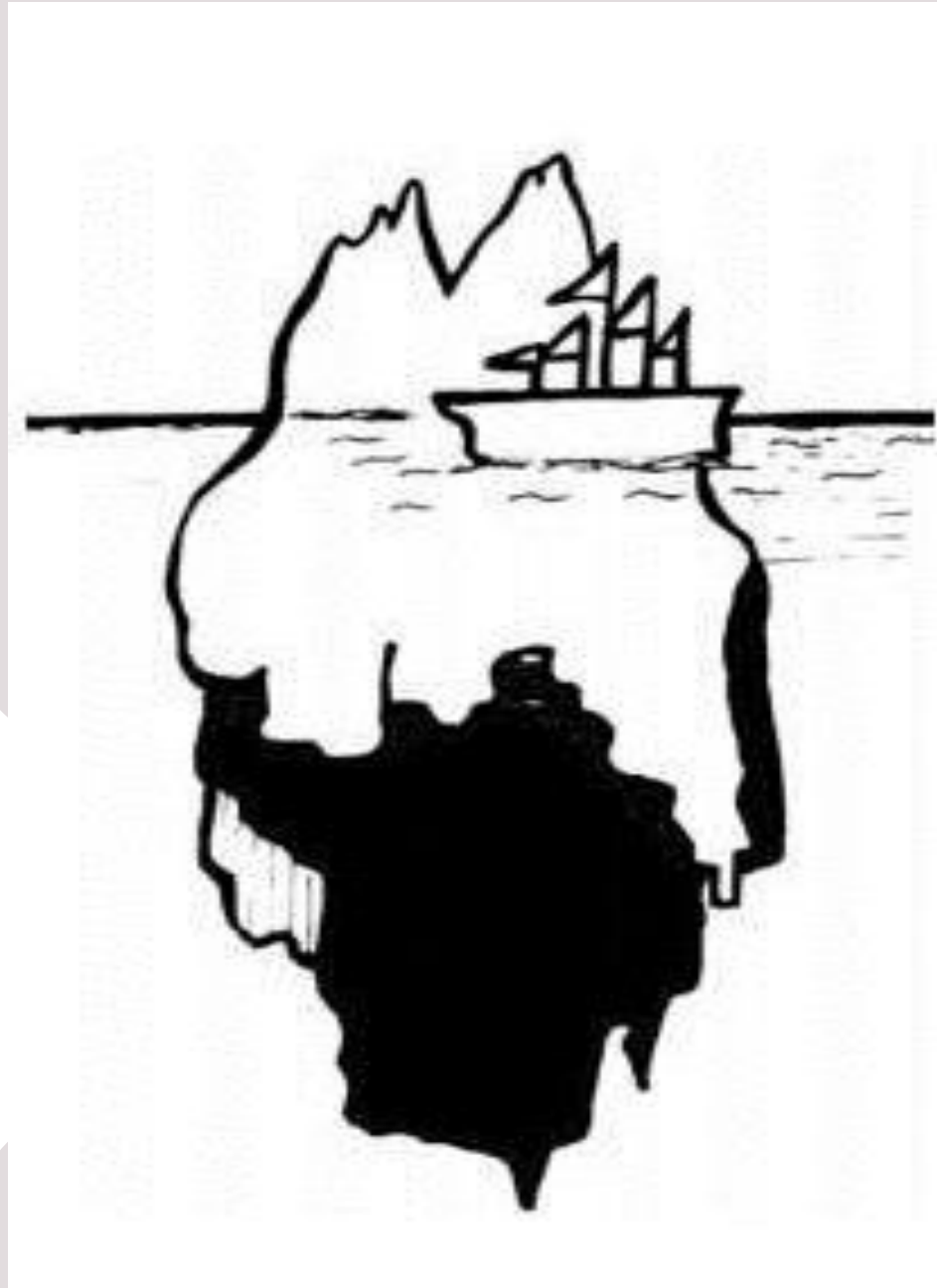
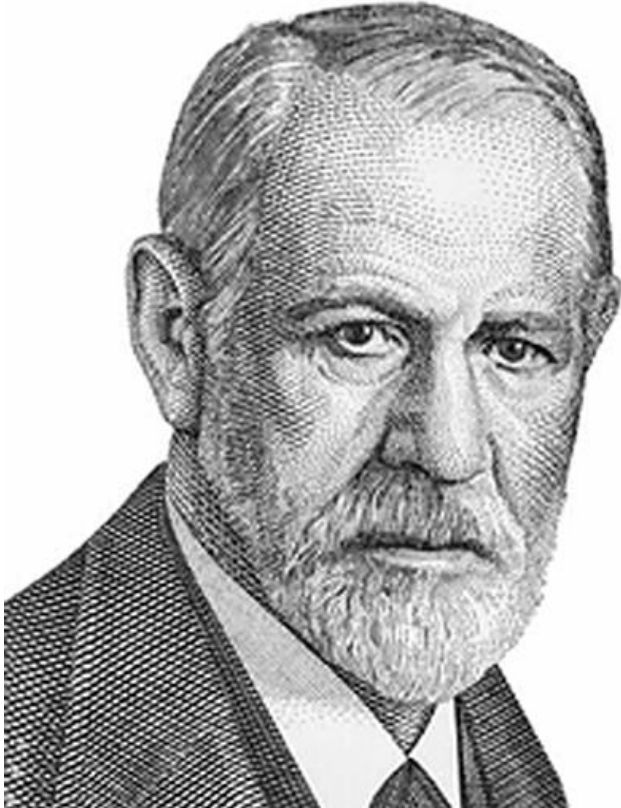


Psychoanalysis

The activity we just completed is an example of psychoanalysis. Look at the picture and try to explain what psychoanalysis is.



What is **Psychoanalysis**?



Psychoanalysis is a psychological theory developed by Sigmund Freud. It focuses on exploring the unconscious to understand and treat mental disorders.

It emphasizes concepts such as the unconscious, dream interpretation, and the significance of childhood in psychological development.

Through therapeutic dialogue, psychoanalysis aims to unravel underlying conflicts and thought patterns, promoting self-awareness and emotional change.

While it has influenced contemporary psychology, its methods and approaches have been the subject of debate and evolution over time.

What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type.
For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

1. Are you outwardly or inwardly focused? If you:

- Could be described as talkative, outgoing
- Like to be in a fast-paced environment
- Tend to work out ideas with others, think out loud
- Enjoy being the center of attention

then you prefer

E
Extraversion

- Could be described as reserved, private
- Prefer a slower pace with time for contemplation
- Tend to think things through inside your head
- Would rather observe than be the center of attention

then you prefer

I
Introversion

2. How do you prefer to take in information? If you:

- Focus on the reality of how things are
- Pay attention to concrete facts and details
- Prefer ideas that have practical applications
- Like to describe things in a specific, literal way

then you prefer

S
Sensing

- Imagine the possibilities of how things could be
- Notice the big picture, see how everything connects
- Enjoy ideas and concepts for their own sake
- Like to describe things in a figurative, poetic way

then you prefer

N
Intuition

ISTJ

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

ISFJ

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

INFJ

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

INTJ

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.

ISTP

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

ISFP

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

INFP

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

INTP

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

3. How do you prefer to make decisions? If you:

- Make decisions in an impersonal way, using logical reasoning
- Value justice, fairness
- Enjoy finding the flaws in an argument
- Could be described as reasonable, level-headed

then you prefer

T
Thinking

- Base your decisions on personal values and how your actions affect others
- Value harmony, forgiveness
- Like to please others and point out the best in people
- Could be described as warm, empathetic

then you prefer

F
Feeling

4. How do you prefer to live your outer life? If you:

- Prefer to have matters settled
- Think rules and deadlines should be respected
- Prefer to have detailed, step-by-step instructions
- Make plans, want to know what you're getting into

then you prefer

J
Judging

- Prefer to leave your options open
- See rules and deadlines as flexible
- Like to improvise and make things up as you go
- Are spontaneous, enjoy surprises and new situations

then you prefer

P
Perceiving

ESTP

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

ESFP

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

ENFP

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

ENTP

Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.

ESTJ

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

ESFJ

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

ENFJ

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

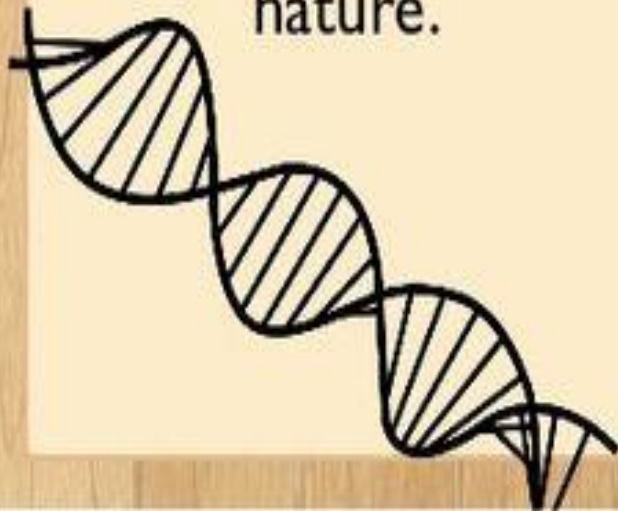
ENTJ

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

Nature vs. Nurture Debate

Nature:

Our genetics determine our behavior. Our personality traits and abilities are in our “nature.”



Nurture:

Our environment, upbringing, and life experiences determine our behavior. We are “nurtured” to behave in certain ways.





**PRESIDENCY
SCHOOL**
BANGALORE SOUTH



UNINVOLVED

Provide little guidance,
nurturing or attention



AUTHORITATIVE

Create positive relationship,
enforce rules

WHAT'S YOUR PARENTING STYLE ?



PERMISSIVE

Don't enforce rules,
'kids will be kids'



AUTHORITARIAN

Focus on obedience,
punishment over discipline

	High Warmth	Low Warmth
High Control	Authoritative Parenting Outcome for children:	Authoritarian Parenting Outcome for children:
Low Control	Permissive Parenting Outcome for children:	Uninvolved Parenting Outcome for children:

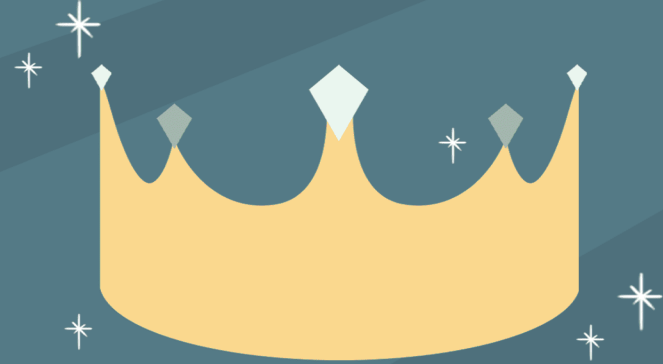
The Types of Parenting Styles



Authoritarian:
domineering, dictatorial, enforce
punishments, unresponsive



Authoritative:
enforce rules, provide
warmth and support



Permissive:
lenient, few
demands, "friend"



Uninvolved:
may be neglectful, provide
little guidance and support

Erikson's Psychosocial Stages

Stage	Basic Conflict	Virtue	Description
Infancy 0–1 year	Trust vs. mistrust	Hope	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met
Early childhood 1–3 years	Autonomy vs. shame/doubt	Will	Develop a sense of independence in many tasks
Play age 3–6 years	Initiative vs. guilt	Purpose	Take initiative on some activities—may develop guilt when unsuccessful or boundaries overstepped
School age 7–11 years	Industry vs. inferiority	Competence	Develop self-confidence in abilities when competent or sense of inferiority when not
Adolescence 12–18 years	Identity vs. confusion	Fidelity	Experiment with and develop identity and roles
Early adulthood 19–29 years	Intimacy vs. isolation	Love	Establish intimacy and relationships with others
Middle age 30–64 years	Generativity vs. stagnation	Care	Contribute to society and be part of a family
Old age 65 onward	Integrity vs. despair	Wisdom	Assess and make sense of life and meaning of contributions

"If you put shame in a petri dish, it needs three ingredients to grow exponentially: secrecy, silence, and judgment. If you put the same amount of shame in the petri dish and douse it with empathy, it can't survive."

-Brene Brown

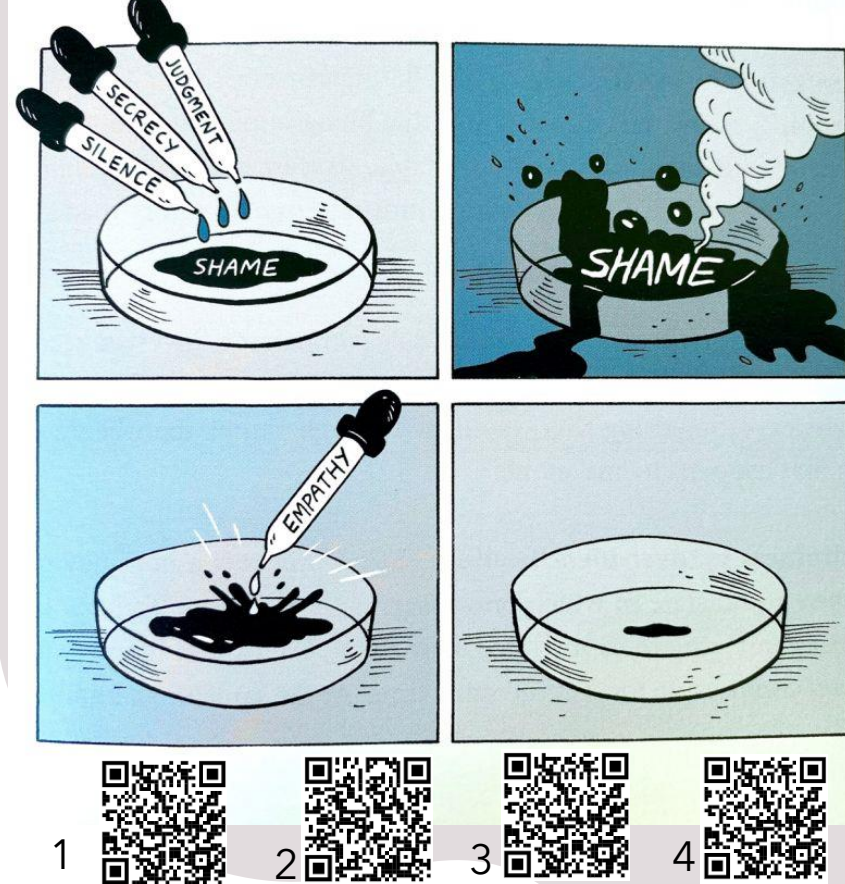
"Shame is a universal emotion we feel when we violate social norms. At such moments we feel humiliated, exposed, and small and are unable to look another person straight in the eye."

-Lissy Abrahams

1. Psychologist Robert Karen identified four categories of shame: existential, situational, class, and narcissistic.

2. According to psychotherapist Joseph Burgo, there are four "shame paradigms": Unrequited love, exclusion, unwanted exposure, disappointed expectation.

3. The 12 "shame categories" Brene Brown researched that are the most familiar in the human experience include: appearance and body image, money and work, motherhood and fatherhood, family, parenting, mental and physical health, addiction, sex, aging, religion, surviving trauma, and being stereotyped and labeled.



What is Your Attachment Style?

Secure



I'm comfortable with closeness

I trust that I'm valuable and worthy of love

I communicate openly and honestly

I can be need my partner AND be independent

I can be vulnerable and hold my partner's vulnerability

Avoidant



I have a hard time knowing my feelings...or that I even have them

I want a relationship but closeness can feel uncomfortable and mysterious to me

I approach emotional problems with reason and logic

I never learned how to deal with conflict in relationships

What are attachment needs? I don't have those.

Anxious



I fear rejection and abandonment

I need a lot of reassurance, but have trouble trusting it when it comes my way

I take care of others, but often feel resentful

I feel desperate to be heard and validated

I crave closeness but I also associate closeness with abandonment

Disorganized

Unsafe



My inner experience is chaotic and confusing to me at times

I pull you in and then push you out....then pull you in again. I'm scared.

I have a negative self-image

I can't go forward with others until I learn it's safe to trust, and what trust means

My behaviors are unpredictable and hard to categorize

Scroll.....

What is generational trauma?

Generational trauma (also known as intergenerational trauma or transgenerational trauma) is a cycle of trauma that passes through families.

Personal Level

- Trauma in the womb (such as chemical exposure) can impact development
- Children who suffer abuse face a higher risk of growing up to be an abuser

Epigenetic: changes to a person's DNA caused by trauma

- A 2016 study found that Holocaust survivors and their children has an increase in changes in the FKBP5 gene, a stress gene that links to anxiety, depression, and PTSD.

Cultural Level

- Research on **Black Americans** has found an increased risk of mental health diagnoses related to slavery in the U.S. and remaining systemic racism
- Research has found high levels of psychological distress in children of **Holocaust survivors**
- Evidence suggests **Indigenous People** suffer generational trauma due to the loss of land, culture, and population