

Psychology 303 Theories of Personality - Review Sheet for Midterm 2

A. Chapter 8: The Psychoanalytic Perspective

- 1) Describe the historical context in which the theory of psychoanalysis was formed.
- 2) Identify several themes and assumptions of the psychoanalytic perspective.
- 3) Identify and describe the three parts of Freud's topographical model of mind.
- 4) Identify and describe the three parts of Freud's structural model of personality.
- 5) Define the following terms:
 - a) pleasure principle
 - b) reality principle
 - c) introjection
 - d) ego ideal
 - e) ego strength
 - f) instinct
 - g) drive
- 6) Identify and describe the two drives put forth by Freud.
- 7) What is a catharsis?
- 8) Explain how Freud thought about anxiety (be sure to identify three types of anxiety).
- 9) According to Freud, how do individuals deal with anxiety?
- 10) Define the following mechanisms of defense:
 - a) Repression
 - b) Suppression
 - c) Denial
 - d) Projection
 - e) Rationalization
 - f) Intellectualization
 - g) Displacement
 - h) Sublimation
 - i) Reaction Formation
- 11) Describe how displacement and sublimation work as motivating forces.
- 12) Describe the research findings from research done on defenses.
- 13) Identify and describe Freud's five psychosexual developmental stages.
 - a) When does each occur,
 - b) what is the problem to overcome in each stage, and
 - c) what happens when one gets stuck there?
- 14) Explain sex differences in the resolution of the Oedipal conflict.
- 15) Identify and describe how impulses are revealed in life events.
- 16) According to Freud, what are the functions of sleep and dreams?
- 17) Identify and explain two types of dream content
- 18) Explain what is meant by the term projective technique.
- 19) Provide two examples of a projective technique.
- 20) Identify and explain three sources of problem behavior according to the psychoanalytic perspective.
- 21) Explain how behavior can change according to the psychoanalytic approach.
- 22) How effective is psychoanalytic therapy?
- 23) Identify three criticisms of the psychoanalytic approach discussed in your textbook.

B. Chapter 9: Psychosocial Theories

1. What is the focus of object relation theories and what is the function of the ego in these theories?
2. Identify two broad themes shared by the object relations theories.
3. According to the ego psychologists, what was the problem with Freud's theory?
4. Identify and explain the two motivational concepts of Robert White.
5. What did Adler mean by the following terms:
 - a. striving for superiority
 - b. feelings of inferiority
 - c. the great upward drive?
6. According to ego psychologists, what are the two aspects of adaptation?
7. According to Block & Block what are the two aspects of ego functioning? Explain each
8. Describe what it means to be each of the following:
 - a. high ego resilience, low ego control
 - b. high ego resilience, high ego control
 - c. low ego resilience, low ego control
 - d. low ego resilience, high ego control
9. Explain the theory of Margaret Mahler.
10. Explain the theory of Heinz Kohut. Be sure to include the terms selfobject, mirroring, and transference
11. What is the basic theme in attachment theory?
12. Identify and describe three attachment patterns.
13. Describe the relationships of secure, avoidant, and ambivalent adults.
14. What is meant by stability and specificity of attachment? What are the findings regarding each?
15. Describe some behaviors that are tied to attachment patterns.
16. What are two main themes of Erikson's theory?
17. Identify and describe Erikson's eight psychosocial stages. What is the major crisis/conflict for each?
18. Is there a midlife crisis? Provide evidence for your answer.
19. Define epigenesis.
20. Identify and describe two aspects of assessment from the psychosocial viewpoint.
21. Describe how the psychosocial approach explains narcissism and depression
22. What techniques are used in the psychosocial perspective to produce behavior change?