Name _____   Date _____   Class Period _____

◇ **Unit 4**
◇ **Support Family and Friends**

DEALING WITH GRIEF

Sigmund Freud is known as the father of psychoanalysis. His theories revolutionized the field of medicine and led the way to new understanding of human behavior. Freud considered areas that had never before been viewed as significant. He explored dreams, hidden memories, and subconscious feelings. During the time following the death of his father, Freud experienced firsthand some of the reactions he had seen in his own patients.

Directions: Read the following passage from *Explorer of the Unconscious: Sigmund Freud,* a biography by Adrien Stoutenburg and Laura Nelson Baker (Charles Scribner's Sons, New York, 1965). Then discuss the questions that follow with your class.

The summer following his father's death marked a turning point in Freud's life. He, who in later years would be noted for a deep serenity of spirit, was in 1897 going through what he himself called a kind of neurotic experience which threatened to bring him to a complete breakdown. At times he felt totally unable to work but would wander restlessly from one distraction to another, playing chess or cards or mechanically studying ancient maps. Martha, for all her love and attention to every practical detail that would give him comfort, watched helplessly.

Freud's physical health plagued him also. His old enemy, migraine headache, afflicted him regularly, and he had long been a sufferer from nasal catarrh and sinus trouble. Twice, Fliess operated on him to drain off pus collected in the antrums, hollow spaces in the bone above the nose. Financial pressures, too, remained a problem. Aside from the expenses for his own family, he had to contribute to the support of his mother and his two remaining unmarried sisters, Adolfine and Paula. Anna and Eli had emigrated to America. Alexander was doing well in his transportation management work, but though he helped out with the expenses of their sisters and mother, he was not rich.

All these pressures (including challenges to his own theories), in addition to his strong reaction to his father's death and a beginning of conflict in his friendship with Fliess, worked to make him face the need to begin an intense self-analysis. This he started in July, 1897, combining it with his study of dreams, especially his own dreams.

"I believe I am in a cocoon," he wrote to Fliess, "and God knows what kind of beast will creep out of it."

In attempting to psychoanalyze himself, Freud was as much a pioneer as all who set off to travel uncharted paths have been. He had no guide except his own mind and intuition, no resources except his courage and unsparing self-honesty. It was an overwhelmingly lonely form of exploration, this going down into the labyrinth of oneself. During the process he began to experience all the things that as a third party he had witnessed going on in his patients, days when he went about depressed because he had understood nothing of the day's dreams, fantasies or mood. Then there were days when, like a flash of lightening, understanding would come and the dark corners would be revealed.

Back home in Vienna in October, Freud pressed ahead with self-analysis and the study of dreams, his pen busily covering pages of manuscript paper as he recorded theory and experience in the clear, readable style that is typical of all his writings. When not writing, he might sit brooding, looking at the large collection of figurines and primitive sculpture that took up more and more space in his study. The year before he had made a trip to Bologna and Ravenna with Alexander and, finally, to Florence. Freud fell in love with Italy, especially the Galileo Museum near Florence with its ancient cultural treasures. Now examples of Florentine statuary were among his treasures. Often while sitting listening to a patient, he would take a figurine or paperweight or other object from his collection and sit turning it over and over in his hands as if the handling of some physical object increased the pitch of his mental concentration. He did the same thing now, while burrowing into his own mind and memories.

He had become convinced that the first years of an individual's life had a profound effect on his personality and character. Experiences entirely forgotten by the conscious part of the mind remained in the unconscious as in a dimly lighted storehouse, affecting action and thought. Only by probing that dimness with a strong searchlight could one hope to see through the springs of individual behavior. Dream study and psychoanalysis, he believed, were the twin searchlights to reveal the past and thereby perhaps cure psychoneuroses.

One of his own dreams particularly interested him: a dream of a man with one eye, short, fat and high-shouldered, who seemed to be a doctor. Reflecting on the dream later, he had decided the dream figure must represent a one-eyed professor he had once had. However, he had liked the professor, but he had felt a distinct dislike for the one-eyed man in his dream.

On his Sunday call at his mother's he asked her to describe the doctor who had delivered him when he had been born. Amalie readily recalled that the doctor had been one-eyed and, in fact, matched every other characteristic in Freud's dream.

But why the dislike for the dream doctor then? Freud mused. Surely he didn't resent the man's help in bringing him into the world.

"He's the same doctor," his mother added, "who treated you when you fell from a stool and cut open your jaw on the table."

Freud touched the spot where his beard covered the scar. Consciously he remembered nothing of the accident which had happened when he was three, but obviously his unconscious did and had associated the pain of the event with the one-eyed doctor, thus creating the dream feeling of resentment.

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For Discussion

1. Give examples of the stages of grief experienced by Freud after the death of his father.

2. How did his wife, Martha, offer her love and support during Freud's time of grief?

3. Why did Freud begin an intense self-analysis?

4. Is it possible that Freud's feelings about his father's death could have affected him for as much as a year? Explain your answer.

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CRIME DATA

Directions: Study the table below and answer the questions that follow. Note that although alcohol is a drug, it is categorized separately in this chart. What conclusions can you draw from this chart?

Table 32. Personal crimes of violence, 2005:

Percent distribution of victimizations by perceived drug or alcohol use by offender:

Perceived drug or alcohol use by offender	Crimes of violence	Rape/ Sexual assault/a	Robbery	Assault Total	Aggravated	Simple
Total victimizations	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total (Perceived to be under the influence of drugs or alcohol)	27.5	35.5	22.5	27.8	30.7	26.9
Under the influence of alcohol	14.1	10.5*	5.1*	15.6	14.9	15.8
Under the influence of drugs	7.0	16.7*	10.6	6.0	6.4	5.9
Under the influence of both drugs and alcohol	4.6	5.1*	5.4*	4.4	6.5	3.8
Under the influence of one not sure which	1.6	3.2*	0.9*	1.6	2.7*	1.3
Not available whether drugs or alcohol	0.2*	0.0*	0.4*	0.2*	0.3*	0.1*
Not on alcohol or drugs	23.4	23.8	13.1	24.8	23.1	25.4
Don't know or not ascertained	49.2	40.6	64.4	47.4	46.2	47.7

Percent of victimizations (spanning header over the six percent columns)

Note: Detail may not add to total shown because of rounding

*Estimate is based on about 10 or fewer sample cases.

a/Includes verbal threats of rape and threats of sexual assault.

Criminal victimization in the United States 2005, United States Department of Justice

Using the Table

_____ 1. As reported by crime victims, what percentage of rape offenders were believed to be under the influence of alcohol only?

_____ 2. As reported by crime victims, in what type of crime were the largest percentage of offenders believed to be under the influence of drugs other than alcohol?

_____ 3. As reported by crime victims, what type of crime had the largest percentage of offenders who were believed to be under the influence of both alcohol and other drugs at the same time?

_____ 4. As reported by victims, in crimes of violence what percentage of offenders were believed to be under the influence of alcohol or other drugs, but the victim was not sure which?