

Consciousness and Freud's
Theory of dream

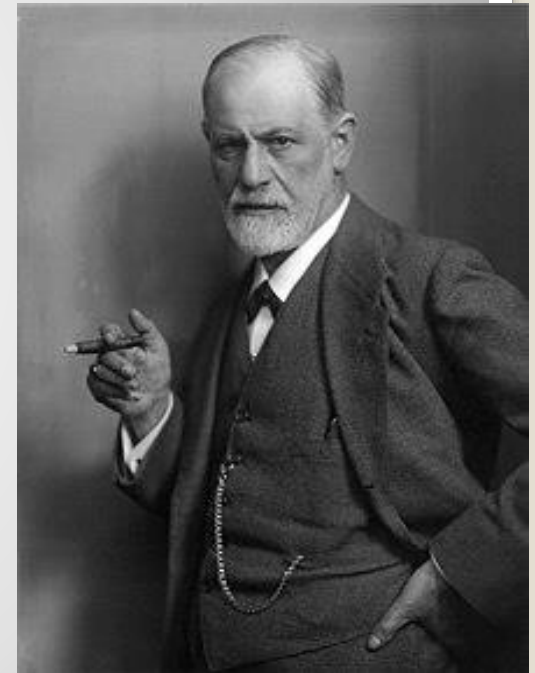
The syllabus

PHIG SEMESTER 4 CC 4 (Philosophy of Mind)

- A. Sensation: What is Sensation? Attributes of sensation. Perception: What is perception? Relation between sensation and perception, Gestalt theory of perception, illusion and hallucination.
- B. Consciousness: Conscious, Subconscious, Unconscious, Evidence for the existence of the Unconscious, Freud's theory of dream.
- C. Memory: Factors of memory, Laws of association, Forgetfulness
Learning: The Trial and Error theory, Pavlov's Conditioned Response theory, Gestalt theory
- D. Intelligence: Measurement of Intelligence, I.Q. Test of Intelligence, Binnet-Simon test

A Brief Sketch on Sigmund Freud

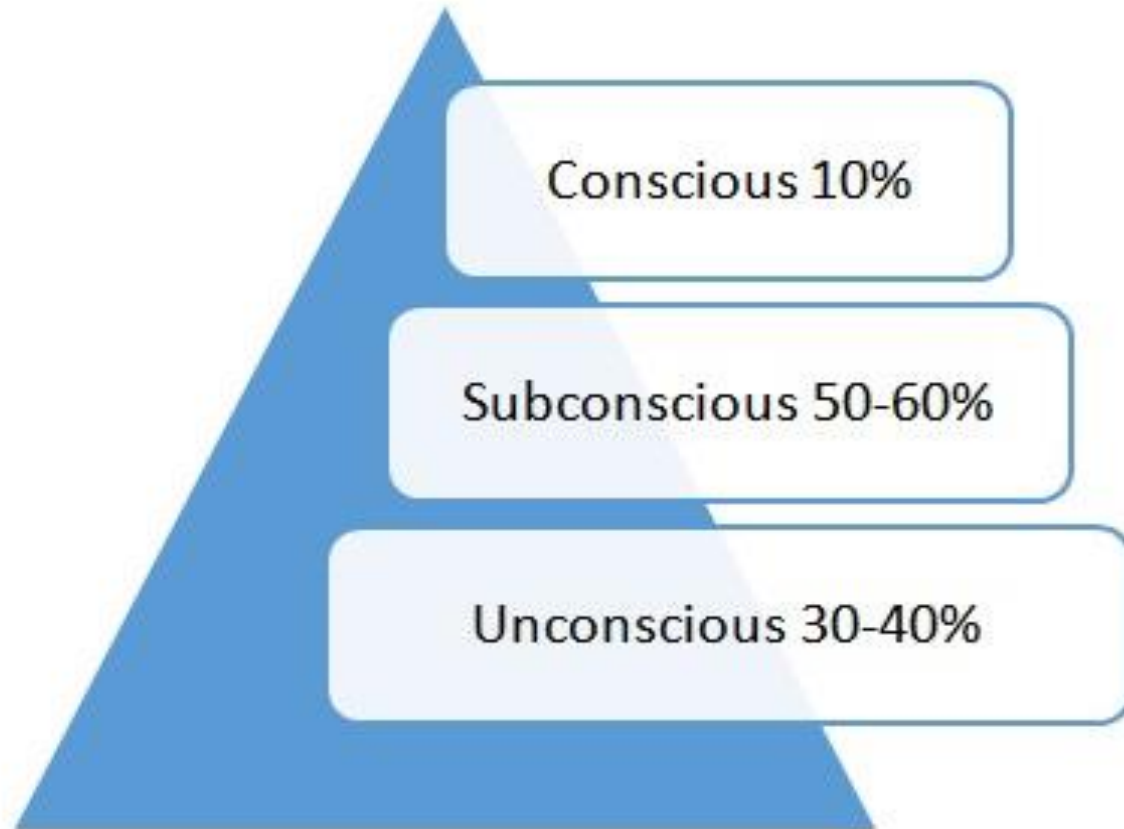
- Sigmund Freud (1856-1939) was an Austrian neurologist
- He was the founder of psychoanalysis, a clinical method for treating psychopathology through dialogue between a patient and a psychoanalyst.
- His monumental work was *Interpretation of Dreams* (1900)
- Freud's recognition of the importance of the **Unconscious** in his masterpiece
- His analysis of **dreams** also claims to have a contributory role in the twentieth century psychological phenomena



Levels of Mind

- Since the introduction of the theory of **Sigmund Freud** in the early 1900's, the study of psychoanalytic theory started to develop
- Understanding the human mind is at the core of psychoanalytic theory
- Freud divides human mind into **three** levels :
 - ▶ Conscious,
 - ▶ Subconscious or Pre-conscious and
 - ▶ Unconscious

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Conscious Mind

- Consciousness is best understood as having an awareness of something
 - It would qualify only those events we can recall as the activities of the human mind
 - There is the estimate that only about 10% of the minds work is made up of conscious thought
 - It is capable to direct our focus
 - It is capable to imagine that which is not real
 - The conscious mind serves as a scanner for us
 - It perceives an event, triggers a need to react, and then depending on the importance of the event, stores it either in the unconscious or the subconscious area of the human mind where it remains available to us

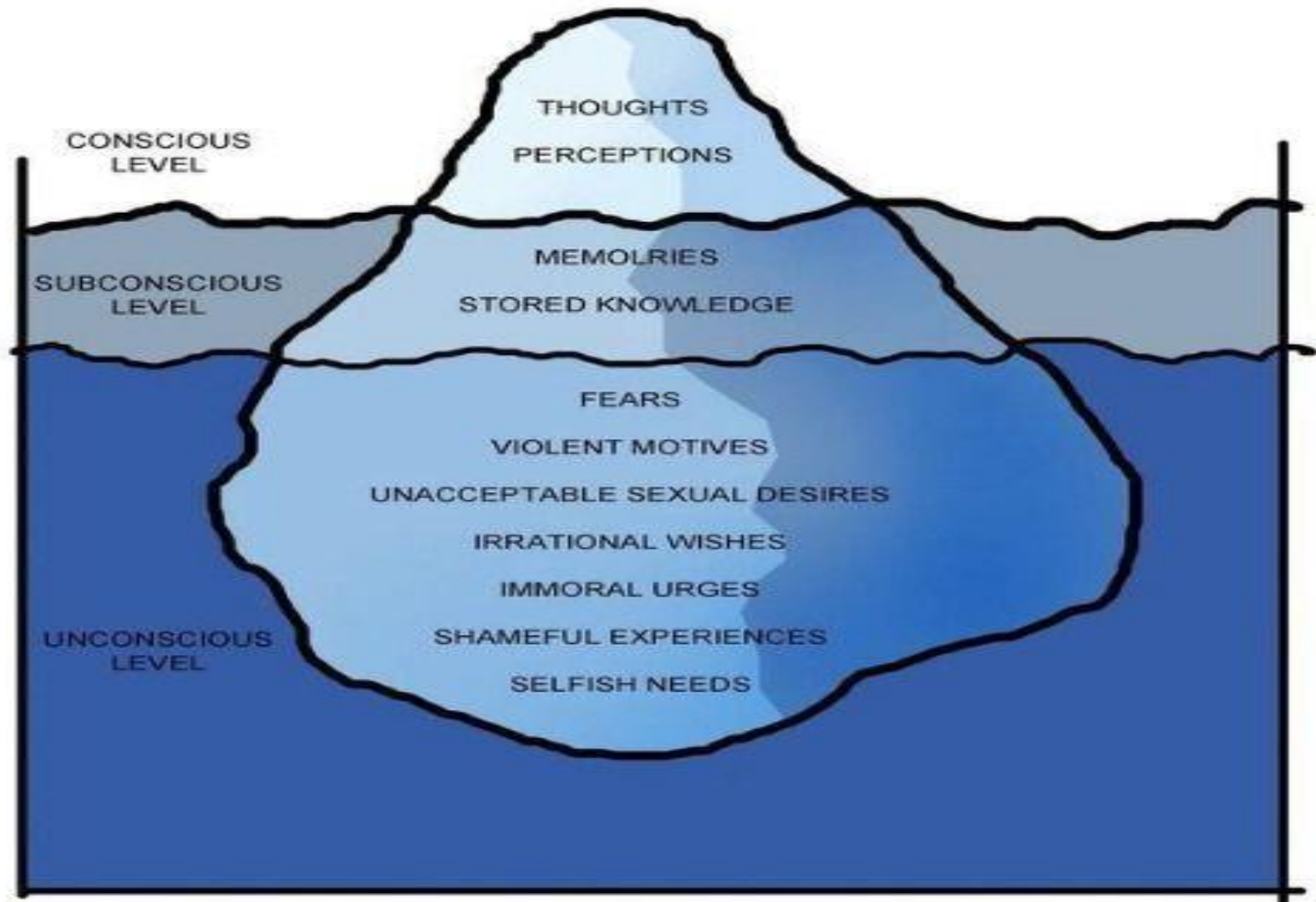
Subconscious Mind

- Subconscious is the *storage point for any recent memories needed for quick recall*
- It also holds current information that we use every day, i.e., our current recurring thoughts, behavior patterns, habits, and feelings
- It serves as mind's random access memory
- It is the source of dreams and automatic thoughts (those that appear without any apparent cause)
- It is the repository of forgotten memories (that may still be accessible to consciousness at some later time)
- It is the locus of implicit knowledge (the things that we have learned so well that we do them without thinking)

Unconscious Mind

- The unconscious mind is *where all of our memories and past experiences reside*
- It is the locus of those memories of ours that have been repressed through trauma and those that have simply been consciously forgotten and no longer important to us
- It contains those memories and experiences from which our beliefs, habits, and behaviors are formed
- It is really the cellar, the underground library of all our memories, habits, behaviors and deep seated emotions that have been programmed since birth
- In Freud's psychoanalytic theory of personality, the unconscious mind is a **reservoir** of feelings, thoughts, urges, and memories that fall outside our conscious awareness

Freud's View of the Human Mind: The Mental Iceberg



Is there an Unconscious Mind?

“The unconsciousness of man is the consciousness of God.”

—Henry David Thoreau

- Freud divided the mind into the conscious mind (or the *ego*) and the unconscious mind
- The latter was then further divided into the *id* (or instinct and drive) and the *superego* (or conscience)
 - In this theory, the **unconscious** refers to the mental processes of which individuals make themselves unaware
 - In psychoanalytic terms, the unconscious does not include all that is not conscious, but rather what is actively repressed from conscious thought or what a person is averse to knowing consciously

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- Freud based his concept of the unconscious on a variety of observations. For example, he considered "slips of the tongue" (*Freudian slips*) to be related to the unconscious in that they often appeared to show a person's true feelings on a subject
- Errors and mistakes of our everyday life proves the existence of the unconscious
- Freud believed that many of our feelings, desires, and emotions are repressed or held out of awareness. Because, he suggested, they were simply too threatening. Freud believed that sometimes these hidden desires and wishes make themselves known through dreams. So dream is the major evidence for the existence of the unconscious
- Day-dream and fantasy are also evidences for the existence of the unconscious

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- Freud believed that all of our basic instincts and urges were also contained in the unconscious mind. The life and death instincts, for example, were found in the unconscious. The life instincts, sometimes known as the sexual instincts, are those that are related to survival. The death instincts include such things as thoughts of aggression, trauma, and danger.

Hypnosis and post-hypnotic suggestion prove the existence of the unconscious

- The whole range of psychologically founded, emotional symptoms such as anxiety, depression, obsessions, panic attacks, phobias and somatization disorders suggest the presence of disguised, unconscious messages. So mental disorders reveal the existence of the unconscious mind behind them

Freud's Theory of Dream



- Freud believed **dream** represents a **wish fulfillment**, i.e., **disguised fulfillment of a repressed wish**
- According to the idea that Freud proposed, the dream is considered the **guardian of sleep**
- He believed that studying dreams provided the easiest road to understanding of the unconscious activities of the mind

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- Freud's theories state that dreams have two parts: a **manifested content**, which is the remembered dream after we wake; and a **latent content**, which we do not remember after waking up, is considered as part of the unconscious.
- He proposed that the latent, or unremembered, dream content is composed of three elements: the sensory impressions during the night of the dream, the residues left from the day before, and the *id's drives* that are already part of the dreamer.
- The manifest content is not comprehensive, because it consists of a distorted version of the latent content.
- Dreams allow certain needs to be fulfilled without the conscious mind needing to be aware of such fulfillment.

Dream Work

- Dreams follow their own kind of logic that Freud calls the '**dream-work**'
- The dream-work is the unconscious ciphering that transforms the latent content into the manifest content
- It allows the dream wishes to get past censorship
- It is what gives dreams their peculiar form
- It includes processes by which the dream comes into being which are as follows:
 - ▶ Condensation
 - ▶ Displacement
 - ▶ Dramatization
 - ▶ Symbolism
 - ▶ Secondary elaboration

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- ▶ **Condensation** - condenses many different ideas into one
- ▶ **Displacement** - replaces a latent element by a well-concealed allusion to it, so the psychological emphasis is shifted from an important element to a relatively trivial one
- ▶ **Dramatization** - transforms thoughts into more or less concrete visual elements
- ▶ **Symbolism** - is illustrated through a dreamer's unconscious repressed urges and desires to be metaphorically acted out
- ▶ **Secondary elaboration** - makes something whole and more or less coherent and meaningful out of the distorted product of the dream work

Thank You

Any query regarding the topic
is always welcome