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Psychoanalytical Approach in English Literature

Nasriyeva Guzal Zulfiddin Qizi

*The teacher of English language department, Bukhara State Medical Institute
mavlaviyon@gmail.com*

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ANNOTATION

Focusing on Psychoanalytic theory and its essence, moreover, identify basic components of psychoanalysis and difference between psychology and psychiatry and psychoanalysis. To find out connection between psychology, psychiatry, psychoanalysis.

KEYWORDS: interpretation, transference analysis, technical neutrality, countertransference analysis, psychology, psychiatry, modern psychoanalysis, psychologist, psychoanalyst.

Psychoanalytic theory is the theory of personality organization and the dynamics of personality development that guides psychoanalysis, a clinical method for treating psychopathology. First laid out by Sigmund Freud in the late 19th century, psychoanalytic theory has undergone many refinements since his work. Some of the examples of psychoanalysis include: A 20-year old, well-built and healthy, has a seemingly irrational fear of mice. The fear makes him tremble at the sight of a mouse or rat. He often finds himself in embarrassing situations because of the fear.

A psychoanalyst can use many different techniques, but there are four basic components that comprise modern psychoanalysis:

Interpretation;

Transference analysis;

Technical neutrality;

Countertransference analysis.

How is psychoanalysis used today? Psychoanalytic therapy allows the patient to distinguish perceptions from fantasies, desires from needs, or speculations from truths. Insight and corrective emotional experiences with the therapist can help us regain our ability to care for ourselves and our loved ones¹.

¹. Mitchell, Juliet. 2000. *Psychoanalysis and Feminism: A Radical Reassessment of Freudian Psychoanalysis*. London: Penguin Books. p. 341.

What does a psychoanalyst do? Psychoanalysts help clients tap into their unconscious mind to recover repressed emotions and deep-seated, sometimes forgotten experiences. By gaining a better understanding of their subconscious mind.

Is psychoanalysis a research method? There is not an accepted standard form of research, outside of the clinical practice of psychoanalysis. In this book a number of non-clinical methods for collecting data and analysing it are described. It represents the current situation on the way to an established methodology patients acquire insight into the internal motivators that drive their thoughts and behaviors.

What is the difference between psychologist and psychoanalyst?

In contrast to psychiatry or psychology, a psychoanalyst deals with a different form of mental health can a psychiatrist be a psychoanalyst?

Many types of providers practice psychoanalysis, including psychiatrists, psychologists, nurse practitioners, clinical social workers, counselors, and marriage and family therapists. Psychoanalysis is based on the principles of the expert psychotherapist, Sigmund Freud.

What is the difference between psychology and psychiatry and psychoanalysis? A psychologist is a person who has studied the mind. But qualified clinical psychologists and psychiatrists can be properly called psychotherapists. A psychoanalyst is a very specific kind of psychotherapist: a licensed practitioner of the methods of Sigmund Freud².

What qualifications do you need to be a psychoanalyst?

Becoming a Psychoanalyst Doctor of Medicine (M.D.) or Doctor of Osteopathic Medicine (D.O.) The medical route involves graduating from medical school (4 years) and completing a psychiatry residency (4 years). ...

Other Mental Health Doctoral Degrees. A Ph. ...

Master's Degree.

Psychoanalysis (from Greek: ψυχή, *psykhé*, 'soul' + ἀνάλυσις, *análysis*, 'investigate') is a set of theories and therapeutic techniques that deal in part with the unconscious mind, and which together form a method of treatment for mental disorders. The discipline was established in the early 1890s by Austrian neurologist Sigmund Freud, who developed the practice from his theoretical model of personality organization and development, psychoanalytic theory. Freud's work stems partly from the clinical work of Josef Breuer and others. Psychoanalysis was later developed in different directions, mostly by students of Freud, such as Alfred Adler and his collaborator, Carl Gustav Jung, as well as by neo-Freudian thinkers, such as Erich Fromm, Karen Horney, and Harry Stack Sullivan.

Psychoanalysis is a controversial discipline, and its effectiveness as a treatment has been contested. It has been largely replaced by the similar but broader psychodynamic psychotherapy in the mid-20th century. although it retains a salient influence within psychiatry. Psychoanalytic concepts are also widely used outside the therapeutic arena, in areas such as psychoanalytic literary criticism, as well as in the analysis of film, fairy tales, philosophical perspectives as Freud-Marxism and other cultural phenomena³.

² Birnbach, Martin. 1961. *Neo-Freudian Social Philosophy*. Stanford: Stanford University Press. p.3.

³ Freedheim, D.K.; DiFilippo, J.M; Klostermann, S. (2015). *Encyclopedia of Mental Health* (2nd ed.). New York: Elsevier. pp. 348-356. ISBN 978-0-12-397753-3.

Psychoanalytic psychotherapy

There are different forms of psychoanalysis and psychotherapies in which psychoanalytic thinking is practiced. Besides classical psychoanalysis there is for example psychoanalytic psychotherapy, a therapeutic approach which widens "the accessibility of psychoanalytic theory and clinical practices that had evolved over 100 plus years to a larger number of individuals." Other examples of well known therapies which also use insights of psychoanalysis are mentalization-based treatment (MBT), and transference focused psychotherapy (TFP). There is also a continuing influence of psychoanalytic thinking in mental health care⁴.

Over a hundred years of case reports and studies in the journal *Modern Psychoanalysis*, the *Psychoanalytic Quarterly*, the *International Journal of Psychoanalysis* and the *Journal of the American Psychoanalytic Association* have analyzed the efficacy of analysis in cases of neurosis and character or personality problems. Psychoanalysis modified by object relations techniques has been shown to be effective in many cases of ingrained problems of intimacy and relationship (cf. the many books of Otto Kernberg). Psychoanalytic treatment, in other situations, may run from about a year to many years, depending on the severity and complexity of the pathology⁵.

Psychoanalytic theory has, from its inception, been the subject of criticism and controversy. Freud remarked on this early in his career, when other physicians in Vienna ostracized him for his findings that hysterical conversion symptoms were not limited to women. Challenges to analytic theory began with Otto Rank and Alfred Adler (turn of the 20th century), continued with behaviorists (e.g. Wolpe) into the 1940s and '50s, and have persisted (e.g. Miller). Criticisms come from those who object to the notion that there are mechanisms, thoughts or feelings in the mind that could be unconscious. In the past 30 years or so, the criticisms have centered on the issue of empirical verification.

Psychoanalysis has been used as a research tool into childhood development (cf. the journal *The Psychoanalytic Study of the Child*), and has developed into a flexible, effective treatment for certain mental disturbances. In the 1960s, Freud's early 1905 thoughts on the childhood development of female sexuality were challenged; this challenge led to major research in the 1970s and 80s, and then to a reformulation of female sexual development that corrected some of Freud's concepts⁶. Also we can see the various works of Eleanor Galenson, Nancy Chodorow, Karen Horney, Françoise Dolto, Melanie Klein, Selma Fraiberg, and others. Most recently, psychoanalytic researchers who have integrated attachment theory into their work, including Alicia Lieberman, Susan Coates, and Daniel Schechter have explored the role of parental traumatization in the development of young children's mental representations of self and others⁷.

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⁴ Fromm, Erich. 1992. *The Revision of Psychoanalysis*. New York: Open Road. pp. 12-13. (points 1 to 6).

⁵ Chessick, Richard D. 2007. *The Future of Psychoanalysis*. Albany: State University of New York Press. p. 125.

⁶ Thompson, M. Guy. 2004. *The Ethic of Honesty: The Fundamental Rule of Psychoanalysis*. Rodopi. p. 75.

⁷ Hinshelwood, Robert D. 2001. "Surveying the Maze." In *Psychoanalysis and Psychotherapy: The Controversies and the Future*, edited by S. Frisch, R. D. Hinshelwood, and J-M. Gauthier. Karnac Publishing. p. 128.

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