

PSYCHODYNAMIC THEORY

Psychodynamic theory is an approach to understanding human behavior that emphasizes the role of underlying factors and subconscious forces.

OVERVIEW

This approach postulates that subconscious motivations are at the root of conscious experience and behavior. By understanding the subconscious, one can gain insight into why humans behave the way they do. According to the theory, the subconscious is constructed through experiences throughout life, particularly in early childhood.

EXAMPLES

- **Compulsive Hand-Washing:** A psychodynamic approach would look for early childhood trauma associated with obsessive fear of germs.
- **Difficulty Making Decisions:** An individual might consistently have trouble making decisions due to a deeply embedded fear of making a wrong choice, possibly stemming from a strict upbringing where mistakes were chastised.

Self Image Psycho Dynamics

AN Whitehead



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