



ÇAĞ UNIVERSITY
FACULTY of ARTS &
SCIENCES
PSYCHOLOGY DEPARTMENT
PSY 313 FUNDAMENTAL
CONCEPTS IN
PSYCHOANALYTIC THEORY
COURSE
WEEK 4-5

PSYCHOSEXUAL DEVELOPMENT & DREAM ANALYSIS

The Infantile Period: A Revolutionary Concept

*One of Freud's most important and controversial assumptions was that **infants possess a sexual life** and undergo **pregenital sexual development** during their first 4-5 years.*

While initially met with resistance, this concept is now widely accepted by observers who recognize that children show interest in genitals, delight in sexual pleasure, and manifest sexual excitement.

*Childhood sexuality **differs fundamentally** from adult sexuality: it **cannot reproduce** and is exclusively **autoerotic**.*

*However, both children and adults can satisfy sexual impulses through **organs beyond the genitals**—the **mouth and anus** are particularly sensitive to **erogenous stimulation**.*



Three Phases of Infantile Development



Oral Phase

First organ to provide pleasure; life-sustaining nourishment and sucking satisfaction



Anal Phase

*Aggressive drive develops; satisfaction through **excretory function and control***



Phallic Phase

*Genital area becomes leading erogenous zone; **first dichotomy** between male and female development*

*These **three phases overlap** and continue after the onset of later stages, creating a complex developmental landscape.*



The Oral Phase: Foundation of Pleasure

*The **mouth** is the first organ to **provide pleasure**, making the oral phase Freud's first infantile stage. Infants obtain **life-sustaining nourishment** through the oral cavity, but beyond that, they gain **pleasure through sucking**. The **sexual aim** of early oral activity is to incorporate or receive **the object-choice—the nipple**—into one's body.*

*During the **oral-receptive phase**, infants feel **no ambivalence** toward the pleasurable object and their **needs** are usually **satisfied with minimal frustration**. However, as **they grow**, scheduled feedings, increased time between feedings, and eventual weaning introduce **frustration and anxiety**, accompanied by **ambivalent feelings** toward their **love object** (mother).*

Oral-Sadistic Period: Defense and Development

The Emergence of Teeth

*Infants' defense against the environment is greatly aided by the **emergence of teeth**, marking entry into the **oral-sadistic period**. During this phase, infants respond through biting, cooing, closing their mouth, smiling, and crying.*

*Their **first autoerotic experience** is **thumb sucking**—a **defense against anxiety** that satisfies **sexual but not nutritional** needs.*

Adult Manifestations

*As children grow, the mouth continues as an erogenous zone. By **adulthood**, **oral needs** can be gratified through:*

- *Sucking candy or chewing gum*
- *Biting pencils or overeating*
- *Smoking cigarettes, pipes, cigars*
- *Making biting, sarcastic remarks*



The Anal Phase: Control and Character

The *aggressive drive* reaches fuller development during the second year when the *anus* emerges as a *sexually pleasurable* zone. This *sadistic-anal phase* is characterized by *satisfaction* gained through *aggressive behavior* and the *excretory function*.

The *phase* divides into two subphases:

- During the *early anal* period, children receive satisfaction by *destroying or losing objects*, with the destructive nature of the *sadistic drive* stronger than the *erotic*.
- In the *late anal* period, children take a friendly *interest toward their feces*, stemming from the *erotic pleasure of defecating*. They may present their feces to parents as a valued prize.

Formation of the Anal Character

Parental Response Shapes Personality

If children's "gift" is accepted and praised, they likely grow into generous and magnanimous (unselfish) adults. If rejected punitively, they may withhold feces until pressure becomes painful and erotically stimulating.

The Anal Triad

Children overly resistant to toilet training may develop the anal character—receiving erotic satisfaction by keeping and possessing objects and arranging them in an excessively neat and orderly fashion.

Adult Characteristics

Anal eroticism transforms into orderliness, stinginess, and obstinacy that typifies the adult anal character. For girls, anal eroticism can carry over into penis envy during the phallic stage.

The Phallic Phase: Gender Divergence Begins



*At approximately 3-4 years of age, children begin the **phallic phase**, when the **genital area** becomes the leading **erogenous zone**.*

*This stage marks the **first dichotomy between male and female** development—a **distinction** Freud believed was due to **anatomical differences** between the sexes.*

*Freud took Napoleon's remark "History is destiny" and changed it to "**Anatomy is destiny**," underscoring his belief that **physical differences** between males and females **account for** many important **psychological differences**.*

Masturbation, which **originated** during the **oral stage**, now enters **a second**, more crucial **phase**.

An infant finds comfort in sucking a pacifier or thumb — this is an **early form of self-stimulation**.

Freud believed this **oral activity** was the **first primitive form of masturbation** — not sexual in the adult sense, but still related to pleasure derived from one's own body.

While nearly **universal during the phallic stage**, **parental suppression** typically leads children to **repress their conscious desire to masturbate** by the time this period ends.

The child learns to **suppress the desire consciously** — the **impulse doesn't disappear** but **becomes unconscious**, shaping later attitudes toward sexuality.

The Male Oedipus Complex



*Preceding the phallic stage, an infant boy forms an **identification with his father**—he wants to be his father. Later he develops **a sexual desire for his mother**—he wants to have his mother. These wishes coexist until the boy recognizes their inconsistency, then gives up identification with his father and retains the stronger feeling: the **desire to have his mother**.*

*The boy now sees his **father as a rival** for his mother's love, desiring to do away with his father and possess his mother sexually. This condition is the simple male Oedipus complex, named after the Greek tragedy in which Oedipus, King of Thebes, is destined by fate to kill his father and marry his mother.*

The Complete Oedipus Complex

Bisexual Nature Complicates Development

*Before entering the Oedipus stage, a young boy develops some **feminine disposition**. During the Oedipal period, his feminine nature may lead him to display affection toward his father and hostility toward his mother, while his **masculine tendency** disposes him toward hostility for father and lust for mother.*

Ambivalence and Coexistence

*During this ambivalent condition—the complete Oedipus complex—**affection and hostility coexist** because one or both feelings may be unconscious. These feelings of ambivalence play a crucial role in the evolution of the castration complex.*

PS: Freud believed that every human being begins life with both **masculine and feminine traits** — what he called our **bisexual nature**. This doesn't necessarily refer to sexual orientation, but to the **psychological presence of both** masculine and feminine tendencies in everyone.

Castration Anxiety: The Greatest Shock

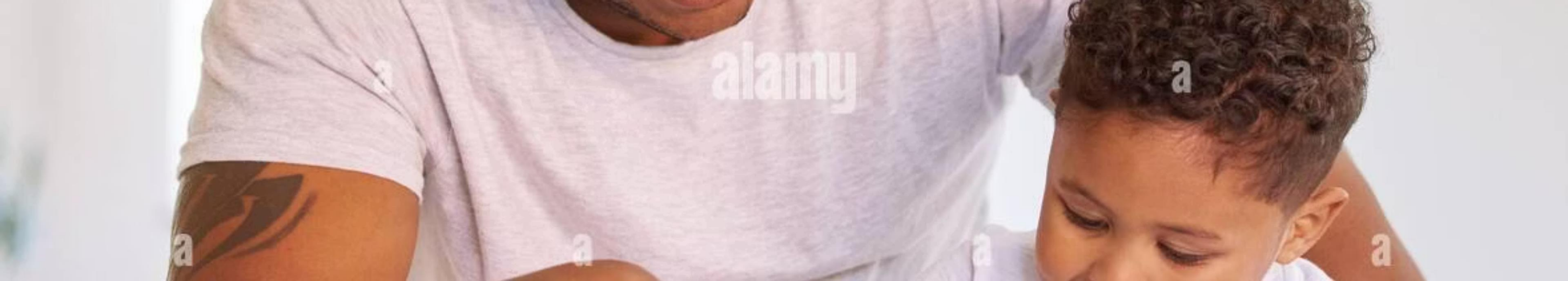
*For boys, the castration complex takes the form of **castration anxiety**—the fear of losing the penis. This complex begins after a young boy, who assumed all people have genitals like his own, becomes aware of the absence of a penis in girls. This awareness becomes the **greatest emotional shock** of his life.*

*After mental struggle and denial attempts, the boy concludes that the girl has had her penis **cut off as punishment for masturbation or seduction**. The threat of castration becomes a dreaded possibility that cannot long be tolerated, forcing the boy to repress his impulses toward sexual activity, including fantasies of seducing his mother.*

Phylogenetic Endowment

*Freud believed castration anxiety was **universal in boys**, even those not personally threatened. Any mention of injury to the penis activates the child's phylogenetic endowment—inherited experiences of ancestors—filling gaps in individual experience.*

*(Freud thought that every boy fears castration, not because he's actually been threatened, but because **this fear is wired into the human psyche — inherited from the earliest humans**. Even a simple story or warning about injury can awaken this deep, unconscious fear that has been passed down for generations.)*



Resolution and Superego Formation

*Once the **Oedipus complex** is dissolved or repressed, the boy surrenders his incestuous desires, changes them into feelings of tender love, and begins to **develop a primitive superego**. He may identify with either parent, depending on the strength of his feminine disposition, but normally identification is with the father.*

*This identification **differs from pre-Oedipal identification**. The boy no longer wants to be his father; instead, he uses his **father as a model** for determining right and wrong behavior. He **introjects** or incorporates his **father's authority into his own ego**, thereby **sowing the seeds of a mature superego** that takes over his father's **prohibitions against incest** and ensures continued repression of the Oedipus complex.*

The Female Oedipus Complex: A More Complicated Path



Penis Envy: A Powerful Force



Penis envy is a **powerful force** in the formation of **girls' personality**. Unlike castration anxiety in boys, which is quickly repressed, penis envy **may last for years** in various forms.

The desire for sexual intercourse with the father and accompanying hostility for the mother constitute the simple female Oedipus complex. Freud objected to the term "**Electra complex**" because it suggests a direct parallel between male and female development—a parallel he believed does not exist.

Three Paths of Female Development

Path One: Sexual Renunciation (surrender)

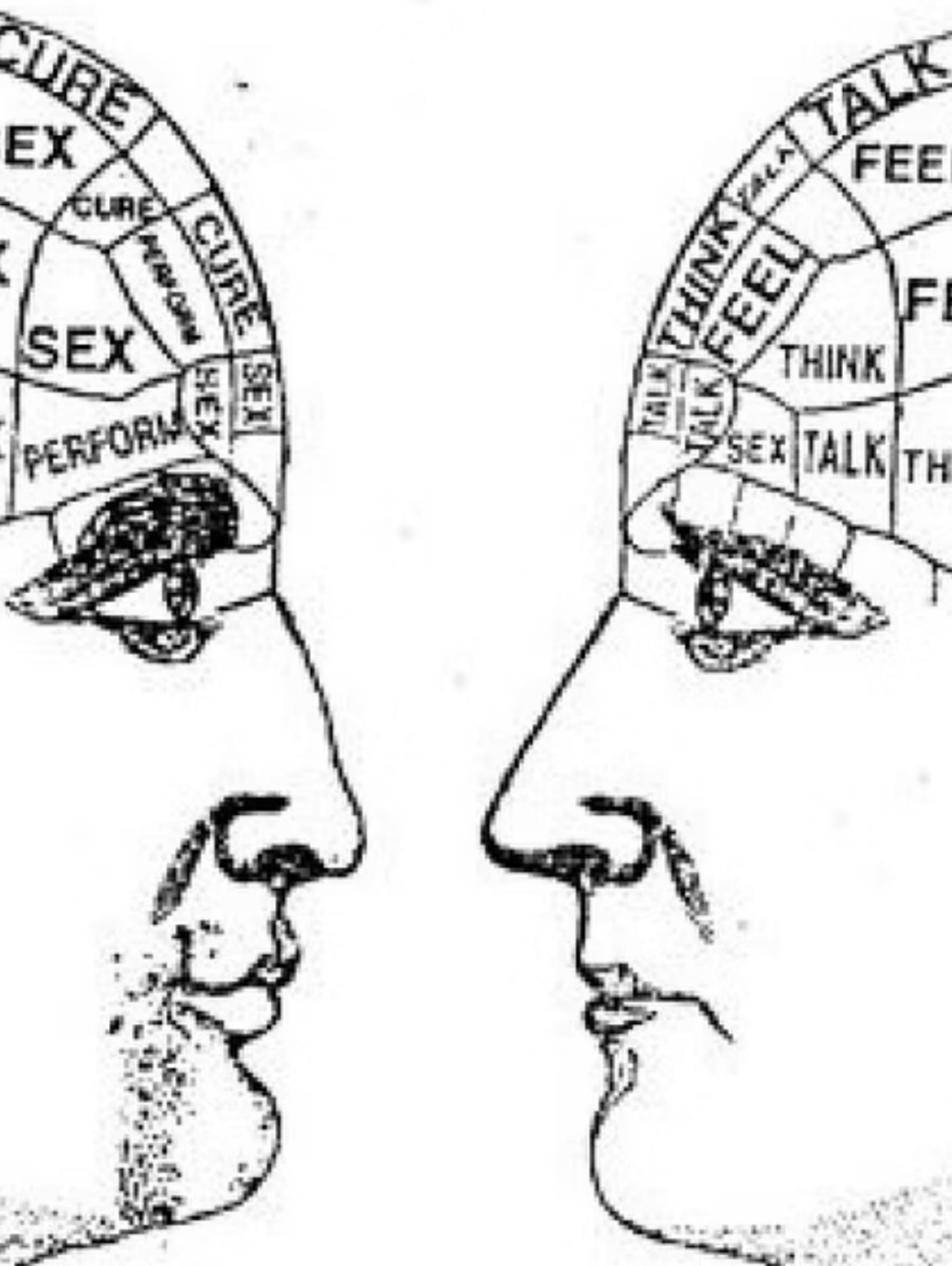
*When pre-Oedipal girls acknowledge their castration and recognize their inferiority to boys, they may give up their sexuality—**both feminine and masculine dispositions**—and develop intense hostility toward their mother.*

Path Two: Defiant Masculinity

*Girls may cling defiantly to their masculinity, hoping for a penis and **fantasizing about being a man**, refusing to accept their anatomical reality.*

Path Three: Normal Development

*Girls may develop normally by taking their **father as a sexual choice** and undergoing the simple Oedipus complex. A girl's choice is influenced by her inherent bisexuality and the degree of masculinity developed during the pre-Oedipal period.*



Key Differences: Male vs. Female Development

1

Castration Complex Form

For girls, the castration complex takes the form of penis envy—not castration anxiety

2

Sequence Reversal

Penis envy precedes the female Oedipus complex, whereas for boys the opposite is true—castration anxiety follows the male Oedipus complex

3

Absence of Trauma

Because penis envy precedes the female Oedipus complex, little girls do not experience a traumatic event comparable to boys' castration anxiety

4

Incomplete Resolution

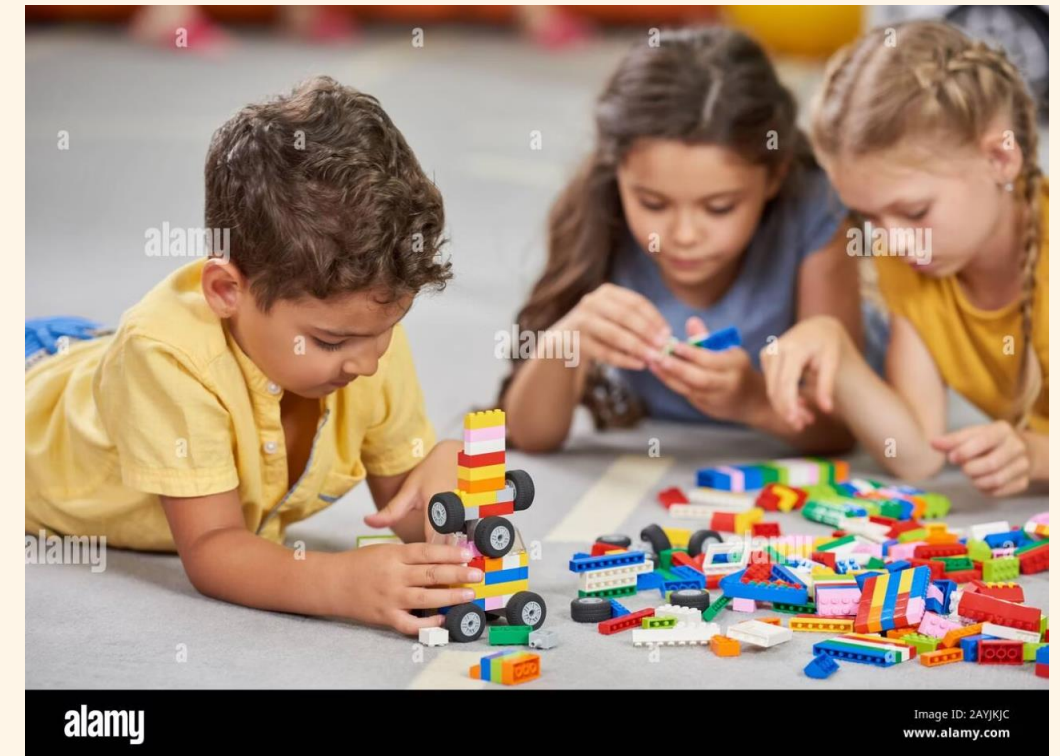
Without traumatic shock, the female Oedipus complex is more slowly and less completely dissolved than the male Oedipus complex, resulting in a weaker, more flexible superego

Aspect	Boys	Girls
Initial Situation	Boy feels affection for mother and rivalry toward father — wants to possess mother and replace father.	Girl initially attached to mother but later turns affection toward father after discovering anatomical difference (penis envy).
Main Emotional Conflict	Desire for mother clashes with fear of father (rivalry).	Desire for father clashes with love and identification toward mother.
Triggering Emotion	Castration anxiety: boy fears father will punish (castrate) him for desiring mother.	Penis envy: girl feels deprived of penis and blames mother for it.
Defense Mechanism	Repression of incestuous desire and hostility toward father.	Repression of desire for father and hostility toward mother.
Resolution Process	Fear of castration leads boy to give up mother as love object and identify with father (the rival).	Realization that she cannot replace mother leads girl to identify with mother and adopt her feminine role.
Identification	Identifies with father → internalizes his authority, values, and gender role.	Identifies with mother → internalizes her traits, values, and feminine role.
Outcome (Superego Formation)	Strong superego formed through fear and guilt.	Superego formed through affection and gradual identification (Freud thought weaker than boys’).
Adult Implications (if well resolved)	Mature masculine identity, balanced conscience, capacity for love and authority.	Mature feminine identity, empathy, capacity for nurturance and heterosexual love.
If Unresolved	Guilt, anxiety, unresolved rivalry with authority figures, fixation on mother type.	Guilt, unresolved competition with other women, fixation on father figures.

The Latency Period: Dormant Development

*From the 4th or 5th year until puberty, both boys and girls usually go through a **period of dormant psychosexual development**. This latency stage is brought about partly by **parents' attempts to punish or discourage sexual activity** in their young children. If parental suppression is **successful**, children **repress** their sexual drive and **direct psychic energy toward** school, friendships, hobbies, and **other nonsexual activities**.*

*The latency stage may also have **roots in our phylogenetic endowment**. Freud suggested that early in human development, **powerful fathers reserved all sexual relationships** to themselves. When **sons** eventually overthrew and **killed their father**, they established prohibitions against patricide and incest. After **repetition over many generations**, this became an **active though unconscious force** in individual psychosexual development.*



The Genital Period: Reawakening and Maturation

Freud saw **sexuality** as **diphasic** because it has: An **early phase in childhood** (the infantile sexual period) — where the child's pleasure is self-focused and fragmented. A **later phase in adolescence** (the genital period) — where these earlier drives come back, merge, and are now aimed at other people.

Puberty signals a reawakening of the sexual aim and the beginning of the genital period. During puberty, the diphasic sexual life enters a second stage with basic differences from the infantile period.

1 Outward Direction

Adolescents give up autoeroticism and direct their sexual energy toward another person instead of toward themselves

3 Vaginal Status

The vagina finally obtains the same status for girls that the penis had during infancy; boys now see the female organ as a sought-after object rather than a source of trauma

2 Reproductive Capacity

Reproduction is now possible, fundamentally changing the nature of sexuality

4 Drive Organization

The entire sexual drive takes on a more complete organization, with component drives that operated independently during infancy gaining synthesis during adolescence. (During infancy, pleasure is scattered — babies and young children get satisfaction from different body zones (mouth, anus, genitals), each independent of the others. During adolescence, these bits of pleasure merge into a single, integrated system of sexual desire that is focused on love and reproduction, rather than just individual bodily satisfaction.)

Continuity and Change in Sexual Development

Major Distinctions

*The synthesis of Eros, elevated status of the vagina, reproductive capacity, and ability to direct libido outward represent the **major distinctions between infantile and adult sexuality**.*

*These transformations mark a **fundamental reorganization of psychosexual life**, with the **genitals attaining supremacy** as an erogenous zone while **other** pleasure-producing areas take an **auxiliary position**.*

Persistent Elements

*In several ways, however, **Eros remains unchanged**. It may continue to be repressed, sublimated, or expressed in masturbation or other sexual acts.*

*The **subordinated erogenous zones** continue as **vehicles of erotic pleasure**. The mouth, for example, retains many infantile activities—discontinuing thumb sucking but adding smoking or prolonged kissing.*

Psychological Maturity: The Ideal Endpoint

*The genital period begins at puberty and **continues throughout life**, attained by everyone who reaches **physical maturity**. Beyond this, Freud alluded to but never fully conceptualized a period of psychological maturity—a stage attained after passing through earlier developmental periods in an ideal manner. Unfortunately, **psychological maturity seldom happens**, because people have too many opportunities to **develop pathological disorders or neurotic predispositions**.*



Balanced Mind Structure

Ego controls id and superego while allowing reasonable desires and demands. Id impulses expressed honestly with no shame or guilt



Expanded Consciousness

*Consciousness plays a more important role, with **minimal need to repress sexual and aggressive urges**. Repressions emerge as **sublimations** rather than neurotic symptoms*



Mature Love Capacity

*Oedipus complex completely **dissolved**, libido released to search for both tender and sensual love. **Psychic energy under control**, ego functioning in an ever-expanding world of consciousness*

Dream Analysis

Unlocking the Unconscious Mind



Freud's consulting room.
Prisma by Dukas Presseagentur GmbH/Alamy Stock Photo

Freud's revolutionary approach to understanding the hidden meanings behind our dreams and everyday slips reveals the powerful influence of unconscious wishes on our conscious lives.

The Architecture of Dreams

Manifest Content

The surface meaning or conscious description given by the dreamer. This is what we remember when we wake up—the storyline and images that seem obvious.

*Often relates to **experiences from the previous day** and has **little psychoanalytic significance** on its own.*

Latent Content

*The unconscious material and true psychological meaning hidden **beneath the surface**. This is where the **real wish fulfillment** resides.*

*Only **dream interpretation** can **uncover** these deeper wishes, which typically **trace back to childhood experiences**.*



<https://ehyde.wordpress.com/2017/10/03/using-dreams-in-therapy-comparing-freud-jung-and-perls/>

Dreams as Wish Fulfillments

Freud's basic assumption was that nearly *all dreams are wish fulfillments*. *Some* wishes are **obvious** and expressed through **manifest content**, like dreaming of eating when hungry. *Most* wish fulfillments, however, hide in the **latent content**.



Obvious Wishes

Direct fulfillment through manifest content—going to sleep hungry and dreaming of delicious food.



Hidden Wishes

Expressed in latent content, requiring interpretation to uncover the true desire.



The Exception

Traumatic dreams follow repetition compulsion rather than wish fulfillment, common in PTSD patients.



The Guardians of Consciousness

Dreams are formed in the unconscious but must slip past censors to reach consciousness. Even during sleep, these guardians maintain their vigil (watch), forcing unconscious material to adopt a disguised form.



Unconscious Formation

Dreams originate in the unconscious mind with raw, unfiltered wishes.



Primary Censor

First line of defense transforms threatening content into acceptable forms.



Final Censor

Last checkpoint before material enters conscious awareness.



Conscious Recall

Disguised dream emerges in manifest form that can be remembered.



The Dream Work: Condensation & Displacement

Condensation

*The manifest dream content is **not as extensive as the latent** level, indicating that unconscious material has been **abbreviated or condensed before** appearing on the manifest level.*

*Multiple unconscious ideas merge into single dream images, creating **compact symbolic representations**.*

Displacement

*The dream image is replaced by **some other idea** only remotely related to it. **Emotional intensity shifts** from important to trivial elements.*

*This allows **threatening content** to appear in **harmless disguise**, protecting the dreamer from **anxiety**.*

Universal Dream Symbols

Certain images are almost universally represented by seemingly innocuous (harmless) figures. Freud identified common symbols that appear across cultures and individuals.



Phallic Symbols

*Elongated (long) objects such as sticks, snakes, or knives represent **male sexuality** in disguised form.*



Feminine Symbols

*Small boxes, chests, or ovens often appear as representations of the **vagina**.*



Parental Figures

*Parents appear in the form of **authority figures** like presidents, teachers, or bosses.*



Castration Anxiety

*Expressed through dreams of **growing bald**, losing teeth, or any act of cutting.*

The Deception of Affect

*Dreams can deceive the dreamer by inhibiting or reversing emotional responses. What we feel in the dream may be the **opposite of our true unconscious feelings**.*

Inhibited Affect

A man with homicidal feelings for his father may dream of his father's death but feel neither joy nor sorrow—his affect is inhibited.

Reversed Affect

*A woman who unconsciously hates her mother may dream of her death but experience the **unconscious joy and hatred as sorrow and love** during the manifest dream.*



The Royal Road to the Unconscious

Dream Interpretation Methods

*Freud believed **dream interpretation** was the most reliable approach to studying unconscious processes. He employed two primary methods to uncover latent content.*

01

Free Association Method

*Ask patients to relate their dream and all associations to it, **no matter how unrelated or illogical**. These associations reveal the **unconscious wish behind the dream**.*

02

Dream Symbols Method

*When the dreamer **cannot relate association material**, use **universal dream symbols** to discover unconscious elements underlying the manifest content.*

*"**Dream interpretation** is the royal road to knowledge of the unconscious."*

Three Typical Anxiety Dreams

*Anxiety dreams offer no contradiction to the rule that dreams are wish fulfillments. The **anxiety** belongs to the preconscious system, while the **wish** belongs to the unconscious.*

Embarrassment Dream of Nakedness

*The dreamer feels shame at being naked before indifferent strangers. Originates from **childhood experiences** of being naked **before disapproving adults**.*

- *Fulfills wish that **adults refrain from scolding***
- *Fulfills **repressed wish to exhibit oneself***

Death of a Beloved Person

*Dreams of a **younger person's death** express **childhood rivalry wishes**. Dreams of a **parent's death** fulfill **Oedipal wishes** from childhood.*

- *Affect is often **reversed to sorrow***
- *Traces back to **infantile desires***

Failing an Examination

*Dreamer always dreams of **failing an already-passed exam** when anticipating **a difficult task**. The ego reasons: "I passed before, I'll pass again."*

- *Fulfills wish to be **free from worry***
- ***Never** involves **actually failed exams***

The Clever Woman's Challenge

One woman who despised her mother-in-law told Freud she dreamed of her coming for a visit. She challenged him: "Where was the wish?"

- ❏ **Freud's Brilliant Response:** *The woman was aware of Freud's belief that a wish lies behind every nontraumatic dream. By dreaming of spending time with a hated mother-in-law, she fulfilled her wish to spite Freud and disprove his wish fulfillment hypothesis!*

*This example demonstrates Freud's creativity in finding **wish fulfillments** even in **seemingly contradictory dreams**. The unconscious finds ingenious (brilliant) ways to express desires, even the desire to prove a theory wrong.*



1. The Core Idea: Dreams Are Disguised Wish Fulfillments

Freud said every dream begins **with a wish in the unconscious** — something we desire but often cannot admit to ourselves (because it might be unacceptable, embarrassing, or socially forbidden). To protect our waking mind, the dream-producing system **transforms this hidden wish into a safe, disguised version** we can tolerate while sleeping. That transformation happens **through dream work** — the mental mechanisms that distort the original wish into the dream we actually remember.

2. Dream Distortion (The Work of the Unconscious)

Dream distortion is the process that masks the true meaning of a dream. In *the mother-in-law dream*, the woman's unconscious used **reversal and displacement**: her defiant wish (to disprove Freud) was **disguised** as an innocent-looking dream about a visit.

3. Secondary Revision (Making the Dream "Make Sense")

After the dream's raw, symbolic content emerges, **the ego steps in** during or just after sleep to "tidy it up." This process is called **secondary revision** — it smooths out the dream's chaotic or nonsensical parts into a story that feels coherent when we wake up. The **unconscious produces** a jumble of symbols. The **ego edits** it into a "logical" narrative (like a short film), so the sleeper can remember it without feeling disturbed. In the example: The dreamer's mind turned an abstract feeling of rebellion ("I'll prove him wrong") into a simple scene — "My mother-in-law is coming to visit." It looks ordinary, but it **conceals deeper defiance**.

4. Why the Dream Seems Contradictory

Because of these **two processes**: **Dream distortion hides** the wish. **Secondary revision reshapes** the dream into something believable. The final dream can look like the opposite of the original desire. That's why Freud said: "*A dream is the disguised fulfillment of a repressed wish.*" So, even a dream that feels unpleasant or absurd may **still fulfill a wish** — just in disguise.

In the Mother-in-Law Example:

Latent wish (hidden): "I want to prove Freud's theory wrong."

Dream work: Reverses and disguises this wish → turns it into a dream about the mother-in-law's visit.

Manifest dream (surface): "My mother-in-law came to visit."

Freud's interpretation: Even here, the **wish is fulfilled** — she got to challenge Freud.

Summary: The Dream Process

Latent Content Formation

Dreams form in the unconscious, usually tracing back to childhood experiences and wishes.

1

2

Dream Work Transformation

Condensation, displacement, and inhibition of affect disguise threatening material.

3

Manifest Content Emerges

Disguised dream appears in conscious recall, often relating to previous day's experiences.

4

Interpretation Reveals Truth

Tracing dream work backward through associations and symbols uncovers unconscious wishes.

Freudian Slips: Parapraxes

When Accidents Aren't Accidents

*Freud believed that everyday slips of the tongue or pen, misreading, incorrect hearing, misplacing objects, and temporarily forgetting names are **not chance accidents but reveal unconscious intentions.***

*In German, Freud used Fehlleistung or "**faulty function.**" His translator James Strachey invented the term **parapraxes** to refer to what many now call "**Freudian slips.**"*



Elijah H. Woods (Podcast on Spotify)

The Meaning Behind the Slip

*"They are not chance events but **serious mental acts**; they have a sense; they arise from the **concurrent actions**—or perhaps rather, the **mutually opposing action**—of **two different intentions**."*

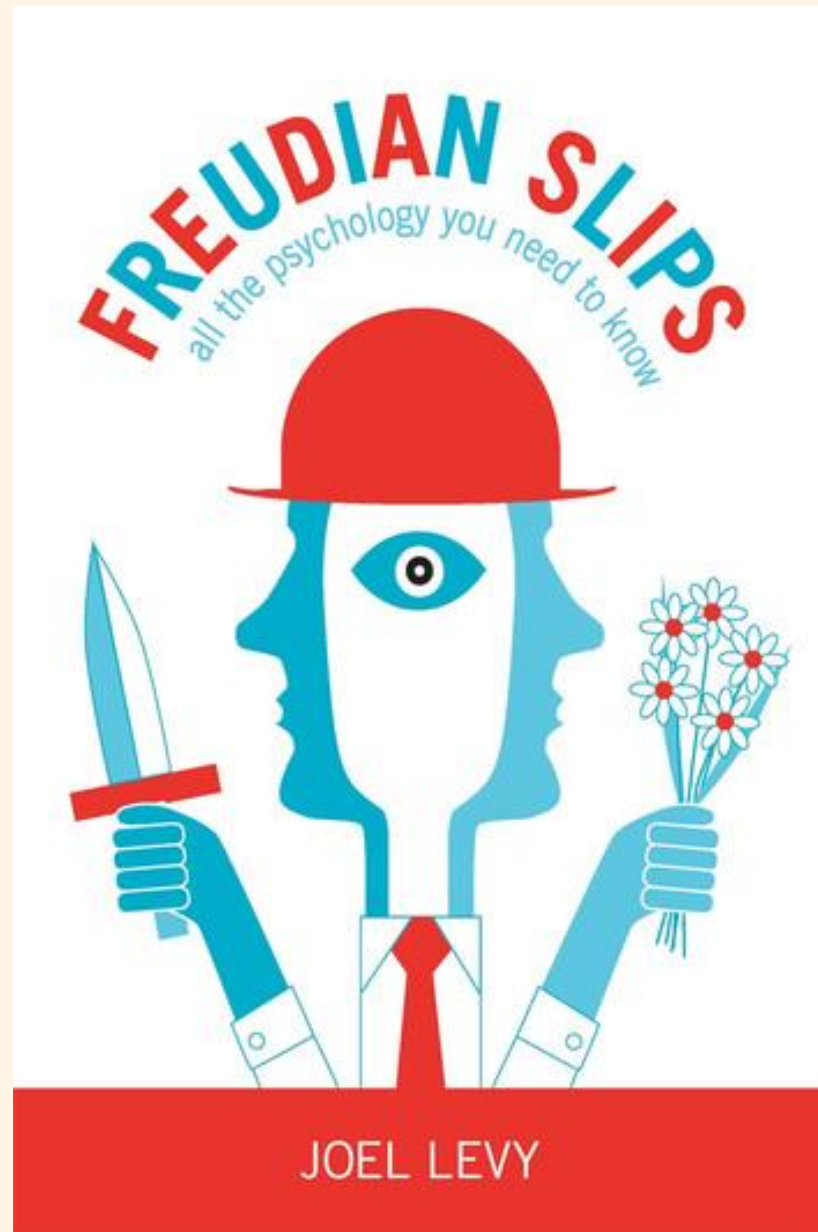
Unconscious Intention

*The dominant force that **interferes with and replaces the preconscious intention**. This reveals the person's **true purpose**.*

- *Unconscious slips are **similar to dreams**—they are **products of both the unconscious and preconscious**, with the **unconscious intention being dominant**.*
- *The fact that **people strongly deny** meaning behind their parapraxes was seen by Freud as evidence that **the slip had relevance to unconscious images that must remain hidden**.*

Preconscious Intention

*The **weaker, conscious plan** that **replaced by the stronger unconscious desire**.*



Classic Examples of Parapraxes

The Six-Pack Slip

A young man walked into a convenience store, became attracted to the female clerk, and asked for a "sex-pack of beer" instead of a six-pack. He strongly protested his innocence when accused of improper behavior.

Freud's Cigar Incident

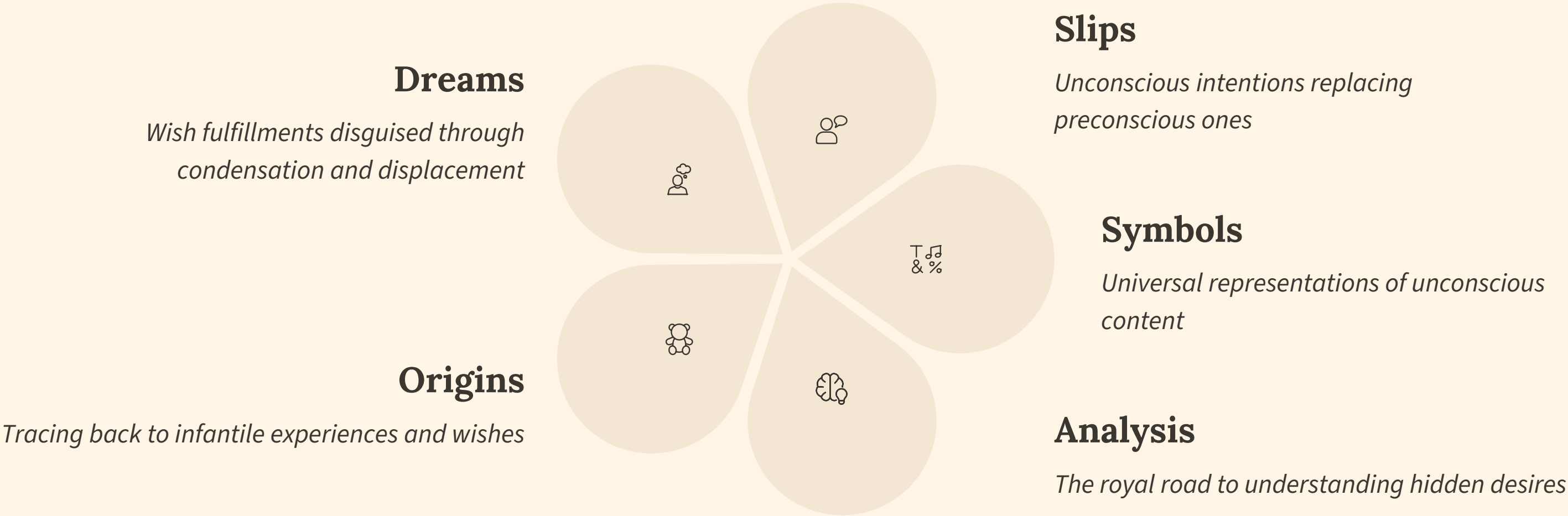
After worrying about monetary matters, Freud visited his usual tobacco store, picked up his cigars, and left without paying. He attributed his neglect to earlier thoughts about budgetary issues.

(The "forgetting" expresses an unconscious wish not to spend money)

*These examples demonstrate how **unconscious preoccupations**—attraction, financial worry—**override conscious intentions**, revealing our true mental state.*

The Unconscious Revealed

Both dreams and Freudian slips serve as windows into the unconscious mind. They share a common mechanism: unconscious wishes and intentions breaking through into conscious awareness, though in disguised or unexpected forms.



Freud's insights into dreams and parapraxes revolutionized our understanding of the human psyche, revealing that our unconscious mind continuously influences our thoughts, behaviors, and experiences in ways we rarely recognize.