



**ÇAĞ UNIVERSITY
FACULTY of ARTS &
SCIENCES
PSYCHOLOGY DEPARTMENT
PSY 313 FUNDAMENTAL
CONCEPTS IN
PSYCHOANALYTIC THEORY
COURSE
WEEK 10**

EGO PSYCHOLOGY & DEVELOPMENTAL EGO PSYCHOLOGY

Heinz Hartmann: The Turn Toward Adaptation

Explore the innovative work of Heinz Hartmann, the father of ego psychology, who expanded psychoanalysis beyond pathology to normal development.





The Father of Ego Psychology

1 Beyond Conflict

Hartmann moved past Freud's focus on conflict to examine broader implications of psychic development.

2 Expanded Focus

He shifted psychoanalysis from studying only pathology to exploring normal human development.

3 Intellectual Discipline

Hartmann transformed psychoanalysis from an isolated treatment method to a broad intellectual field.

A Delicate Balance

Extending Psychoanalysis

Hartmann expanded psychoanalysis to problems outside its original scope.

Preserving Freudian Essence

He maintained what Freudians considered essential to psychoanalytic approach.

Contrast with Sullivan

Unlike Sullivan (Interpersonal Psychoanalysis) who abandoned Freud's drive theory, Hartmann built upon Freud's vision.



Hartmann's Background

Distinguished Family

Born to a renowned Viennese family. His father was a historian and ambassador. His mother was a sculptor.

Rich Cultural Exposure

His home welcomed musicians, philosophers, physicians, and intellectuals from around the world.

Medical Training

Trained as a physician and psychiatrist. Entered analysis with Freud himself in 1934.



Groundbreaking Publication



Milestone Text

"Ego Psychology and the Problem of Adaptation" published in German in 1937.



Theoretical Focus

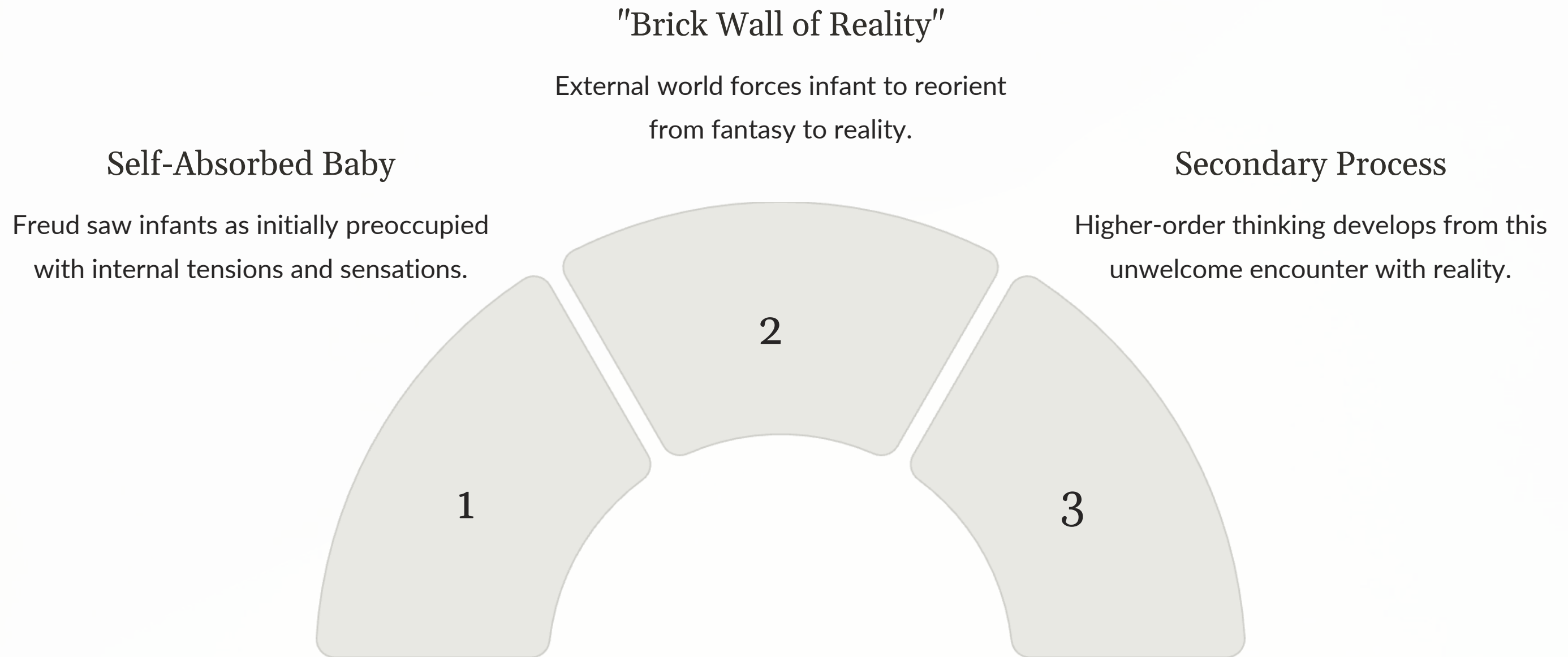
Highly abstract and largely nonclinical in its approach.



Conceptual Framework

Provided foundation for clinical exploration and experimental studies.

Freud's View of Development





Classical Therapeutic Approach

1

Nongratification

Analysts would not answer patients' questions, creating frustration.

2

Interpretive Confrontations

Forcing id-generated fantasies into conscious awareness.

3

Transformation

Exposing fantasies to scrutiny, transforming them into realistic thinking.



Freud's Famous Quote

"Where id was, there ego shall be. It is a work of culture—not unlike the draining of the Zuider Zee."

This metaphor compared psychological development to the Dutch engineering feat of reclaiming land from the sea.

Lake Zuider Zee was dried up during Freud's time and turned into dry land where a residential area was built, an example of the work of culture. This image may offer an illustration of the psychoanalytic drying up of anxiety. Man's increasing immersion in the filthy world confronts him with a drive demand that generates more and more anxiety, comparable to an undrained Zuider Zee. Therefore, we could perhaps paraphrase Freud, saying that, **where anxiety was, there the symptom shall be.**



Hartmann's Radical Challenge

1

Darwinian Inspiration

Like Freud, Hartmann drew from Darwin's theory of evolution.

2

Different Emphasis

Focused on how organisms are designed to be adapted to their surroundings.

3

Reciprocal Relationship

Highlighted the ongoing exchange between organism and environment.

The Adapted Baby

Built-in Ego Potentials

Hartmann envisioned babies born with innate psychological capacities.

"Average Expectable Environment"

These potentials await proper conditions to trigger their growth.

Natural Emergence

Functions emerge naturally in suitable environments, not through conflict.



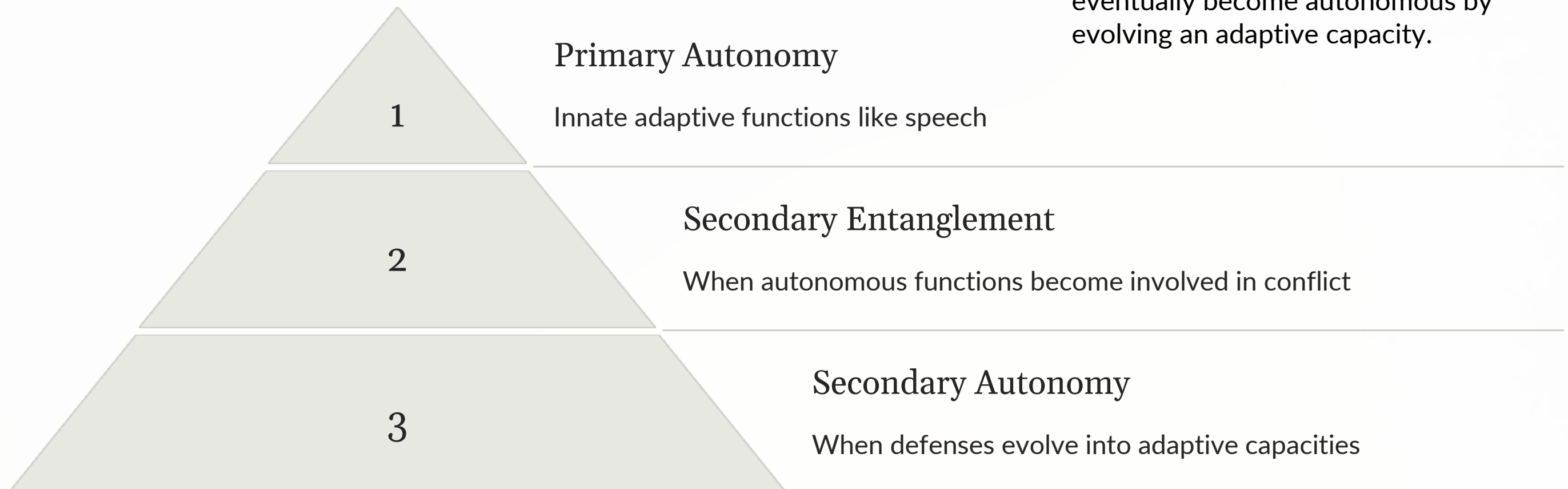
Conflict-Free Ego Capacities



Hartmann identified intrinsic potentials including language, perception, object comprehension, and thinking.

Sorting Ego Operations

He noted that an adaptive apparatus of primary autonomy (speech, for example) could become secondarily entangled in conflict (stuttering). And defenses originally born in conflict could eventually become autonomous by evolving an adaptive capacity.



From Conflict to Adaptation



Reaction Formation

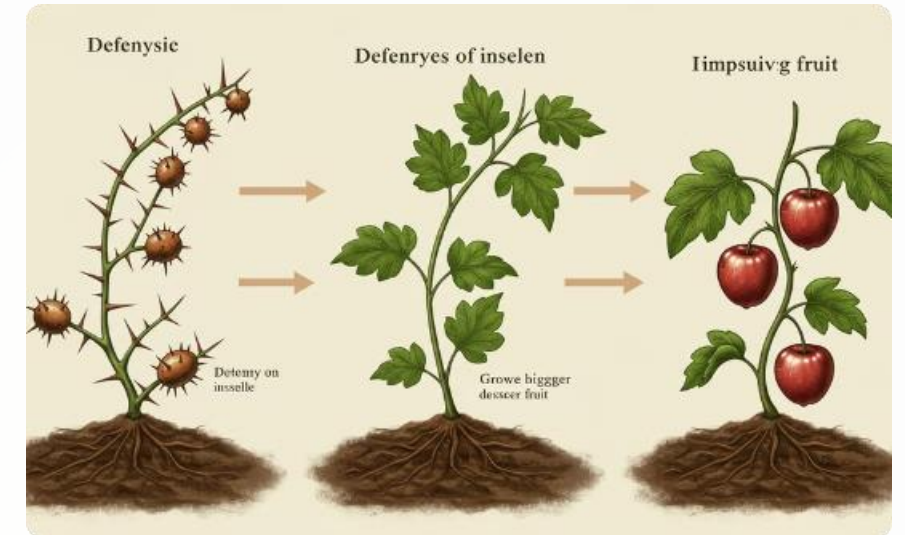
Disgust toward bodily functions transforms into genuine pleasure in cleanliness.

For the analyst to interpret only the defensive aspect ("You intellectualize rather than feel") is to risk leaving the patient with the sense that there is something wrong with his or her capacity to think. Hartmann's precise distinctions offered clinicians greater specificity in pinpointing both conflictual and adaptive aspects of psychic functioning.



Intellectualization

Defense against emotions becomes valuable capacity for abstract thinking.



Secondary Autonomy

Defenses born in conflict graduate into adaptive functions.

The Energy Problem

1

Freud's Energy Source

Mind primarily fueled by libido and aggression

2

Adaptive Functions

What fuels perception and learning?

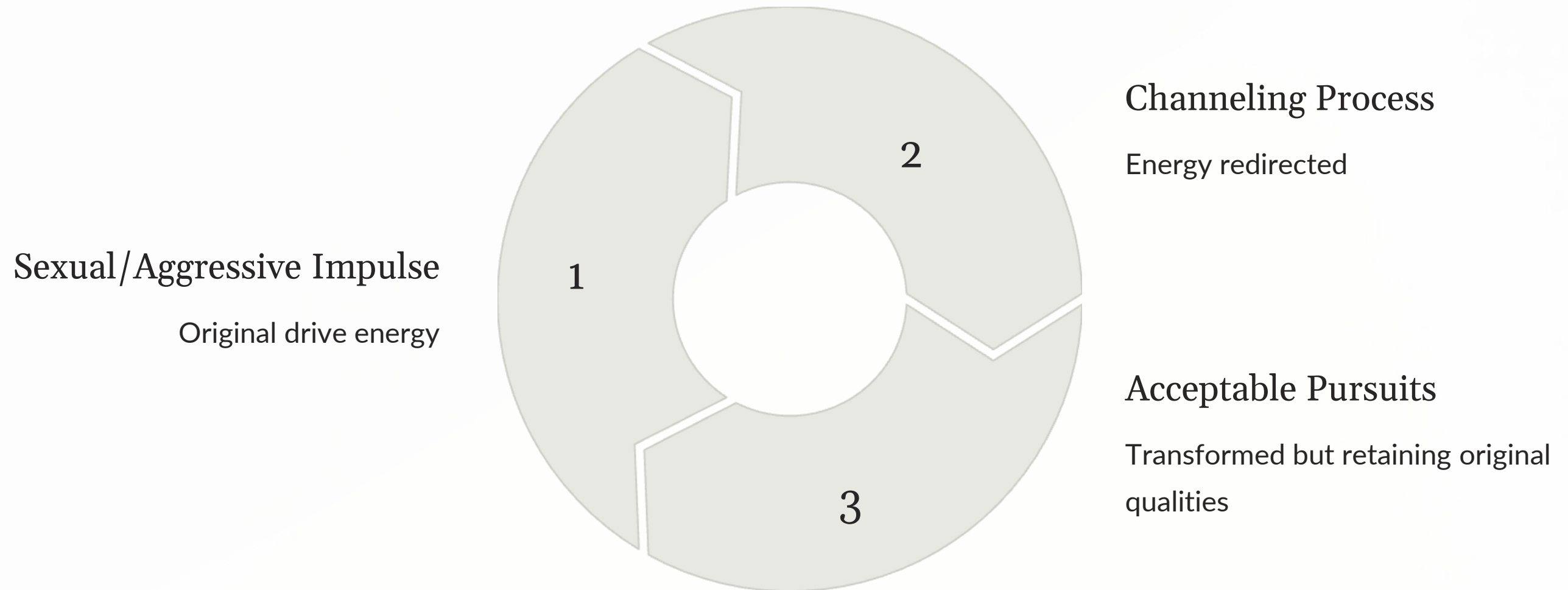
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Need for New Theory

Conflict-free functions require different energy source

Freud's Solution: Sublimation

Freud's solution was the concept of sublimation, a quasi-defensive process that harnesses the power of the sexual impulse and channels it into acceptable, productive pursuits. Thus a voyeuristic fixation was transformed into a talent for photography.



Hartmann's Solution: Neutralization

If the ego's conflict-free functions are truly autonomous, they seem to require an energy without such qualities.

1

Drive Energy

Original sexual and aggressive qualities of drives.

2

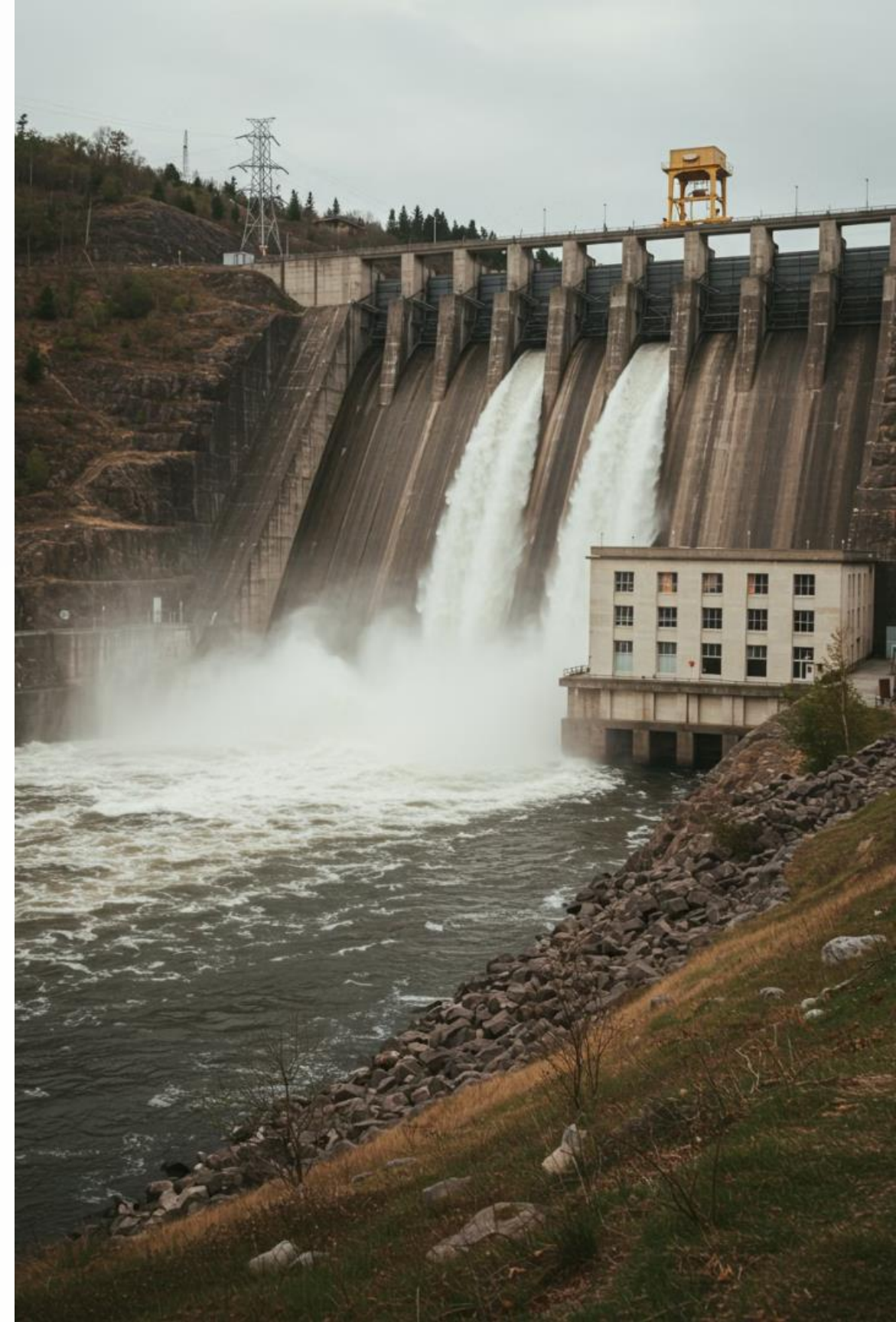
Transformation

Ego strips drives of their original qualities.

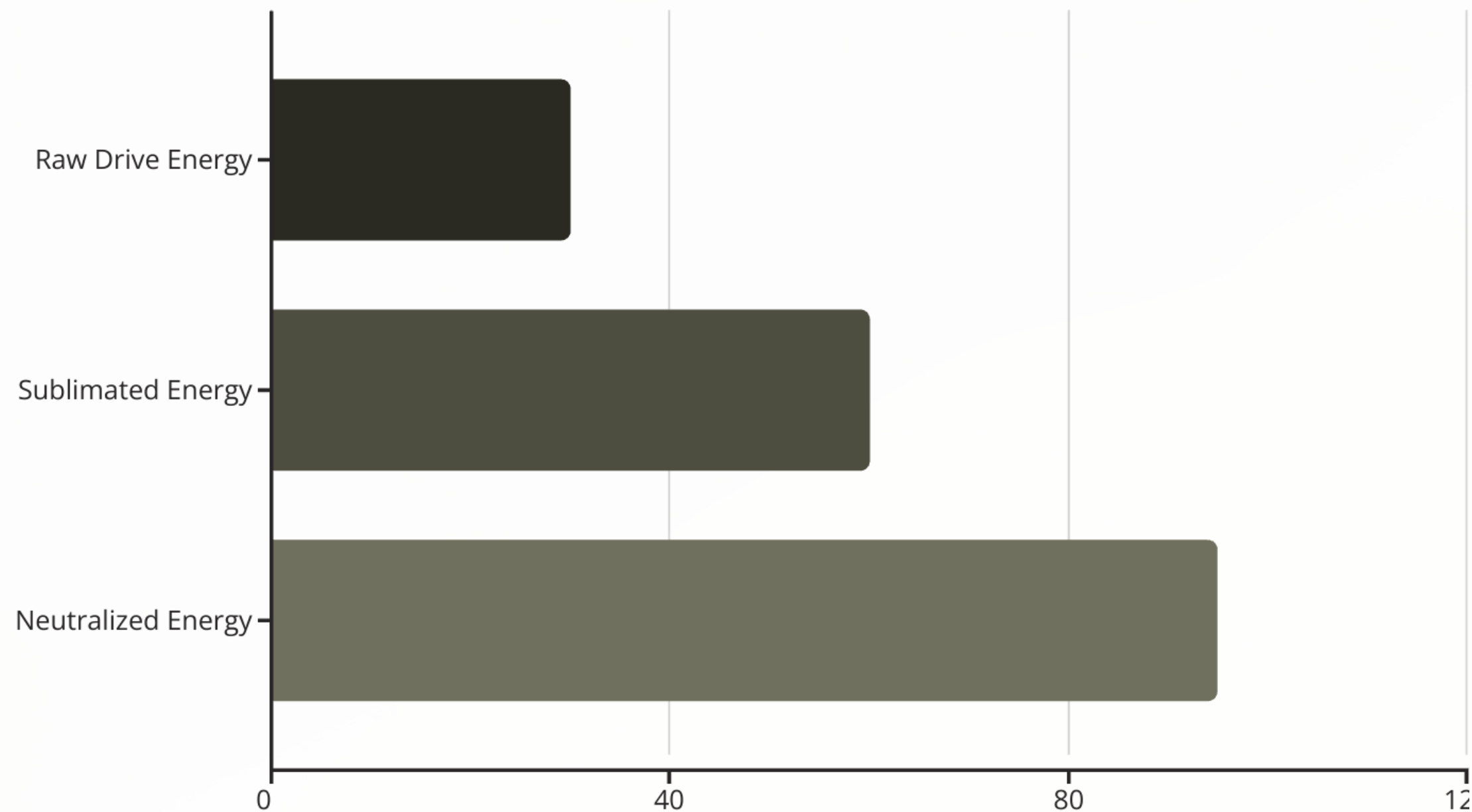
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Neutral Energy

Clean, usable energy for ego functions.



The Hydroelectric Plant Metaphor



Hartmann compared neutralization to a hydroelectric plant transforming a raging, muddy river into clean, usable electrical energy.



New Developmental Questions

What elements are intrinsic to the "average expectable environment"?

What factors in early relationships facilitate drive neutralization?

How does the environment tone down instinctual conflicts?

How is energy made available to fuel non-conflictual activities?

Hartmann's Legacy

- **Biology** (the biological foundations of behavior and functions)
- **Developmental Psychology** (conflict-free ego functions)
- **Anthropology** (culture and the ego)
- **Sociology** (social adaptation)
- **Cognitive Sciences** (perception, memory, executive functions)
- **Philosophy** (the human mind, knowledge, and adaptation)

1

Expanded Scope

Broadened psychoanalysis from pathology to normal development.

2

Theoretical Foundation

Provided framework for subsequent developmental ego psychologists.

3

New Therapeutic Approaches

Inspired treatments focused on repairing structural dimensions of the psyche.

4

Interdisciplinary Bridge

Connected psychoanalysis with broader scientific and intellectual disciplines. "This helped position psychoanalysis not merely as a clinical tool but as a broader intellectual system."

The Evolution of Psychoanalysis



Freud's Foundation

Focus on conflict, drives, and the unconscious. Emphasis on pathology and primitive impulses.



Anna Freud's Contribution

Developed ego defense mechanisms. Focused on the ego's strategies in psychic conflict.



Hartmann's Innovation

Expanded to adaptation and normal development. Introduced conflict-free ego sphere.



Developmental Ego Psychology: Rene Spitz

Rene Spitz's groundbreaking work revealed how emotional connection is essential for human development. His research on institutionalized infants demonstrated that physical care alone is insufficient.

Without nurturing interaction, children became withdrawn, depressed, and developmentally delayed. Many died or suffered permanent impairment.





The Tragedy of Hospitalism

1

Physical Decline

Without emotional nurturing, infants became apathetic and sickly. Their craddles developed holes from their immobility.

2

Developmental Impact

By age four, survivors couldn't sit, stand, walk, or talk. One-third died by their second year.

3

Critical Window

If mothers returned within three months, deterioration reversed. This suggested a crucial early period for attachment.

Beyond Freud's Object Theory

Freud's View

Objects merely served drive reduction.
The mother had no intrinsic value
beyond gratification.

Spitz's Innovation

Having a libidinal object is a
developmental achievement. It reflects
the capacity for selective attachment.

New Understanding

The libidinal object provides essential
human connectedness. All psychological
development occurs within this
relationship.



Psychological Fusion

Undifferentiated State

Spitz described infants as both undifferentiated (internally) and nondifferentiated (with mother). The infant extends the womb's parasitic relationship.

Mother as Environment

The mother, with developed psychical capacities, serves as the environment for the helpless baby.

Auxiliary Ego

She processes overwhelming stimuli, regulates experience, and shields the infant from disorganizing overstimulation.

The Dialogue of Development

1

Preverbal Communication

Mother and infant develop complex interactional patterns. This "dialogue" transforms meaningless stimuli into meaningful signals.

2

Total Sensing System

Through physical contact, body tension, posture, and tone, mother communicates with her baby.

3

Affective Climate

The infant absorbs the sense of the mother's message. Is it safe? Is it good? Is it frightening?

4

Building Meaning

Repetitive patterns gradually build recognizable systems of meaning. This lays groundwork for emerging perceptual capacity.



The Good Mother's Empathy



Empathic Accuracy

The "good" mother divines her infant's needs with near clairvoyant (like a fortune-teller) accuracy. She knows why her baby cries.



Interaction Cycles

Each accurate reading and satisfying intervention becomes another interaction in the cycle of meaning-making.



Memory Formation

Repetitions help the infant sort feeling states into distinguishable categories. This contributes to memory formation.



Organizers of the Psyche

The Social Smile (3 months)

The baby's first social response emerges at three months. Infants smile at faces but show preference for human faces.



Stranger Anxiety (8 months)

The infant recognizes mother's face as distinct. They retreat from strangers, showing awareness of mother's absence.



Mastery of "No" (15 months)

The child's "no" indicates preoedipal identification with mother. It shows enhanced judgment and conceptualization.

The Birth of Attachment

1

Recognition

The infant begins to recognize the mother's face as distinct from others. Memory traces form.

2

Distinction

Stranger anxiety emerges from contrast with internal image of mother. The stranger's presence highlights mother's absence.

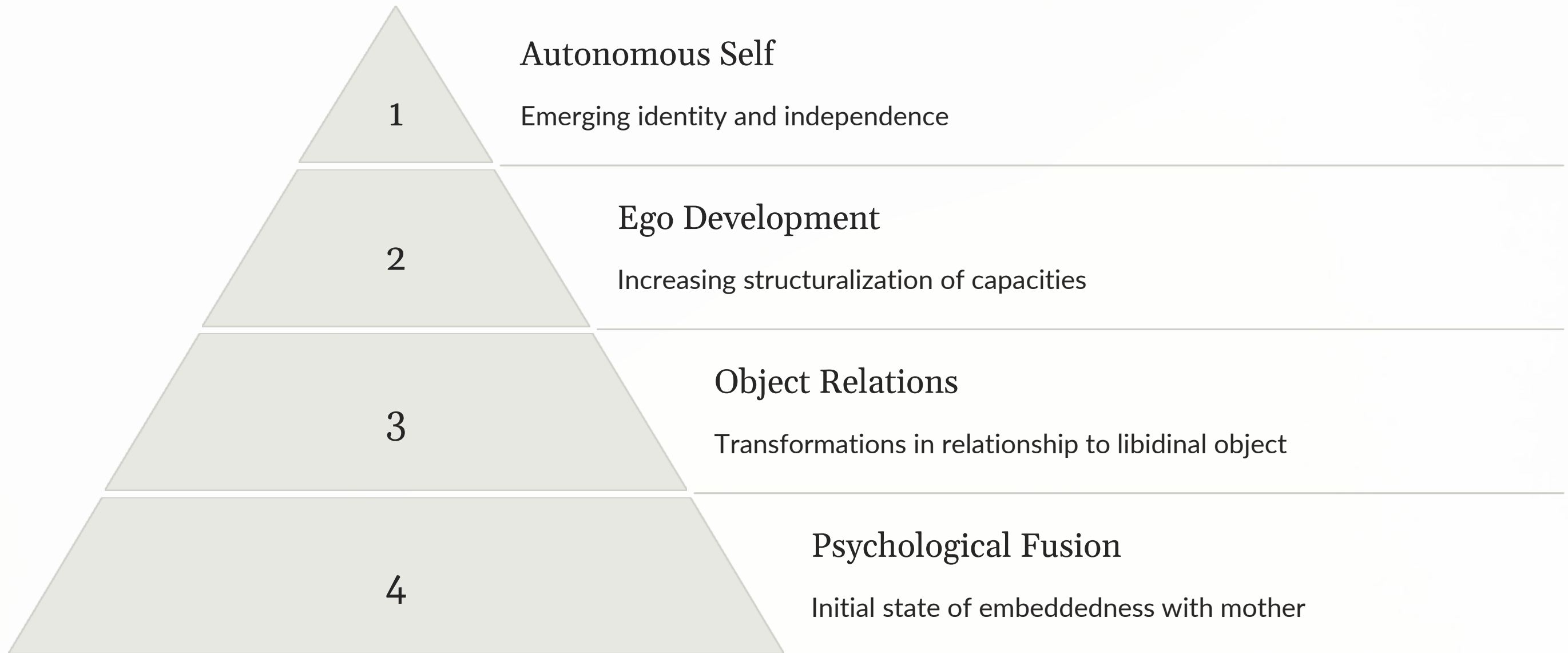
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Attachment

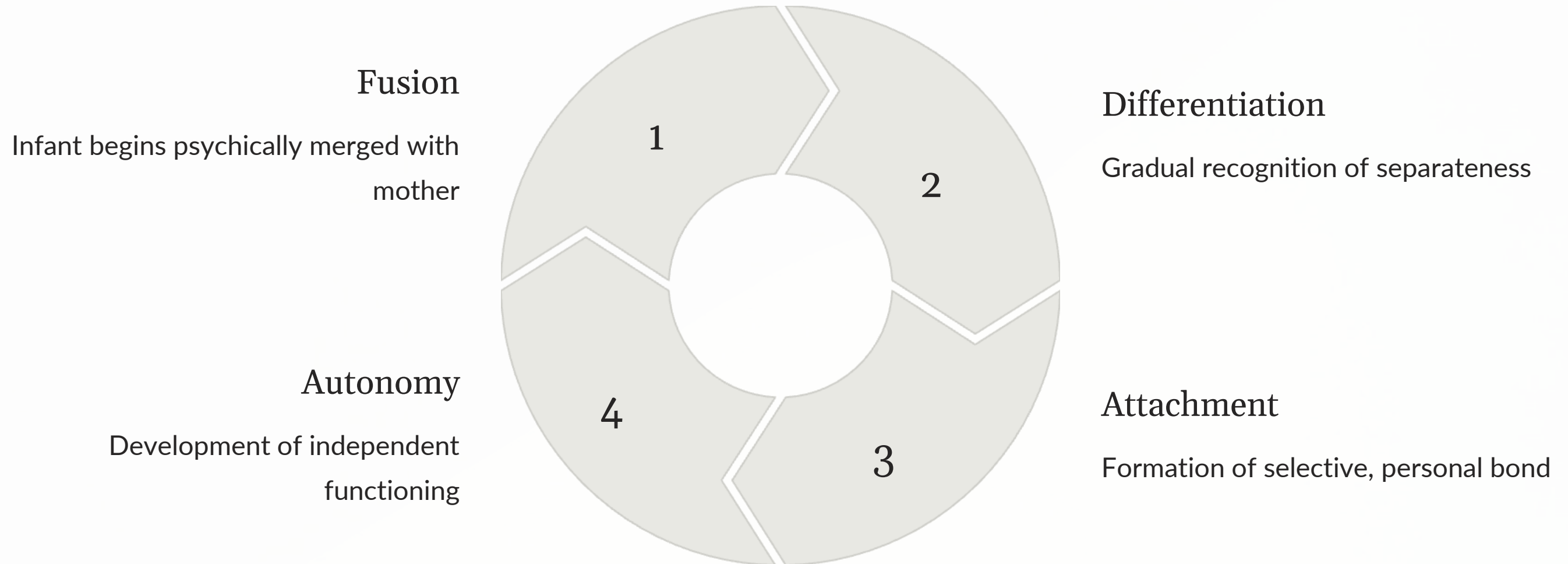
"There is no love until the loved one can be distinguished from all others."



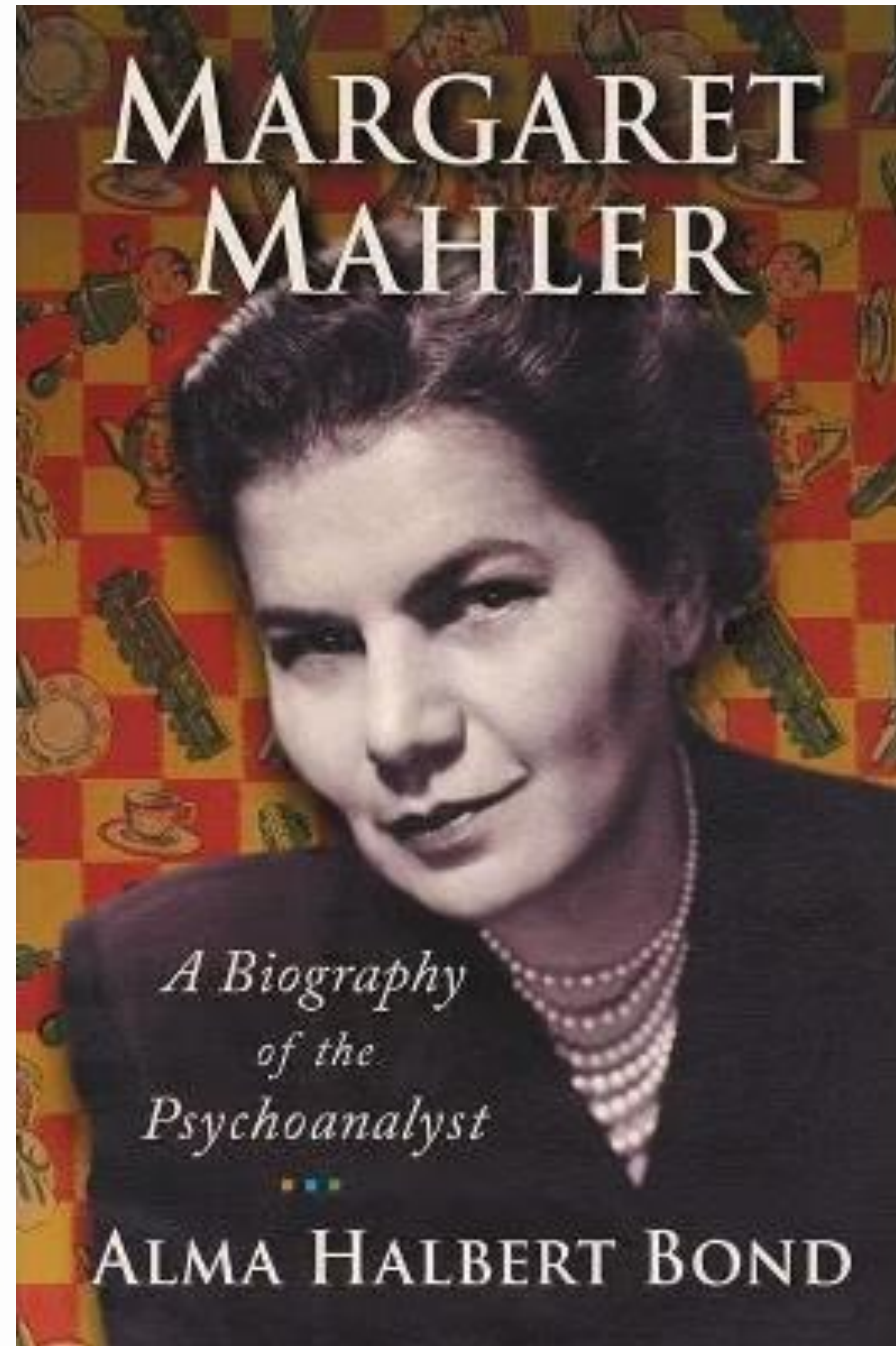
Beyond Drive Theory



The Path to Autonomy



Spitz demonstrated that virtually every aspect of early psychic development is mediated through the maternal environment. This shifted attention to the infant's emergence from psychological embeddedness.



Developmental Ego Psychology: Margaret Mahler's Contributions

Margaret Mahler (1897-1985) was a child analyst and former pediatrician who trained in Vienna before moving to New York.

She expanded on Spitz's framework, exploring normal and abnormal childhood development, particularly in psychotic children.



The Challenge of Psychosis

1 Treatment Barriers

Psychoanalysis struggled with psychosis. Patients needed to regress selectively then return to normal functioning.

2 Theoretical Limitations

Freud's theory suggested psychotics had withdrawn libido into narcissism, leaving nothing to transfer to analysts.

3 Grim Prospects (Dreary Expectation)

"Childhood autism" was more a judgment than a path to understanding.



Case Study: Stanley

Overwhelming Emotions

Six-year-old Stanley alternated between listlessness (fatigue) and frenetic (furious) action. All feelings overwhelmed him.

Perceptual Confusion

He confused images, unable to distinguish between a baby in a cradle and a panda in a cage.

Identity Formation

Mahler saw not self-absorption but a failure in basic self-formation and boundary confusion.

Origins of Symbiotic Dysfunction

1

Physical Trauma

Stanley suffered from an inguinal hernia causing severe, unexpected pain from six months onward.

2

Maternal Detachment

His mother was emotionally unavailable, unable to connect with him during distress.

3

Failed Regulation

She force-fed him during distress, adding to his experience of unprocessable stimulation.



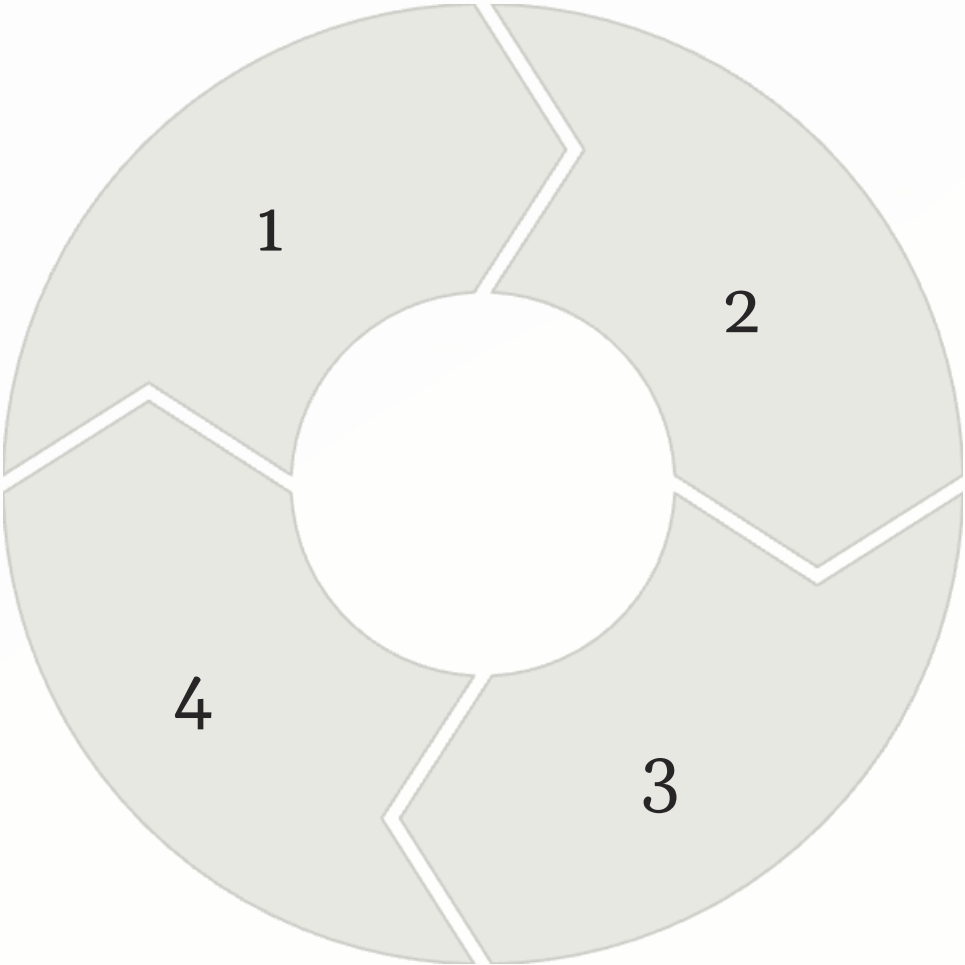
Stanley's Psychological States

Formlessness

When not engaged externally, Stanley drifted into listlessness without aim or focus.

Fear of Dissolution

He fought against "symbiotic fusion" that threatened his identity.



Desperate Action

He would suddenly touch his therapist to "switch on" agitated energy.

Boundary Seeking

His frantic movements attempted to establish a sense of distinctness.

Because Stanley lacked an internal sense of self, he struggled to exist by clinging to the external world, creating boundaries through frantic movement, and fighting against fusion to protect his identity.

Separation-Individuation Process

Hatching (0-9 months)

Increased alertness and visual patterns, alternating gaze between world and mother.

Practicing (9-15 months)

Active locomotion with excitement and omnipotence, still psychically one with mother.

Rapprochement (15-24 months)

Awareness of separateness creates disequilibrium and need for mother's presence.





Clinical Implications

Preoedipal Pathology

Mahler's work helped identify "borderline" conditions between neurosis and psychosis.

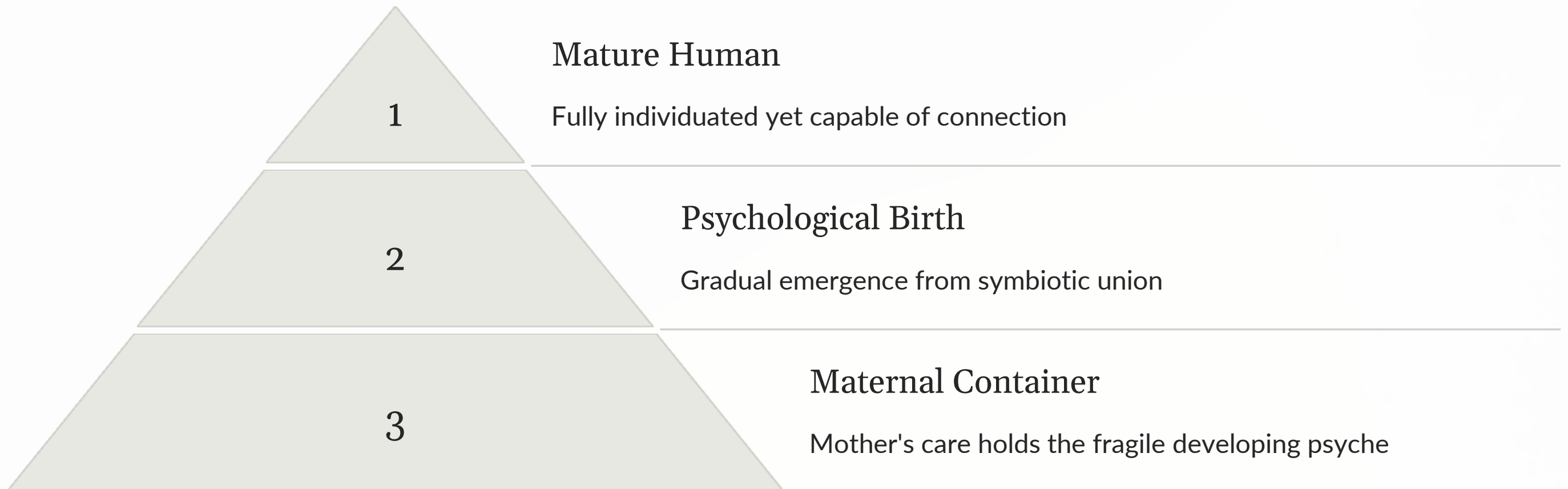
Maternal Role

Focus shifted to mother's role in early psychological structure formation.

Depression Origins

Lack of maternal acceptance during rapprochement may create "propensity to depression."

A New Myth of Origin



Mahler's vision contrasted with Freud's view of babies as creatures of untamed (savage) instincts. Her developmental framework illuminated creative processes, romantic love, and human connection.

A Revised Theory of Instinctual Drive: Edith Jacobson

Jacobson's work reconciled Freud's constitutional emphasis with developmental psychology's focus on environment. She proposed that biology and experience interact throughout development, reshaping Freud's theories of instinctual drives.





Freud's Darker Turn

1

World War I Impact

Freud was stunned by human destructiveness in WWI. This shifted his thinking toward darker instinctual theories.

2

Death Instinct (1919)

Freud concluded aggression was a second instinctual drive equal to libido. He believed it began as self-directed.

3

Primary Erotogenic Masochism

Freud proposed a permanent psychic channel where pain feels sexually stimulating, derived from constitutional sources.

Jacobson's Background

Berlin Origins

Originally from Berlin Psychoanalytic Society, Jacobson arrived in New York in 1938 after escaping Nazi Germany.

Courageous Stand

She was imprisoned by the Gestapo for refusing to reveal patient information. Her courage shaped her convictions.

Theoretical Revision

Despite witnessing human cruelty, she revised Freud's darker view of human nature toward a more balanced perspective.

Drives as Developing Potentials

1

Biological Predisposition

Drives are not "givens" but biologically predetermined potentials that develop through relationships.

2

Affective Perception

Experience organizes around feeling good or bad. Memory traces cluster around these distinctive poles.

3

Drive Consolidation

Libido emerges from good experiences. Aggression develops from frustrating ones. Early experience shifts this balance.



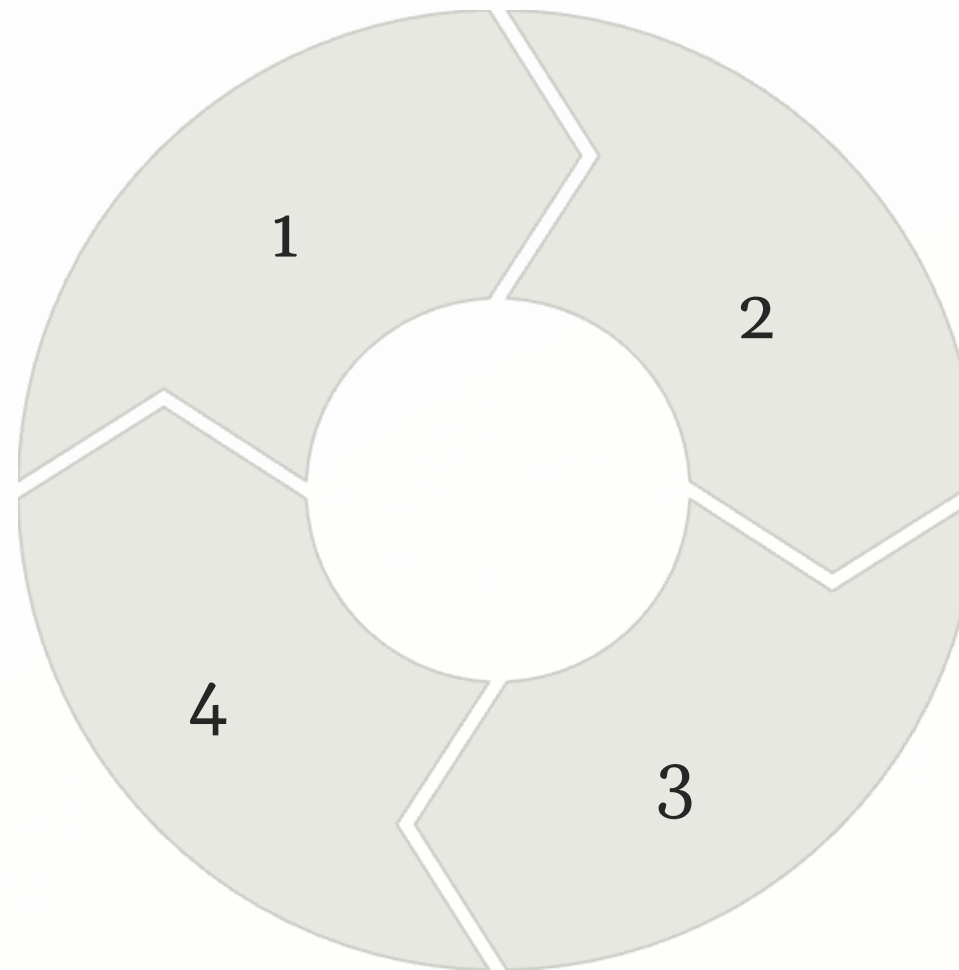
Self and Object Images

Fused Early Images

Newborns cannot distinguish self from other. Early images are fused (merged) rather than distinct.

Complex Emotions

Integration allows for subtle feelings. Children can be disappointed yet still love someone.



Good/Bad Experiences

Good experiences create loving mother/contented self images. Bad experiences create unloving mother/angry self images.

Integration (6 months)

By six months, infants can distinguish self from others and integrate good and bad images.

Revising Freud's Core Concepts

Death Instinct Challenged

Jacobson rendered Freud's death instinct impossible. Newborns have only unformed potentials, not self-directed aggression.

Superego Development

She expanded superego formation beyond Oedipal phase. Early maternal constraints create precursors for later superego.

Environmental Impact

Jacobson emphasized how environment shapes drives. This filled the conceptual vacancy left by removing Freud's building blocks.

Functional Impact of Drives

Libido as Synthetic Force

Libido provides psychic glue in development. It integrates opposing images of good/bad objects and self.

Aggression as Differentiating Force

Aggression energizes awareness of differences. It promotes separation and establishment of distinct self/other images.

Counterbalancing Functions

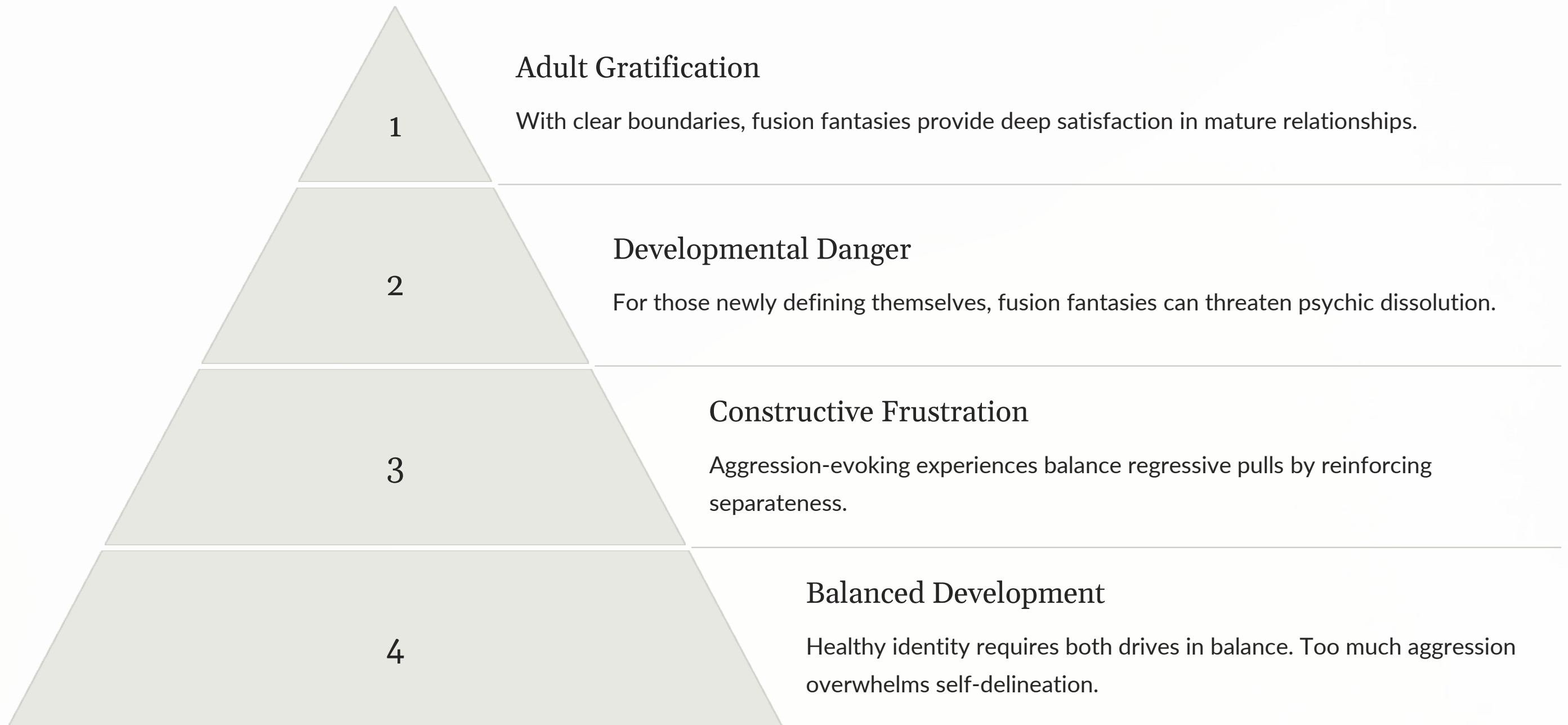
Libido encourages pulling close and taking in. Aggression prompts pushing off and moving out.

Identity Formation

Both drives figure cyclically in identity development. They enable autonomous functioning and environmental enrichment.



Merger Fantasies and Boundaries





Clinical Applications of Developmental Ego Psychology

Freud viewed repression of conflictual impulses as the core of neurosis. Ego psychologists shifted focus to disruptions in developmental processes.

They investigated preoedipal disturbances occurring before language emergence. This required new approaches to identify early disturbances in adult patients.





Transference in Ego Psychology

1 Oedipal vs. Preoedipal

Preoedipal transference shows kaleidoscopic images of self and other with intense emotional immediacy.

2 Case Example: Angela

Angela expected the analyst to scream, attack, or disappear. She alternated between fearfulness and offensive scolding.

3 Developmental Disruption

Her experiences suggested disruption in early maternal environment and separation-individuation process.



Angela's Nightmare and Aggression

The Castle Dream

Angela dreamed of hands from castle walls trying to pull her in. She feared disappearing into relationships.

1

2

Raw Aggression

Her aggression had an eruptive quality. She felt she could destroy others "with the hate in my eyes."

Adaptive Function

Her sadomasochistic fantasies served as temporary structures to regulate contact while containing aggression.

3

Developmental Transformation in Therapy

1

Reworking Disruptions

The analytic relationship provided opportunity to rework early disruptions and verbalize childhood fears.

2

Naming Feelings

Angela found comfort in naming and clarifying feelings with the analyst.

3

Processing Aggression

Aggressive expressions were accepted as frustration. The analyst demonstrated that good could survive exposure to bad.

4

Emotional Balance

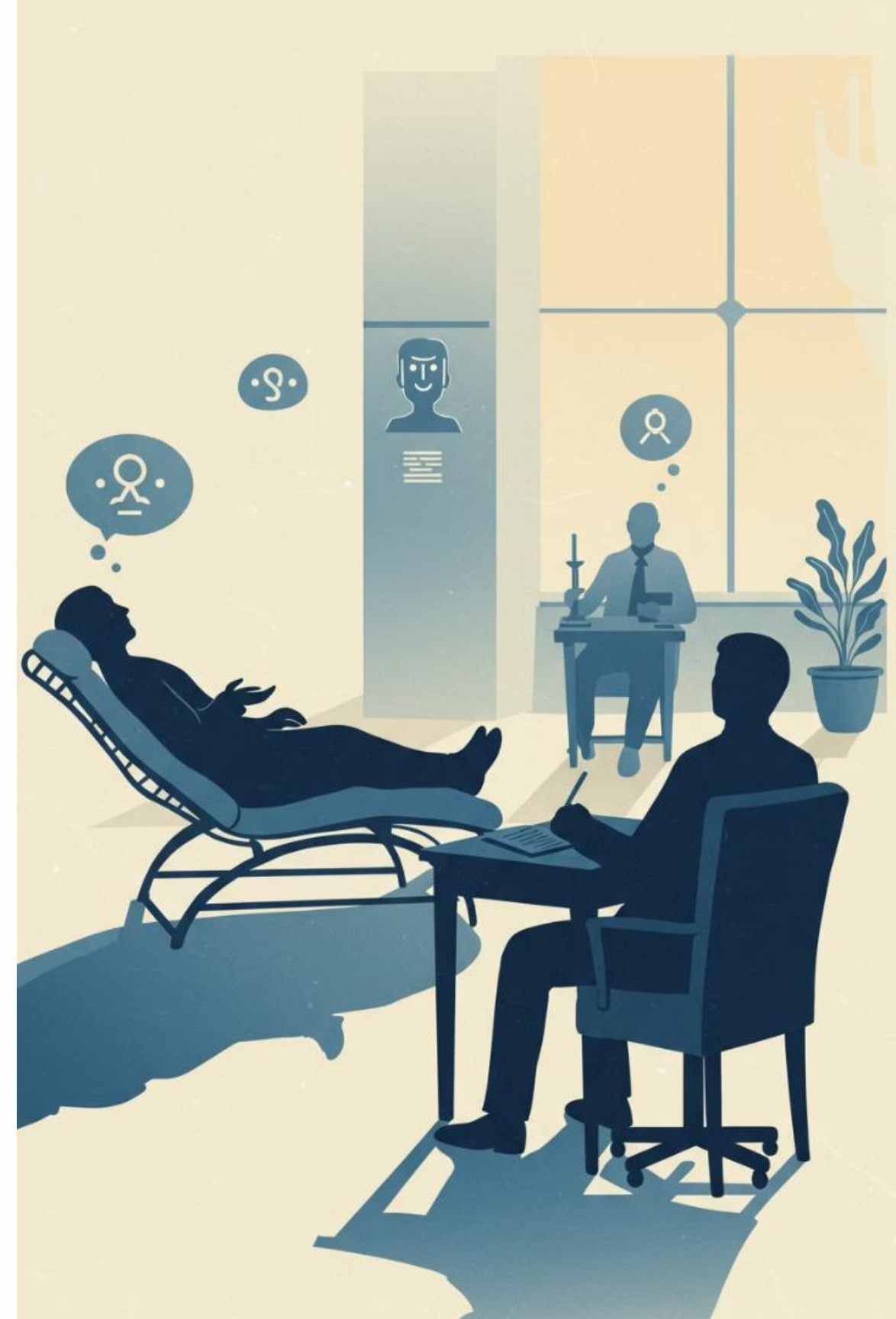
Eventually, Angela developed more balance in her emotional life, toning down singularly aggressive states.



The Evolution of Psychoanalytic Process

The psychoanalytic process has been conceptualized in many different ways throughout history. Metaphors chosen to illustrate clinical techniques reveal underlying assumptions of each analytic model.

Freud's metaphors had an adversarial quality: war, chess, hunting wild beasts. As focus shifted from id to ego, models began to change.





From Adversary to Ally

1

Early Approach

Analysts initially viewed patients as terrain to conquer, similar to explorers using natives as scouts.

2

Working Alliance

Techniques developed to encourage patients to share the work within a partnership rather than a battle.

3

Therapeutic Partnership

The experience of working in partnership proved therapeutic in its own right.

Patient Development Through Partnership

Self-Observation

Patients developed abilities to better observe themselves through the analytic process.

Reflective Capacity

Patients learned to be reflective rather than simply reactive to their impulses.

Delayed Gratification

Patients worked toward describing needs rather than leaping to action.

Consequence Awareness

Patients developed ability to anticipate consequences of their actions.





The Therapeutic Relationship as Corrective Experience

1

Mahler's Approach

Treatment experience itself became a potential corrective, symbiotic experience for children.

2

Jacobson's Method

For adult depressives, emotional resonance became more crucial than accurate interpretation.

3

Modern Understanding

Analytic process evolved into both a working partnership and a growth experience.

4

Reparative Function

Relationship with the analyst provides opportunity to rework early developmental experiences.