

DGB Neo-Psychoanalysis as an Expansion of Freud's Ego, Id, Superego Theory

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Good day everyone!

There are different ways of approaching the study of clinical psychology and psychotherapy. DGB Neo-Freudian, Neo-Psychoanalysis can be divided into the same basic areas as any other school of clinical psychology -- specifically: 1. personality development; 2. personality theory; 3. psychological health; 4. neurosis and psychopathology; 5. psychotherapy. And/or DGB-NFNP can be divided into 1. Central Ego Theory and Therapy (which is my own version of 'Cognitive-Emotional-Behavior Therapy'); 2. Ego-State Theory and Therapy (which is closely related to the type of theory and therapy that is taught in Transactional Analysis); and 3. there is Id-Oedipal-Transference (IOT) Theory and Therapy (which is closest to, and contains elements of, all brands of 'Psychoanalysis' proper).

For the duration of this essay, let us look at DGB-NFNP as an expansion of Freud's famous 'ego-id-superego' triumvirate theory -- with the DGB expansion and mutation of Freud's Oedipal Complex Theory strategically placed into the middle of 'id territory'.

1. Freud's 'Triumvirate' Personality Theory

In 'The Ego and The Id' (1923), Freud entered the arena of personality theory in his most organized and comprehensive manner and divided the human personality or 'psyche' into three parts; 1. the ego; 2. the superego; and 3. the id. In this paper, the 'ego' took on a more 'reduced, specialized' definition -- no longer referring to 'the self-as-a-whole' but rather to the more 'conscious, mediating, decision-making, synthesizing' part of the self that we are usually aware of when we 'self-talk'. Not entirely, because, for Freud, and this 'new, reduced definition' of the ego, this ego was still the primary 'repressing agent' that was not even aware of its own 'repressing activities'. Thus, this part of the 'new, reduced ego' was unconscious.

Similarly, the 'superego' which before 1923 -- let's say from about 1914 until this 1923 paper -- Freud had divided this 'superego' concept (without calling it that) into two parts: 1. an 'ego-ideal'; and 2. an 'enforcing agent' of 'righteous, critical, ethical and/or practical conscience' -- this enforcing agent being what Freud in 1923 called the superego.

Lost in the transition was Freud's very valuable concept of the 'ego-ideal' by which the superego would 'stand over the thoughts, feelings, impulses, and behaviors of the 'Total Self' (mainly the ego but also the id) as judge, jury, and sometimes 'harsh to hanging judge / executioner' while the superego played 'the fitting game' between what 'is' or 'was' and what 'ought to be' or 'ought to have been'.

'Topographically speaking', the superego was generally viewed as being in 'the upper echelon' of the personality -- being the most 'arrogant' and 'critical' part of the personality, while 'the ego' was viewed as being immediately below it like an 'employee' having to answer to his or her 'boss' above in the hierarchy or topography.

Down below, was the realm of 'the unconscious' which by 1923 was mainly the realm of 'the id' -- the most 'petulant, impulsive, rebellious, uncivil, un-cultural' part of the/our personality. Still, both the ego and the superego were viewed by Freud as having 'some unconscious' elements to them while the id was viewed as being strictly unconscious -- which some theorists including yours truly have

taken issue with, believing that 'the id is often very conscious' -- or has mixtures of both conscious and unconscious elements to it, or in it.

Freud also created a 'pre-conscious' zone where unconscious ideas -- thoughts, feelings, impulses, drives -- were in the process of 'rising from an unconscious to a conscious state' (or alternatively, 'dropping from a conscious to an unconscious state').

In 1938, in Freud's last essay, 'Outline of Psychoanalysis', Freud stated that there was a period in early childhood -- presumably from birth to an unspecified age -- where the ego and id were 'undifferentiated' -- they were 'the ego-id' or 'the id-ego' -- which I would say it would be fair to say lasts about as long as it takes a toddler to start to 'learn the rules of the family and social-cultural interaction'. At least, this makes sense to me in terms of Freud's triumvirate division or splitting of the personality' relative to that period of earliest childhood where 'the ego and id had not clearly differentiated themselves and split' yet. Both were, in effect, one.

The ego would go on to take on more 'organized and organizing functions, social, civil, and cultural functions' -- while 'the id' which I associate with important emotional, memory, and motivational functions of 'the mind-brain synthesis' in 'the limbic system' retains its 'petulant, rebellious, uncivil, uncultural, immoral, unethical set of characteristics that defines it as an almost 'toddler-like, pre-civil' part of the mind-brain and the Freudian triumvirate system of 'the Total Self or Psyche' -- in a 'fully grown adult mind-body with narcissistic, altruistic, sexual, romantic, aggressive -- life and death -- motives propelling themselves upward into the ego and/or alternatively being held down in 'the unconscious, dissociated id' and/or in one of its more 'conscious id-ego-state vicissitudes'.

This brings us to two more parts of The Freudian Theoretical System that in my view were 'underdeveloped' -- certainly in the one case because of Freud's death in 1939, ('Splitting of The Ego in The Process of Defense', 1938); in the other case -- the Oedipal Complex -- because of Freud's one-sided 'fantasy' approach to what would become known as 'Classical' Theory as opposed to 'Pre-Classical (Reality-Trauma-Memory-Seduction') Theory.

Expansion into DGB-NFNP

At this point, my 'DGB Neo-Freudian, Neo-Psychoanalysis' takes over from Freud -- for those who are willing to accept my approach to a 21st century 'massive overhaul and re-working' of Freudian Theory (1893 - 1938). My goal is to 'revitalize' Freudian Theory -- in the DGB Neo-Freudian sense; not to throw all his work into the proverbial garbage heap, or into The Freud Archives (London or America) or a Vienna Freudian Museum. The bulk of my Freudian Revisionism centers around the two areas mentioned above: 1. The Oedipal Complex; and 2. 'The Splitting of The Ego in The Process of Specialized Learning and Compensatory Defense'. In the DGB system of yours truly, Freud's 'Triumvirate Model of The Personality' -- becomes a 15 Part-Model. The Superego is 'split' into three parts: 1. The Nurturing-Encouraging Superego; 2. The Narcissistic-Hedonistic Superego; and 3. The Critical-Righteous Superego. If we include the 'superego' in 'the splitting of the ego in the process of learning and defense, then what Freud called 'the ego', is now 'split' into 7 more parts in addition to the three above; 4. The Private Ego; 5. The Central Executive (Mediating and Decision-Making) Ego; 6. The Social Persona Ego; 7. The Critical-Righteous Undergo; 8. The Narcissistic-Hedonistic Undergo; 9. The Nurturing-Encouraging Undergo; And one final 'floating ego state': 10. The (Light and Dark, Life and Death), Romantic Ego and Phenomenology of Spirit; Moving into the Unconscious... 11. 'Unbound Id-Oedipal-Transference Complexes'; 12. The Id-Oedipal-Transference Complex Template and Vault; 13. The Id; 14. The Abyss (Chaos, The 'Black Hole'); 15. The Genetic Potential Self.

This is where I stand today in terms of the organizational template of DGB Neo-Freudian-Neo-Psychoanalysis.

Have a great day!

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