

# Importance of Psychological Development

- shapes who we are,  
how we relate throughout life.

Sigmund FREUD

- much misunderstood!!
- problems with translation from academic German to English, much of sense & feeling lost
- seminal theory; nothing new; themes all well described in Greek mythology
- very embodied theory; love & psychological growth intrinsically linked to the body
- suggested reading -
  - " Deus Caritas Est", papal encyclical
  - " Theology of the Body for Beginners" by Christopher West
- love is expressed & experienced by embodied beings.....you & I !!

# Oral Phase

- first year of life
- experience of love all about the mouth & feeding.
- NB psychological process of introjection ( compare with later process of projection)
- this phase all about dependency
- compare/ contrast infantile & adult forms of dependency.

# Anal Phase

- potty training; 2 or 3 years old
- first assertion of independence & control
- terrible two's; child discovers the word "NO"!!
- child learning to be separate; have own identity & control over it's own life
- issue of narcissism in adulthood; needs of "ME" versus needs of others.

# Oedipal Phase

- first woman a man loves is his mother; first man a woman loves is her father
- need to relinquish fantasy of marrying mum or dad
- child then identifies with same sex parent; places romantic feelings onto a hoped for future partner

# Latency

- later childhood
- powerful feelings of infancy become quiescent, necessary so that child can concentrate on learning life skills.

# Puberty

- Oedipal themes re-visited, takes form of teenage rebellion. Much to delight of parents!!

# Other Important Themes:

## Conscious & Unconscious Mind

- conscious is part we are unaware of; contains all previous life experience; memories
- HUGELY POWERFUL
- analogy of iceberg & Titanic
- hidden stuff we carry within & that we're not aware of that sinks us.

## Libido & Thanatos

- libido; loving energy
- thanatos; destructive energy
- every human act contains elements of both
- NB being aware of destructive aspects within ourselves & our actions
- NB to be aware of negative feelings towards those we love; we are less likely to act out aggression if we have owned & recognised it.

# So how do we cope with powerful feelings arising from the Ucs?

## Defenses

- coping strategies
- intrinsic to being human; we couldn't manage without them

### PRIMITIVE

- projection
- denial

### MATURE

- altruism
- empathy
- suppression
- humour
- sublimation

- to maintain intact relationships we need to be using more mature, adaptive defenses
- work of marriage is to take back projections, learn to love the person for who they are, not who we think they are.

Discuss a situation where you have been concerned about a couple preparing for marriage.

- What were the problems?
- How did you address it?

# Importance of Being Grounded

- Indispensable role of maintaining one's own central relationship; with the God within.
- Regular self reflection
- Regular spiritual practice