hold in our higher level human systems. Defense Mechanisms in Higher Level Human Systems Human systems at all levels have a balance of human needs, are subject to the same basic systems principles, and therefore can take on similar defensive structures when those needs are not met. IFS explains well how defenses on these higher level human systems develop, as well as how they affect those systems embedded within them. If the system is healthy, it provides a sustaining environment in which its subsystems can develop into maturity. However, if the system is unhealthy, it constrains the development of its subsystems, leading to the emergence of imbalances, polarizations, poor leadership and various defense mechanisms that may parallel, mirror or complement those of the higher level system. At all of these levels, one may observe analogs of the various defense mechanisms seen on the individual level. Defense Mechanisms on the Family Level A family system,

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in response to trauma within the family or dysfunction in the community, culture or nation in which it is embedded, may respond in ways similar to a traumatized individual. Particular family members may come to dominate in extreme ways, while others are exiled. Members may become polarized and take on various burdens in the system. Those in the best position to compassionately lead the family may renege on their responsibilities or lose the trust of the rest of the family. As a result, the family may exhibit defense mechanisms ranging from denial of dysfunctional patterns to projection in which they blame and scapegoat others in the community for shortcomings that are actually their own. As the chemistry plays out between the defenses of various members of the family, as well as between the family and others in the community, these patterns may be reinforced and passed down through the generations. Defense Mechanisms on the Community Level A community may experience similar dysfunctional relationships between the various families and interest groups that comprise it. Particular families may take on an extreme amount of influence while others are exiled. A community, just like a family, can display denial, projection and other defense mechanisms. And communities, also like families, can pass these defenses down through generations as they take on a particular consistent defensive style. Defense Mechanisms on the National Level An entire nation can similarly develop dysfunctional relationships between the ethnic groups, interest groups or regional populations that comprise it. This pattern has been evident in many countries throughout history, for example in the United States during the Native American genocide or slavery and in dictatorships such as Nazi Germany during the Holocaust. In these situations, many defense mechanisms were used to dehumanize the victimized groups as the horrors originally took place. Furthermore, in many cases, even decades or centuries later, denial and other mechanisms are still evident in how these nations and others view these events. Often the groups burdened by these traumas continue to be exiled, their stories minimized or drowned out as they are relegated to a national version of a lost self or Shadow. Just as with an individual, nations are especially vulnerable to such patterns when needs go unmet. Similarly, we often see populations with basic needs unmet in areas that breed what we call terrorists.

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Chapter 8 : 8 common defense mechanisms

This was the first defense mechanism that Freud discovered, and arguably the most important. Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious.

Defense mechanisms are one way of looking at how people distance themselves from a full awareness of unpleasant thoughts, feelings and behaviors. Psychologists have categorized defense mechanisms based upon how primitive they are. The more primitive a defense mechanism, the less effective it works for a person over the long-term. However, more primitive defense mechanisms are usually very effective short-term, and hence are favored by many people and children especially when such primitive defense mechanisms are first learned. Some types of psychotherapy can help a person become aware of what defense mechanisms they are using, how effective they are, and how to use less primitive and more effective mechanisms in the future.

Primitive Defense Mechanisms

- 1. Denial** Denial is the refusal to accept reality or fact, acting as if a painful event, thought or feeling did not exist. It is considered one of the most primitive of the defense mechanisms because it is characteristic of early childhood development. For instance, a person who is a functioning alcoholic will often simply deny they have a drinking problem, pointing to how well they function in their job and relationships.
- Regression** Regression is the reversion to an earlier stage of development in the face of unacceptable thoughts or impulses. For an example an adolescent who is overwhelmed with fear, anger and growing sexual impulses might become clingy and start exhibiting earlier childhood behaviors he has long since overcome, such as bedwetting. An adult may regress when under a great deal of stress, refusing to leave their bed and engage in normal, everyday activities.
- Acting Out** Acting Out is performing an extreme behavior in order to express thoughts or feelings the person feels incapable of otherwise expressing. When a person acts out, it can act as a pressure release, and often helps the individual feel calmer and peaceful once again. Self-injury may also be a form of acting-out, expressing in physical pain what one cannot stand to feel emotionally. A person who dissociates often loses track of time or themselves and their usual thought processes and memories. People who have a history of any kind of childhood abuse often suffer from some form of dissociation. People who use dissociation often have a disconnected view of themselves in their world. Time and their own self-image may not flow continuously, as it does for most people.
- Compartmentalization** Compartmentalization is a lesser form of dissociation, wherein parts of oneself are separated from awareness of other parts and behaving as if one had separate sets of values. An example might be an honest person who cheats on their income tax return and keeps their two value systems distinct and un-integrated while remaining unconscious of the cognitive dissonance.
- Projection** is used especially when the thoughts are considered unacceptable for the person to express, or they feel completely ill at ease with having them. For example, a spouse may be angry at their significant other for not listening, when in fact it is the angry spouse who does not listen.
- Reaction Formation** Reaction Formation is the converting of unwanted or dangerous thoughts, feelings or impulses into their opposites. For instance, a woman who is very angry with her boss and would like to quit her job may instead be overly kind and generous toward her boss and express a desire to keep working there forever. She is incapable of expressing the negative emotions of anger and unhappiness with her job, and instead becomes overly kind to publicly demonstrate her lack of anger and unhappiness.

He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human behavior -- since Grohol sits on the editorial board of the journal *Computers in Human Behavior* and is a founding board member and treasurer of the Society for Participatory Medicine. You can learn more about Dr. Retrieved on November 8, , from <https://>

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The human mind in all of its vast complexity elaborates defense mechanisms so that it can function in the face of problems or setbacks in society and life in general.