



Ego Analytic Therapy

PGDCP, SEMESTER- II

COURSE: CLINICAL ASSESSMENT AND INTERVENTION.

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By

Dr. Priyamvada

Part time/guest faculty

Institute of psychological research and service

Patna university

[Email-priyamvadapreet@gmail.Com](mailto:priyamvadapreet@gmail.com)

Contact-9693299059

Ego Analysis

- There is a group of psychologists who do not completely reject Freud's theory, but instead scour it and use it in their therapies
- Among those leading psychologists are Hartmann, Ana Freud, Krrish, Erickson, and Rapaport
- This theory was called Ego Analysis. According to this, the task of Ego is not only to mediate in solving the problems of id and real world but also some other work. Acoording to these psychologist Ego has adaptive functions and conflict free functions including memory, learning and perception.

Differences between ego analysis and psychoanalysis

There are some differences among ego analysts and Freudian concepts.-

- The aim of ego analyst's therapy is re-educative but Freudian therapy's aim is reconstructive.
- It less emphasize on infantile experiences and transference neurosis than psychoanalysis.
- It emphasises on recent experiences of the client but psychoanalysis emphasises on past experiences.

Assumption-

- The determinant of all human behaviors is Ego not his instinct.
- Ego is autonomous
- Ego produces a drive of adaptive learning and environmental mastery which is different from libido and aggressive instincts.
- Female sexuality is equal to the Male sexuality.
- Id , Ego and Superego does not satisfactorily explain the structure of the personality.
- There is a hidden potential for creativity and affection drive.
- Specific activity and flexibility are important for psychotherapy

Steps or stages of Ego analytic therapy-

- Rapport establishment- encouraging the client to explain his or her recent problems.
- Clients are directed to tell about their disputed experiences with their parents and other disturbing experiences without any hesitation.
- Therapist develops insight in the client to solve their problems by re-educating them.
- At the end the client is able to solve his problem by his own. Then therapist gradually lessen the sessions and ends the therapy.

Merits and Demerits

Merit –

- According to Blanck and Blanck the outcome of the therapy is effective and permanent because it focuses on the recent problems.
- According to Ford and Urban it develops trust by reeducating the client by this the maladaptive symptoms minimized rapidly.
- There is depth and integration in this therapy because the therapist understands the neurotic aspect and affective aspects and its interactions also.

Demerits-

- The outcome of the therapy is not reliable because there is no importance of free association and transference in this therapy.
- It neglects the importance of Dream analysis. It is also the reason for doubt on its efficacy and validity.
- After being criticized it is the most influential and mostly used psychodynamic psychotherapy technique that therapist always use.