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Psychoanalysis is a model of personal development, philosophy of human nature and methods of psychotherapy. Psychoanalysis comes from the description of psychoanalyst Sigmund Freud, who says that neurotic symptoms in a person arise because of the containment of existing emotional tension, tension, which is associated with suppressed memory, memory of traumatic things from children's sexual experiences. In addition, Freud also said that human behavior is determined by the unconscious irrational force of biological impulses and certain psychosexual instinctive impulses during the first five years of his life. The basic concepts of psychoanalysis therapy: Personality Structure Id (has no real contact with the real world, ID serves to gain satisfaction, so it is called the principle of pleasure) Ego (also called the principle of reality, ego is directly related to the real doone, ego also plays a role in decision-making in the individual. The ego becomes a mediator/counterweight between id and superego) super ego (called the ideal principle. Personalities that are too dominated by super egos will feel always guilty, a great sense of inferiority) Consciousness and unconscious notion of unconscious dreams that is a reflection of the needs, snobs and conflicts that occur in the wrong/forgetting post-hypnotic offering of material derived from the technique of the free mother's association Anxiety also arises from conflicts of id, ego and superego. Anxiety consists of 3 types of neurosis, namely anxiety due to unknown dangers, moral anxiety, i.e. anxiety due to conflict between real/realistic needs and superego commands, and the third - realistic anxiety, i.e. anxiety associated with fear, for example, anxiety of danger. Therapeutic Purpose: Shows the conflicts that are considered to be at the heart of the extreme fear and evasive reactions that are characteristic of this disorder. Change the individual structure so that the patient knows what he has not noticed. Focus on trying to re-try the children's experience. The role of the therapist: Helps patients achieve self-awareness, honesty, efficiency in performing personal relationships in realistically addressing anxiety. Building working relationships with patients, with many auditory and interpretive therapists focusing on patient failures Listening to gaps and contradictions in the history of patients Methods - Methods of Psychoanalytic Therapy : Free Therapy Association is a method of recalling past experiences and releasing emotions associated with traumatic situations Past. Patients freely reveal everything they want to say, including what has been suppressed in the subconscious. Patients express themselves without being suppressed or criticized. However, there is one obstacle, which is that the patient performs a self-defense mechanism when identifying things, so that not everything can be identified. Thus, the patient is asked to lie on a special sofa, and his psychoanalytic sits behind. Patients and psychoanalysts do not come face to face, so it is expected that the patient can express his thoughts without feeling disturbed, restrained or depressed by the therapist. This is a procedure for analyzing free association, dream, resistance and transmission. In other words, this method is used to analyze other methods. The procedure consists of analytical actions that trust, even teach the client the values of behavior manifested by dreams, free associations, resistances and therapeutic relationships themselves. This is an important procedure to uncover unconscious materials and provide patients with some unresolved area of the problem. Freud believes that dreams are the way out to consciousness, because before going to bed, all thoughts suppressed in the subconscious can appear on the surface. This method is focused on dreams that are repeated, frightening, and already at an alarming level. It's an involuntary dynamic to maintain anxiety. The therapist should be able to break through the patient's anxiety so that the patient can understand the cause of the solo concert. Once the client can notice, the patient can handle it and can change their behavior. Transfer analysis is the main method of psychoanalytic therapy, because in this technique the past is revived. In this technique it is expected that the patient can gain an understanding of his current nature, which is the influence of his past. Source : Feist, J., and Feist, G. J. (2009). Personality Theories (7th St. John's: McGraw Hill. Gunars, S.D. (1996). Counseling and psychotherapy. Jakarta : Gunung Mulia PSIKOANALISIS.doc Free Association Free Association Technique is a method used in psychoanalysis therapy. Psychoanalytic therapy uses free associations to expose the client's subconscious behavior, which the client considers destructive or which, according to others, is distorted. The story of the discovery of the Free Association of Sigmund Freud, the inventor of the technique of free association First Joseph Breyer, who was a colleague of Sigmund Freud, conducted speech therapy through catharsis. Clients when cleansing therapy expresses emotional things spontaneously, freely, seamlessly and discussed in a state of hypnosis. Customers are also encouraged to be open and share their complaints. This is a stark contrast to Sigmund Freud, because Sigmund Freud's conversations with clients are not conducted in a hypnotic state, but rather the client is conscious, and with active action. In 1894, Sigmund Freud parted ways with Joseph Breyer. After that, Sigmund Freud increasingly noticed the sphere of the unconscious and analyzed the basics of the onset of neurosis. On March 30, 1896, the term psychoanalysis appeared, based on Sigmund Freud's assertion that psychoanalysis had been used to psychologically influence psychological processes. Sigmund Freud no longer uses hypnosis techniques in psychoanalysis. Similarly, in the face of hysteria, he began to use free association techniques, which later became the basis of psychoanalysis. Sigmund Freud invented the technique of free association after noticing that some of his clients could not be hypnotized or did not respond to suggestions or questions. This prompted him to find other ways in which customers could influence to present things or events that he remembered. One of Sigmund Freud's clients, Elisabeth von R., told Sigmund Freud that Sigmund Freud's questions did not allow him to express his thoughts. In this technique Sigmund Freud also trains himself to allow more clients to speak without a director. This was the beginning of psychoanalysis techniques, which were then studied and developed by experts. The initial procedure of free association methods was performed after a preliminary interview by therapists. After that, the therapist gives the client a word and asks to answer the first word that comes to mind. The role of therapists in this technique is passive. Therapists sit and listen, sometimes encouraging clients, asking questions when the client runs out of words. When in a free association, the therapist does not interrupt when the client speaks. By reporting everything, something is hidden, the client drifts with all his feelings and thoughts. To minimize the impact of external intervention, customers should lie on a quiet closed sofa. The position of the therapist sits behind the client, so as not to distract the client when talking, that is, when his associations flow clearly. Interpretation of the Free Association During a free association, the work of the therapist is to recognize the signs of suppression and locked unconscious. The free association order provided by the client helps the therapist to understand the relationship established by the client among the events that he or she experiences. The barriers that clients make for associations are a sign of concern. The therapist interprets the sign and passes it on to the client. The therapist then helps to direct the client to understand the underlying dynamics and the one the client does not know about. Associations expressed by clients are little-named by therapists. Feelings that, despite seemingly unrelated, illogical and emotionally incorrect sequences of time, remain interconnected. From the introductory interviews that therapists conducted, and the observations of clients through therapeutic experience, therapists will know the value of the associations expressed by the client. 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