

# PSYCHOANALYSIS

## DEFINITION

Psychoanalysis is a therapeutic approach and theory of mind developed by Sigmund Freud that emphasizes the role of the unconscious in shaping behavior, thoughts, and feelings. It seeks to uncover repressed memories, desires, and traumas through techniques like free association and dream analysis.

## THEORIES

- **Psychosexual Theory:** Individuals progress through five sexual stages. Conflicts at each stage can have lasting impacts on personality and behavior.
- **Psychosocial Theory:** We progress through eight life stages, each characterized by a social conflict that influences personality.

# Elements Of Psychoanalysis

**J Spring**



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