

## PSYCHOANALYSIS

**Ermes Orlandelli,**

*Internal and Psychosomatic Medicine; Catholic University, Rome.*

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### Summary

Sigmund Freud (1856-1939) founded psychoanalysis, a new theory and treatment of the mind.

Psychoanalysis encompasses psychology, psychosomatics, psychiatry, psychotherapy, education, family and social conflicts, arts, and religions, leading to original, new, creative ideas to help understand the human mind.

Psychoanalysis, as a part of psychology, is an indispensable means of gaining insight into the unconscious and deeper functioning of the mind, through interpretation of dreams and free association, and as a means of treating mental disorders.

In this article some of the most important of Freud's works are considered; such as *The interpretation of Dreams*, *The psychopathology of Everyday Life*, *Jokes and their Relation to the Unconscious*, *Three Essays on the Theory of Sexuality*, *The History of the Psychoanalytic Movement*, *Beyond the Pleasure Principle*, *The Ego and the Id*, and

*New introductory Lectures on Psycho-analysis.*

We also consider the works of M. Klein, D. Winnicott, W.R. Bion, F. Tustin, I. Matte Blanco, and J. Bowlby, who continued and enriched psychoanalytic research with their personal contributions.

## **1. Introduction**

Psychoanalysis emerged over one hundred years ago, in a slow and troubled birth, from the ingenious and creative mind of Sigmund Freud. He formulated concepts and words that crossed psychological, psychosomatic, psychiatric, pedagogical, artistic, and social sciences. In the light of this discipline, we have learned that human beings from their birth establish a mind-body-mind relation which is modulated throughout the life of an individual, looking for harmony among pre-natal, natal and perinatal parts of personality, among body language, inner world and social relational world.

## **2. History**

Sigmund Freud, who was born in Freiberg (today Pzibor) in Moravia on 6th May 1856, and subsequently moved to Vienna, took a degree in Medicine in 1881 and became Professor of Neuropathology in 1885. His psychoanalytical theory created the possibility of deep understanding, not only what happens in the mind, but also in the mind's relation with the body and with social and family groups (see *Systemic Psychology* and *Psychodynamics of Group Relationships*).

Freud oriented his studies mainly to the unconscious—an underground, deep, unknown and obscure world that was difficult to decipher either by non-psychoanalytical psychology or by philosophy. The construction of the psychoanalytical theory allowed insight to the dark zones of the human mind and, much to his credit, his revelations still make much sense today.

Freudian theory developed over time by building on contributions from other researchers such as Charles Darwin ('The Origin of the Species'), Helmholtz, Brucke, and Brentano. A meeting with J. Breuer, a Viennese doctor, led Freud to consider the importance of hypnosis and of 'transference love', and stimulated him to understand more about what can happen within the doctor-patient relationship. This led Freud to decide to go to the Neuropathology School of Salpêtrière in Paris, where J.M. Charcot was studying the connection between hypnotisability and hysteria.

Freudian thought was enriched and deepened by later contributions from M. Klein, D. Winnicott, W.R. Bion, F. Tustin, E Bick, J. Bowlby and many others, among whom I. Matte Blanco clearly distinguished himself (see *Dynamic Psychology*).

W.R. Bion, who continued Freud's and Klein's thoughts, proposed that corporal sensitive experiences may be transformed to thoughts of the dream. Through the 'free associations' of the analysed, the obscure contents of the dream come back to daylight and consciousness. This can be developed further through the interpretations of an experienced analyst. After Freud, I. Matte Blanco continued his research into the

unconscious, coming to identify the two ways human beings live reality: that of the ‘dividing thought’, which distinguishes and that which ‘tends to confuse everything in one only indivisible, homogeneous unity’.

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### **Biographical Sketch**

**Prof. Ermes Orlandelli**, Md., has taught Psychosomatic Medicine and Clinical Psychology at the Schools of Internal Medicine, Gastroenterology and Psychiatry at the Catholic University, in Rome. He is the author or coordinator, with other colleagues, of various psychoanalytical, psychological, psychiatric and medical works, including:

- E.Orlandelli, L.Pinkus (1983) *Bronchial Asthma 'Asma Bronchiale'* Ed. Borla (This book integrates many points of views like allergy, psychosomatics, physiopathology on asthma)
- AA.VV. 1982, 1983, 1984, 1986 *Books of group psychotherapy 'Quaderni di psicoterapia di gruppo'* I, II, III, IV Ed. Borla. (These books concern individual correlation with the group, on psychosis, formation and change, identity and group)
- E.Orlandelli, S. De Risio, F.M.Ferro (1984) *Body mind semantics 'Soma, psiche, sema'* Ed. Ies Mercury. (This book correlates body-mind-body and somatopsychosis)
- E.Orlandelli, S. De Risio, F.M. Ferro (1984) *The Trauma of birth, the birth of Trauma 'Il trauma della nascita la nascita del trauma'* Ed Ies Mercury. (This book explains prenatal, natal psychological component of personality connected to the birth)
- E. Orlandelli, S. De Risio, F.M.Ferro (1986) *Psychoses and the Mask 'Le Psicosi e la Maschera'* Ed. Ies Mercury. (This book explains the origins and the reasons of psychoses connected with the mask of suffering persons)
- E.Orlandelli (1987) *Bronchial Asthma: an interdisciplinary approach 'Asma Bronchiale un approccio interdisciplinare'* Ed. Ies Mercury. (This book present extensive hypothesis on pathogenesis of asthma with the contributions of pediatricists, physiopathologists, allergologists, psychologists)
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