

# Free Associations

## A Newsletter for the PSP Community

...dedicated to excellence in learning, teaching and application of psychoanalytic knowledge

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**NOTABLE QUOTE:** No one has a right to join in a discussion of psychoanalysis who has not had particular experiences which can only be obtained by being analyzed oneself. -Sigmund Freud

### OUTSIDE NEWS & VIEWS

Mothers who enforce discipline over their young teens can prevent their kids from drinking, according to a new Australian study. Study author Rosa Alati of the University of Queensland and colleagues looked at the degree of maternal parental control and relationship changes as related to teen alcohol use. They found that problem drinking risk was doubled among teens whose mothers exerted low control and changed relationship partners twice or more. "Maintaining attentive oversight of a child is important in the context of frequent changes in relationship status," Alati said. The study was published in the journal *Addiction*.

### THE THERAPIST'S THESAURUS

*False Memory.* A person's recollection and belief of an event that did not actually occur. In *false memory syndrome*, persons erroneously believe that they sustained an emotional or physical (e.g., sexual) trauma in early life.

*Distractibility.* Inability to focus one's attention; the patient does not respond to the task at hand but attends to irrelevant phenomena in the environment.

*Monomania.* Mental state characterized by preoccupation with one subject.

### ABAP CORE COMPETENCIES

*Make appropriate use of psychoanalytic supervision and consultation*

For example, does the candidate become defensive during supervision, seem to incorporate feedback, retain and assimilate concepts presented during supervision, or recognize limitations and know when to seek consultation?



### CLINICAL CORNER

#### Aggression

When psychoanalysts today discuss the dual instinct theory, they are generally referring to libido and aggression. Freud, however, originally conceptualized aggression as a component of the sexual instincts in the form of sadism. As he became aware that sadism had nonsexual aspects to it, he made finer

gradations, which enabled him to categorize aggression and hate as part of the ego instincts and the libidinal aspects of sadism as components of the sexual instincts. Finally, in 1923, to account for the clinical data he was observing, he was compelled to conceive of aggression as a separate instinct in its own right. The source of this instinct, according to Freud, was largely in skeletal muscles, and the aim of the aggressive instincts was destruction.

### Pleasure and Reality Principle

In 1911, Freud described two basic tenets of mental functioning: the pleasure principle and the reality principle. He essentially recast the primary process and secondary process dichotomy into the pleasure and reality principles and thus took an

important step toward solidifying the notion of the ego. Both principles, in Freud's view, are aspects of ego functioning. The *pleasure principle* is defined as an inborn tendency of the organism to avoid pain and to seek pleasure through the discharge of tension.

The *reality principle* on the other hand, is considered to be a learned function closely related to the maturation of the ego; this principle modifies the pleasure principle and requires delay or postponement of immediate gratification.

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