

DGB Neo-Psychoanalysis: From Freud's Psycho-Sexual Stages of Development to the DGB Psycho-Biological Ego-States of Existence

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August 26th, 2017,

Good day, ladies and gentlemen,

I am going to do something in this presentation that both reflects the heart and soul of Freud and yet completely re-interprets Freud at the same time -- a juxtaposition of orthodox and unorthodox Freudian theory at the same time if you will.

The question for me is always: 'How do I re-interpret Freudian theory in a way that makes his lifetime of work more relevant, meaningful, and vigorous for the 21st century?'

The danger for me is always the danger -- and the theoretical history I have -- of over-intellectualizing, over-abstractifying, over-technicalizing my highly unorthodox mutations and bipolar renditions of Freud's ideas.

It just came to me: I wonder what Anna Freud might have thought of my ideas if she were alive today -- assuming that she viewed them with enough credibility, attention, and respect to properly understand them as I weave my way through her father's work, the work of Ferenczi, Adler, Jung, Abraham, Rank, Stekel, Wilhelm Reich, Horney, Fromm, Erikson, Fairbairn, Winnicott, Guntrip, Perls, Berne, Janov...-- and what turned out to be her main two 'arch-enemies' or 'theoretical competitors' in life -- Melanie Klein and Jeff Masson (although her relationship with Masson was amicable until things broke apart at the end).

I would have loved to have been present at Anna Freud's debates with Melanie Klein in the 1930s on whether Klein's 'revolutionary evolving brand' of 'Object Relations' deserved to be called a part of, or a 'wing' of, 'Classical' Psychoanalysis.

Anna Freud obviously didn't think so. Melanie Klein did. Klein, it would seem, based part of her argument on Freud's 1920 concept of 'the death instinct' being the 'theoretical bridge' between the two evolving 'pathways and paradigms' of Psychoanalysis.

Today, I imagine that I could put up a better argument than the ones that Klein probably used in the 1930s -- although I have not read any of those transcripts.

The seeds of Object Relations can be found in the earliest work of Freud back in 1893, as well as Janet's work, implicit in Charcot's work, implicit in the work of Breuer with 'Anna O.' back about 1882-83, implicit in the work of all hypnotists searching for 'alternate states of consciousness and/or unconsciousness' in their client's psyches, more explicit in the famous literary work of Robert Louis Stevenson, 1886, 'The Strange Case of Dr. Jekyll and Mr. Hyde'. And shockingly, as if to 'bookend' 45 years of professional work and writing in psychoanalysis, Freud, in his second last significant paper of 1938 -- 'Splitting of The Ego in The Process of Defense' -- probably significantly influenced by Melanie Klein's emerging ideas -- couldn't decide whether his 'splitting of the ego' idea was something 'very old' or 'very new'.

It was both. It was born in the creative thought processes of all the early theorists and writers mentioned above -- and now some 45 years later -- Freud was picking up, and extrapolating, on his earliest thought process -- a year before he died. It seemed liked Father Freud's work was much closer to what Melanie Klein had in mind than his daughter's 'more anally-tight, orthodox, classical position' was. Her father's thought process was continually evolving -- even in his last year of writing a year before his death in 1939.

So here I am in 2017 'splitting the difference', if you will, between Freud's more 'old classical school psycho-sexual stages of development' work of 1905 with both Melanie Klein's work of the 1920s and 1930s as well as Father Freud's earliest and latest work of 1893 and 1938 -- in what I call 'The Psycho-Biological Ego-States of Existence'.

I have been here partly before but this version of what I have presented before is clearly more 'Freudian'. I will not try defend or justify this 'new model' of the 'splitting of the ego' except to give a new 'Freudian twist' to this latest version of my 'splitting' model.

The title I will give to it -- and I give honorable mention to Eric Berne's work in Transactional Analysis as an influencing force as well -- is this:

'The Psycho-Biological Ego-States of Existence as Vicissitudes of Id-Oedipal Complex Interaction in The Unconscious, and as Different Compromise-Formations Between The Ego and The Id.'

This 'topographical model' has both 'vertical' and 'horizontal' features to it -- i.e., 'visually', 'metaphorically', and 'metaphysically' -- it can be viewed as involving both a 'vertical and horizontal splitting and/or compartmentalizing of the psyche'.

Visualizing what I have in mind here, we have 1. 'superego-states'; 2. 'middle ego-states'; and 3. 'under ego states'. Berne would -- and did -- call them 'Parent', 'Adult', and 'Child' ego-states. But here is where we turn partly away from Berne -- and back to Freud's 'Psycho-Sexual Stages of Development' which might also be called here, 'The Psycho-Sexual Ego-States of Existence' -- 'sex' obviously being a 'subset' of 'biology'.

So -- here are my new 'Superego-States' in the order that I prefer which does not imply any 'time order of development': 1. The Oral-(Nurturing) Superego; 2. The Phallic-Narcissistic Superego; 3. The Genital-Hedonistic (Pleasure) Superego; 4. The Latent (Merging and Submerging) Superego; 5. The Anal-(Righteous) Superego.

The same five categories can be attached to 'The Under ego-States'. Together, the 'superego states' and the 'under ego states' represent the 'more power' vs. 'less power' relationship between parent and child (although it is not always the parent with more power). These 'more power vs. less power' relationships from childhood are 'internalized' or 'introjected' into the psyche of the developing child.

Wedged in between, we have 'the middle ego-states' which include now: 1. the public ego; 2. the central decision-making (executive) ego; 3. the private ego; 4. 'the phenomenology of spirit' (Hegel) or 'the romantic-spiritual (humanistic-existential) ego'; and 5. 'the creative-dream ego'.

Down below, as we work our way into the unconscious, we have:

1. The 'Unbound Id-Oedipal-Ego-Superego Transference Constructions';
2. 'The Id (-Trauma-Defense-Fantasy-Impulse-Drive Bound, Unabreacted) Stress Vault';
3. The Cognitive-Emotional-Behavioral-Impulse-Drive Memory Templates;
 - a) The Pre-Birth and/or Genetic Transference Templates (before birth and/or inherited, including "The Genetic Potential Self");
 - b) The Pre-Oedipal Transference Templates (birth to 2 or 3 years old);
 - c) The Oedipal Transference Templates (2 or 3 years old to 7 years old);
 - d) The Post-Oedipal, Pre-Adolescent Transference Templates (8 to 12 years);
 - e) The Adolescent Transference Templates (13 to 17 years);
 - f) The Young Adult Transference Templates (18 to 39 years);
 - g) The Middle-Age Adult Transference Templates (40 to 59 years old);
 - h) The Senior Adult Transference Templates (60 years old to death);

4. The (Chaotic and/or More Organized) Id;
5. Humanistic-Existential and/or Neurotic Anxiety/Dread: The Imagined or Real Psychological Abyss of Rejection, Detachment, Abandonment, Ex-Communication, Loss of Control, Chaos, The Unknown, 'Separation From The Herd', Constriction, Loss of Freedom, Loss of Self-Identity...

Perhaps the most important part of this model is that it can be viewed as an extrapolation of many different schools of psychology as well as having meaningful clinical applications in the 'therapist-client' relationship as well as a 'tool kit of self-and-social awareness' in marriage relationships, employer-employee relationships, parent-child relationships...and beyond...

That is where we will leave things today...

Have a great day!

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