

Glossary

- Abnormal psychology** The study of behaviour disturbance, including the causes, classification and description of abnormal types of behaviour.
- Abreaction** A term used in psychodynamic theory to refer to the process of reliving, either in speech or in action, a previously repressed experience. It also involves the release of the emotions associated with the experience.
- Actualising tendency** A propensity described by both Rogers and Maslow. It refers to the human urge to grow, develop and reach maximum potential.
- Acquisition** The process whereby a conditioned stimulus begins to produce a conditioned response.
- Adaptation** The ability to function effectively in the environment. Adaptations are helpful changes which enable people to cope with others and with their surroundings.
- Addiction** A pronounced physical or psychological dependence on, or need for, a chemical substance.
- Adlerian** Referring to Adler, who was an early follower of Freud. Adlerian counselling and therapy is based on the theories developed by Adler.
- Affect** Refers to feelings and emotions.
- Affective disorder** Mental disturbance characterised by mood changes. Depression is one example, while extreme excitement (mania) is another.
- Agoraphobia** An abnormal fear of being alone or in a public place where escape might be difficult. The term is derived from two Greek words: phobos (fear) and agora (marketplace).
- Ambivalence** Conflict of feelings or emotions (love and hate) towards another person or object. There may be contradictory impulses as well, and often one of the ambivalent feelings is conscious, while the other is unconscious.
- Anal stage** According to psychoanalytic theory, this is the second stage of psychosexual

Anima/animus	development. Gratification and conflict are experienced in relation to the expulsion and retention of faeces. Control of bodily function and socialisation of impulses are major tasks at this time. Jungian terms referring to unconscious opposite sex images. The anima is the unconscious female image in the male psyche, while the animus is the unconscious male image in the female psyche.
Anxiety	Feelings of dread associated with physical symptoms including raised pulse and sweating. According to Freud, anxiety is related to unconscious mental conflicts stemming from childhood.
Archetypes	Unconscious images, ideas or patterns of thought which, according to Jung, are inherited from our ancestors and are universally present in all of us.
Aversion therapy	The use of punishment to remove undesirable behaviour such as alcoholism. Has been used in the past as part of behaviour therapy to treat a range of problems, but is less popular now.
Basic needs	A term used by Maslow (1954) to describe a range of needs which all humans experience. These include physiological, safety, belongingness, esteem and self actualisation needs. Maslow arranged these needs in a hierarchy, and although it is often assumed that they are in a fixed order, he did not intend that it should be interpreted so rigidly.
Basic trust	A fundamental attitude derived from positive early experience. The term is used by both Erikson and Winnicott and refers to the feelings about <i>self</i> , which are formed as a result of an infant's relationship with the primary care giver.
Behaviourism	The scientific study of behaviour based on observable actions and reactions. The focus is on analysing the relationship between behaviour and the environment, and on the way that stimuli provokes responses.
Behavioural counselling	An approach to counselling which focuses

- on observable behaviour. (See *Behaviour therapy*).
- Behaviour therapy** A term first used by Skinner to describe a method of psychotherapy based on learning principles. Also sometimes called 'behaviour modification'. Clients are taught, through a variety of techniques, to modify problem behaviour.
- Belongingness need** A term used by Maslow (1954) to describe the human need to give and receive acceptance, affection and trust.
- Biofeedback** A technique which allows individuals to monitor and control their physiological processes, including blood pressure, pulse and temperature. This is achieved through the use of electronic equipment.
- Biological determinism** Freudian concept which states that sexual and aggressive forces govern human experience and behaviour.
- Bipolar disorder** Describes two emotional extremes of depression and mania which a person may experience on a daily or even hourly basis.
- Blind spots** A term often used in counselling to describe characteristics, behaviour or areas of personal experience which are (temporarily at least) outside our awareness. One aim of counselling is to help clients shed light on these blind spots, although it should be emphasised that counsellors have blind spots too.
- Brief therapy** This is a form of counselling which often takes place over a period of six to eight weeks. It is usually associated with cognitive behaviour therapy, though other approaches to counselling are now starting to use it. In some cases short-term psychodynamic therapy is offered to clients, especially when long-term therapy is out of the question. Brief therapy is characterised by clarity of focus, and by the client's motivation in achieving results within the time allocated.
- Bulimia nervosa** An illness characterised by recurrent episodes of binge eating alternating with self-induced vomiting, abuse of laxatives and diuretics. Strict dieting is also a feature,

Burn-out	so too is a rigorous exercise regime designed to prevent weight gain. The outcome of accumulated stress characterised by physical, psychological and behavioural dysfunction.
Case history	Material or information which is recorded for the purpose of understanding a patient's (or a client's) problems. Case histories are often used to help plan treatments or helping strategies, though they are sometimes kept for research programmes too.
Castration complex	In Freudian theory, an unconscious fear of genital mutilation or loss, as punishment for sexual attraction to the opposite sex parent. The concept applies to women as well as to men, and should be interpreted in a symbolic rather than a literal sense. Men may, for example, <i>fear</i> a loss of power or potency, while women may <i>actually experience</i> disempowerment because of their relative lack of status or opportunity in society.
Catastrophising	A term used by Albert Ellis to describe a tendency to dwell on negative events or possibilities. An over-emphasis on the worst possible scenario or outcome.
Catharsis	Release or elimination of repressed emotions, usually achieved through crying or verbal expressions of anger or resentment. The word is translated from Greek and means to <i>clean</i> . It is used in both art and drama where release of emotions can occur vicariously. See also <i>abreaction</i> .
Cathexis	A term used in Freudian theory to describe the attachment of emotional energy or libido to mental representations of other people (object cathexis) or to aspects of oneself (ego or id cathexis).
Censor	A Freudian term used to describe an unconscious mechanism used by the ego in the production of defence mechanisms. Also used to denote the mechanism whereby dream content is distorted to make it more acceptable to the ego.
Character disorder	A long-standing pattern of deviant or

	socially unacceptable behaviour, for example criminality.
Clairvoyance	The ability to foresee events or objects other than through sensory experience. Sometimes called extrasensory perception.
Claustrophobia	An abnormal fear of enclosed spaces.
Clinical Psychologist	A psychology graduate who specialises in the understanding, assessment and treatment of emotional or behavioural problems.
Cognition	The experiences of thinking, reasoning, perceiving and remembering.
Cognitive behaviour therapy	An approach to counselling and psychotherapy which stresses that thinking can affect how we feel and what we do. A central aim of cognitive behaviour therapy is to help clients change how they think, so that they feel better and act accordingly.
Cognitive dissonance	Conflicts in attitude or thinking, which lead to feelings of uneasiness. These feelings then motivate the person to seek ways of achieving consistency.
Cognitive restructuring	The process of replacing stress-producing thoughts with more positive or constructive cognitions. Often taught as a therapeutic technique to clients in counselling.
Collective unconscious	A Jungian concept which postulates that all human beings have, at an unconscious level, shared memories, ideas and experiences, based on the knowledge acquired through time by our common ancestors.
Compensation	The development of personality traits designed to overcome other inadequacies or imperfections. In Freudian terms, a defence mechanism.
Complex	Unconscious ideas and associations which influence behaviour.
Condensation	The representation of several complex ideas in a single symbol. Used in Freudian theory to describe aspects of dream imagery.
Compulsion	An overwhelming drive to repeat certain actions or rituals. See also <i>obsessive compulsive disorder</i> .
Conversion reaction	Turning a psychological problem into a physical one so that anxiety is transformed into a tangible form.

Counselling	A form of psychological helping which values, and seeks to identify, each client's innate (though perhaps temporarily obscured) internal resources, coping abilities and strengths.
Crisis intervention	The procedures used in an immediate response to any psychological emergency.
Daydreaming	Indulging in fantasy or dreaming while awake.
Death instinct	A concept introduced by Freud in 1920 to describe aggressive or destructive forces, which are directed against <i>self</i> rather than against others. Certain self-destructive forms of behaviour, drug taking or alcoholism for example, could theoretically be prompted by the death instinct.
Defence mechanism	A method of coping with the threat of anxiety. A pattern of behaviour designed to obscure unpleasant emotions.
Déjà vu	A strong feeling that a present experience has in fact been experienced before. May be an unconscious association of forgotten past events with current experience.
Delusion	A false belief or conviction which is firmly held and defended.
Denial	Defence mechanism, which is often used in situations of extreme stress. For example, a person with terminal illness might simply deny the diagnosis in order to reduce intolerable anxiety.
Depression	A feeling of hopelessness, apathy or despair. A mood (or affective) disorder, see also <i>affect</i> . May include physical symptoms, loss of self esteem, sleep disturbance, loss of appetite and tiredness.
Depressive position	The second of Melanie Klein's developmental positions (age 3 months) characterised by a recognition that the object (mother) who was hated is also loved and is, in fact, a 'whole' object rather than just disjointed parts. This is accompanied by depressive anxiety, feelings of guilt, concern and a desire to repair the (imagined) damage done to the object.

Developmental Psychologist	A psychology graduate who specialises in the study of development throughout the lifespan. There is a special emphasis on the relationship between early and later behaviour, and on the experiences of childhood and adolescence.
Displacement	A defence mechanism whereby unacceptable motives or impulses are directed towards another target or object.
Dissociation	A lack of integration or connection between mental processes. Loss of contact with reality which may occur during sleep-walking, hypnosis, loss of memory or severe illness.
Divergent thinking	The use of creativity as an approach to problem solving. Instead of a single answer, many possible solutions are generated.
Dreams	Mental images which occur during sleep. According to Freud, dreams originate in the unconscious, have psychological meaning and can be interpreted. In psychodynamic theory, dreams are said to have a manifest content and a latent content. The former refers to that which is remembered by the dreamer, while the latter refers to the deeper meaning, which can only be accessed through interpretation.
Eclectic	An approach used in counselling and psychotherapy characterised by adherence to one preferred theoretical school, while using methods belonging to other schools when appropriate to the needs of individual clients.
Ego	The 'I' or conscious part of personality. In Freud's tripartite theory of personality the ego mediates between the impulses of the id and the strict demands of the superego.
Ego boundary	The imagery line which separates <i>self</i> from others. A person who lacks ego boundaries finds it difficult to maintain a separate identity from others.
Ego ideal	How each person would like to be.

Ego integrity	Often used interchangeably with the term superego. Refers to the parental and other influences which set guidelines for civilised behaviour.
Ego psychology	Refers to the last of Erikson's eight psychosocial stages, for example ego integrity versus despair. Indicates equanimity and acceptance of both life and death in old age. A branch of psychodynamic theory which stresses the positive, autonomous and creative functions of the ego. This is in contrast to strict Freudian theory, which limits ego function to the arbiter in disputes between the id and superego.
Electra complex	A Freudian term used to describe the psychosexual stage of development at which girls are said to experience a constellation of impulses similar to the Oedipus complex in boys.
Endogenous	Originating from within the person, for example endogenous depression.
Environment	All outside influences, including other people, which affect the individual.
Environmental determinism	The idea, enshrined in behaviourism, that people are influenced by external forces.
Esteem needs	From Maslow's hierarchy, where the need for respect for oneself and others is described.
Eros	Used by Freud to denote the life force or sexual instinct. See contrast with the <i>death instinct</i> or ' <i>thanatos</i> '.
Extravert	Personality type described by Jung. Refers to people who are inclined to direct mental energy and interests outwards towards other people and events. The term was also used by Eysenck (1991) to describe the outgoing personality type.
False memories	Memories recalled during therapy or hypnosis, which may in fact be dreamlike creations prompted by suggestion (spoken or unspoken) from the therapist.
Family therapy	A psychotherapeutic approach in which the whole family is involved so that common problems can be dealt with.
Fantasy	Daydreaming to fulfil a psychological need.

Fetish	<p>A defence mechanism which may be used as a substitute for harsh reality.</p> <p>An object worshipped by certain cultures for its magical qualities. In Freudian theory the word refers to an object or piece of clothing which is necessary for sexual gratification.</p>
Fixation	<p>In Freudian or psychoanalytic theory, arrested development at an early stage of life. Failure to progress through the stages of psychosexual development, for example oral fixation.</p>
Flight into health	<p>Describes the way in which clients in therapy sometimes seem to recover rapidly. May be viewed as a defence against introspection or self analysis.</p>
Flooding	<p>A method used in behaviour therapy to treat clients with phobias. The person is encouraged to stay in the feared situation, and to experience all the anxiety it evokes. For example, a client with a phobia about snakes might be encouraged to visit the snake house at the zoo and to stay there until the anxiety is lessened.</p>
Free association	<p>A procedure originated by Freud and used in psychodynamic therapy. The client is encouraged to say whatever comes to mind in the hope that unconscious ideas and conflicts will surface.</p>
Free floating anxiety	<p>Anxiety of unknown origin or cause.</p>
Freudian slip	<p>A mistake, either verbal or action based, which indicates some underlying meaning. One example is the student who misses the bus on the way to sit an important exam.</p>
Fugue	<p>A dissociative reaction which usually stems from a desire to escape an intolerable situation. The person wanders off or sleep-walks and afterwards is unable to remember what happened.</p>
Genital stage	<p>The last of Freud's psychosexual stages of development. It is characterised by an interest in the formation of sexual relationships.</p>
Gestalt psychology	<p>That branch of psychology concerned with the way in which human beings perceive</p>

Gestalt therapy	things as whole patterns rather than just collections of individual parts. An approach to therapy devised by Fritz Perls. Therapy usually takes place on a one-to-one basis in a group setting, but it is also practised by therapists working with individual clients. A goal of therapy is to help clients become more integrated and aware of themselves in the 'here and now'.
Ground	The background in our visual field. The term is used in Gestalt theory along with the word figure (figure and ground) to describe a whole or pattern which is known as a Gestalt.
Group dynamics	The study of the ways in which group members interact.
Group polarisation	A tendency, present in groups, to make decisions which are more extreme than those made by individuals.
Group think	A tendency among group members to lose the ability to be objective and realistic in their evaluation of decisions.
Growth motive	Described by Maslow as a human motive to develop and grow, even when there is no obvious need to continue striving.
Guidance	Advice and help given to people with educational, vocational or work-related problems.
Halo effect	A belief in the total goodness of a person possessed of one outstanding quality. May also apply when a negative quality is taken as evidence of general negativity.
Hallucination	A sensory perception which may be visual, auditory, olfactory or tactile. Experiences which are not present in reality, but are nevertheless believed to be real by the individual. Common in certain forms of mental illness, including psychosis. May also occur after bereavement when the hallucination is seen as evidence of the dead person's presence.
Hallucinogens	Drugs which produce hallucinations and other perceptual changes. LSD is one example of an artificial hallucinogenic

- substance, although there are others which are derived from natural sources.
- Hierarchy of needs** The order of importance which Maslow ascribes to human needs. Lower order needs must be fulfilled before higher order needs can be experienced.
- Holistic** An approach which stresses the connection between all areas of experience, including the physical, the emotional and the environmental.
- Homeostasis** An organic tendency to maintain a constant state or an optimum level of functioning. One example is the physiological mechanism which ensures a uniform body temperature. In Jungian theory, psychological homeostasis or automatic self regulation also occurs, and is achieved when there is a balance between the conscious and unconscious aspects of the psyche.
- Horney, Karen (1885–1952)** A German psychiatrist and psychoanalyst who moved to America in 1932. Emphasised the role of cultural and environmental factors in the development of neurosis, especially those affecting women.
- Humanistic psychology** A psychological approach which emphasises subjective experience and the uniqueness of human beings. Sometimes referred to as the ‘Third Force’ in psychology, after psychoanalysis and behaviourism.
- Hypnagogic images** Images which occur during the drowsy state just before sleep.
- Hypnosis** The trance-like state resembling sleep. Artificially induced state during which a person’s perception, voluntary actions and memory may be altered, and susceptibility to suggestions is heightened.
- Hypnotherapy** The treatment of problems or illness through the use of hypnosis.
- Hypochondria** An exaggerated concern with the body and with health. The presentation of physical symptoms with no underlying cause. Usually linked to psychological problems which need to be addressed if overall health is to improve.
- I** The subjective experience of self similar

Id	to the word ego. However, I is a personal pronoun whereas the word ego is used as an objective description of the self.
Ideal self	Refers to the primitive pleasure-seeking part of the personality described by Freud. A Rogerian concept describing the kind of person one would really like to be. Conflict often arises between the 'ideal self' and the 'false self', especially when the former cannot be expressed or fully acknowledged.
Identification	A process of modelling personal behaviour on the behaviour of someone else. In extreme cases, a person's identity may be totally merged with that of someone else. In psychoanalysis, primary identification refers to a relationship in which the mother is the object, whereas secondary identification refers to a relationship where the object is seen as having a separate identity. See also <i>projective identification</i> .
Identity	The sense of being separate and different from others. May be poorly developed when there is trauma or disruption in childhood, and may even be lost when there is severe mental illness at any stage of life.
Identity crisis	A term used by Erikson to describe the turmoil which accompanies certain developmental stages, especially the stage of adolescence. Young adults are faced with the task of separating from parents and of finding a suitable place in society. Erikson also describes the tendency to form peer groups at this stage, so that individual identities become totally merged.
Illusion	Mistaken perception of reality.
Imago	A term used in psychoanalytic and Jungian theory to describe unconscious object representations. Similar to Jung's concept of the Archetype.
Incorporation	In Freudian theory this refers to a fantasy of having taken in or swallowed an external object or person.
Individuation	A Jungian term which refers to the process

- of psychic development and growth. A lifelong process which is particularly significant in middle age when existential issues appear in sharp focus.
- Inferiority complex** A term coined by Adler to describe a constellation of ideas and feelings which arise in response to personal deficiency. The term is now more commonly used to denote feelings of worthlessness and inadequacy which often lead to lack of self esteem or aggression.
- Insight** In psychoanalytic terms, the capacity to understand mental processes, personal motives and the meaning of symbolic behaviour.
- Instinct** Innate, unlearned, goal directed behaviour arising from a biological source.
- Intellectualisation** A defence mechanism which is used to ward off emotionally threatening material.
- Internal reality** A person's own subjective experience of events.
- Internalisation** The process of acquiring mental representations of people or objects in the external world. Often used in object relations theory to describe the way in which an infant builds up an inner world of images which are derived from relationships, especially the relationship with mother. These representations are then used to form an image of *self* which can be either good or bad depending on the quality of early relationship experience.
- Intrapsychic** Refers to mental activity and the processes which occur between the id, the ego and the superego.
- Introjection** A term used in object relations theory and similar to internalisation. However, strictly speaking, introjects are the result of internalisation. Objects (or other people) are internalised and become mental representations. These internal objects then form the subject's values, beliefs and attitudes and are the basis of the superego.
- Introversion** A psychological type described by Jung. Refers to a human tendency to withdraw

Isolation	inwards or to become introverted especially at times of stress. Eysenck (1975) also used the term to describe a melancholic personality type. (See also <i>extraversion</i> .) A defence mechanism used by people to separate thoughts from emotions. Experiences are deprived of <i>affect</i> or feeling and can be viewed in a wholly detached way.
James, William (1842–1910)	An American psychologist who wrote the two-volume book <i>Principles of Psychology</i> in 1890.
Latency	Freud's fourth stage of psychosexual development (age 6–12 years approx.) during which sexual interests become dormant.
Latent content	Referring to dreams, see <i>dreams</i> .
Law of effect	Refers to a law stating that any behaviour which is followed by reinforcement is strengthened. Responses which are not rewarded are less likely to be performed again.
Lay analyst	Psychoanalyst, a person who is not a trained psychiatrist and who treats clients through the use of psychoanalysis.
Learned helplessness	Refers to a state of apathy or helplessness described by Seligman (1975) which develops when a person is unable to escape or avoid a situation in which there is discomfort or trauma.
Levels of consciousness	Different levels of mental activity, some of which may be outside awareness.
Libido	In Freudian theory refers to a person's basic life instincts.
Longitudinal study	Research method used to study people over a period of time taking measurements at different stages of development.
Lucid dreaming	Being aware that we are dreaming while the dream is actually in progress. This indicates that sleep may not always involve a total loss of consciousness.
Maladjusted behaviour	Behaviour which is socially inappropriate and causes difficulties for the individual and others.
Mania	An elevated expansive mood with increased levels of restlessness or irritability. There

	may also be a sense of grandiosity, flights of ideas and a marked reduction in the need for sleep. Frequently accompanied by alternating periods of depression. (See <i>dreams</i> .)
Manifest content	
Marital therapy	Therapy which aims to help both members of a couple to resolve their relationship problems.
Masochism	A desire for pain, humiliation or suffering which is inflicted either by oneself or by others.
Maturation	The process of growing and becoming fully developed both mentally and physically.
Medical model	Sometimes called a biological model. An approach which states that mental illness and behaviour disorders are due to physical causes which can, therefore, be treated by medical means.
Meditation	An altered state of consciousness induced by intense concentration or the repetition of certain words or actions, and resulting in feelings of inner peace and tranquillity.
Moral principle	Refers to the influence exerted by the superego whose purpose is to restrict free expression of id impulses. Guilt is reduced when such impulses are restricted through the moral principle.
Multiple personality	A dissociative disorder in which a person appears to possess more than one identity, all acting and speaking in different ways.
Multidisciplinary approach	A team approach to working with patients or clients. Counsellors working in the public sector frequently liaise with other professionals including doctors and social workers.
Narcissism	A form of self love in which there is an investment of energy or libido in oneself. In other words, the subject is preferred to the object. In Freudian theory the term 'primary narcissism' refers to the infantile love of Self, which is then followed by 'secondary narcissism' when love of Self is replaced by love of an introjected other person or object.
Need satisfying object	An object or other person who is valued for

Negative therapeutic reaction	an ability to satisfy one's basic or instinctual needs, without any regard for the needs or personality of the object. A term used in psychoanalysis to describe a negative response whereby a client's general condition worsens as a result of interpretations offered by the therapist.
Neo-Freudian	A term describing a group of American theorists who re-interpreted Freudian theory and emphasised the influence of society and relationships on people and their behaviour. Included in the group are Eric Fromm, Karen Horney and Harry Stack Sullivan.
Neurasthenia	An outdated Freudian term to describe a condition similar to Chronic Fatigue Syndrome.
Neurosis	A pattern of behaviour, including fear and anxiety, with no organic basis. Possible psychological causes include past event or traumas, relationships and sexual difficulties.
Nightmare	A frightening or terrifying dream which may be prompted by trauma or conflict in a person's working life.
Norm	Average, standard or common. A learned and accepted rule of society which dictates behaviour in various situations.
Object	In psychodynamic (and especially object relations) theory, this refers to another person to whom emotional energy, including love and desire, is directed. However, an object can also be a part of a person or a symbolic representation of either a person or part of a person.
Object cathexis	Investment of emotional energy in another person. Contrast with narcissism. (See <i>narcissism</i> .)
Object constancy	The tendency to adhere to a specific lasting relationship with another person. In infancy, object constancy refers to the baby's preference for, and strong bond with, the mother.
Object, good	May be internal (as a mental representation) or external. An object who is perceived

- as reliable, dependable, trustworthy and loving.
- Object permanence** The knowledge that objects exist even when they are hidden from view. Such knowledge results from the ability to form mental representations of external objects.
- Object relations therapy** Psychoanalytic theory of relationships which stresses the significance and dynamics of the bond between mother and infant, and later between mother, infant and father. The infant's need to relate to objects is paramount, and the nature of object relationships affects personality development.
- Object, transitional** A substitute for another person or for an important relationship. Winnicott (1988) uses the term to describe soft toys, dolls and pieces of cloth or blanket which children value because of the symbolic link to mother. These objects are effective in helping children move gradually from dependence to independence.
- Object, whole** The object or other person who is seen as separate and existing in their own right, with feelings and needs similar to those of the subject.
- Observational learning** The process of observing and learning from the behaviour of others.
- Obsessive Compulsive Disorder (OCD)** Persistent thoughts, ideas and impulses which are inappropriate and intrusive, and which lead to anxiety and a compulsion to do certain things. The goal of such compulsive behaviour is to prevent or reduce anxiety, and when the sufferer tries to interrupt obsessive thinking or behaviour, severe anxiety and agitation follow. Cleaning rituals and checking are examples of OCD, and onset of problems tends to occur in late adolescence (Lemma, 1996).
- Oedipus complex** In Freudian terms, the phallic stage of psychosexual development when a young boy is sexually attracted to his mother. There is accompanying hostility towards the father who is seen as a rival. Fear

- Omnipotence** A Freudian concept which indicates a belief that thoughts can alter the environment or events. At an early stage, infants are said to experience omnipotence of thought, and only later come to realise, through frustration of everyday living, that reality prevails.
- Operant conditioning** The process whereby an animal or person learns to respond to the environment in a way which produces a desired effect. In laboratory research, B. F. Skinner trained animals by immediately rewarding them for correct responses. He later applied the same concept to human learning.
- Oral stage** In psychoanalytic theory, the first of Freud's stages of psychosexual development is characterised by the infant's pleasure in feeding and dependence on the mother.
- Panic disorder** Sometimes referred to as panic attacks. Terrifying recurrent anxiety which appears without warning and is not associated with a specific phobia. There is a sudden onset of fear accompanied by a fast heart rate, sweating, shortness of breath, trembling, dizziness or faintness and sometimes nausea. During an attack people often feel they may go crazy.
- Paranoia** A mental disorder in which delusions of persecution or grandeur are common.
- Paranoid–schizoid position** The first of Melanie Klein's positions which occupies the first three months of an infant's life. It is characterised by feelings of persecution and threats of annihilation, along with splitting of the ego and the self into good and bad. In Klein's view, the paranoid-schizoid position precedes the depressive position and represents the infant's attempts to deal with destructive impulses which are projected on to the object (mother). Failure

Parapraxis–Freudian slip	to negotiate the paranoid-schizoid position results (according to Klein) in a range of later difficulties, including schizoid and paranoid conditions. Describes unconscious mental processes which prompt certain unintended faulty actions or mistakes in speech. In Freudian terms, these errors are seen as evidence of unconscious conflicts or wishes.
Parapsychology	That branch of psychology which studies supernatural phenomena, including clairvoyance, telepathy and extrasensory perception.
Perception	Refers to awareness of the external world through the use of the senses.
Persona	Jungian term which means a mask, and describes the characteristics which people assume as part of their roles in everyday life.
Personal construct	A personality theory proposed by the American psychologist George Kelly (1905–1967) which suggest that people <i>construe</i> their own worlds. According to Kelly we interpret things and try to understand them, and to do this we employ <i>personal constructs</i> . These represent our own private logic and include deductions and conclusions which determine personality and guide behaviour. When events accord with our expectations we feel comfortable and our personal constructs are validated. If however we anticipate wrongly, then we are obliged to <i>reconstrue</i> , a process which causes discomfort and threat.
Personality	General patterns of behaviour and thought which are characteristic of an individual. Major theories have been forwarded by Freud, Adler, Jung, Klein, Sullivan and Erikson, though other writers have contributed to the field as well.
Personality disorder	Psychological disturbance in which personality traits or behaviour interfere with social functioning. (See also <i>character disorder</i> .)
Phallic stage	The third of Freud's psychosexual stages of development, preceded by the oral and

Phantasy	<p>anal stages. Characterised by the Oedipus complex. (See <i>Oedipus complex</i>.)</p> <p>Refers to unconscious mental activity and differs from fantasy, which takes place at a conscious level. The word is used in object relations theory to describe much of the psychic activity occurring in infancy.</p>
Phobia	<p>Irrational fear of a specific object or situation. An anxiety disorder which interferes with daily life. In psychodynamic theory, the phobic situation or object represents an unconscious fear or impulse which the person is unable to face.</p>
Pleasure principle	<p>In psychodynamic theory this is the operating principle of the id which prompts people to seek immediate satisfaction of desires and needs.</p>
Post Traumatic Stress Disorder (PTSD)	<p>The development of symptoms following an extremely stressful experience or situation. It differs from other anxiety disorders because of its specific causation. The traumatic event is usually experienced through recurrent and intrusive recollections, images, thoughts or perceptions. Distressing dreams and nightmares also occur, and there is often persistent avoidance of anything associated with the trauma.</p>
Precognition	<p>The ability to perceive events which have not yet occurred.</p>
Primary process thinking	<p>A Freudian concept to describe a primitive form of thinking which is characteristic of early infancy. A very basic form of wishful thinking through which the id can access images of a desired object (mother).</p>
Projection	<p>In psychoanalytic theory, a defence mechanism in which people ascribe unacceptable desires or feelings to others instead of to themselves. The result is a reduction in guilt and discomfort. In Kleinian terms, projection has a different meaning, and refers to a normal developmental strategy used in early infancy. In this sense, impulses, including good and bad</p>

- feelings, are projected by the infant on to the object (mother).
- Projective identification** Kleinian term which describes the way in which clients in therapy may force aspects of their internal world onto the therapist. These aspects include a range of feelings and anxieties. The concept of projective identification is used to illustrate the way in which shifts in transference and counter-transference occur in therapy. The purpose of projective identification varies but may include control, ingratiation, sexual communication or dependency.
- Psychiatrist** A medical doctor with specialised training in the treatment of mental or emotional disorders.
- Psychoanalyst** A psychiatrist or psychologist who is trained in psychoanalysis. (See also *Lay analyst*.)
- Psychodynamic** Referring to schools of therapy and counselling which are derived from Freudian theories and which emphasise the unconscious mental process which influence human behaviour.
- Psychologist** A person who has obtained a general degree in psychology. May also specialise in different areas of psychology including clinical, developmental, educational, industrial and abnormal psychology.
- Psychotherapist** A person who helps others with psychological or emotional problems, usually by verbal means. There are various schools of psychotherapy, and the length of training varies. It is possible to train as a psychotherapist without any specific prior qualifications, although training establishments have well defined entry criteria and are selective in their choice of students. Psychotherapy tends to differ in length of training from counselling, and usually takes longer. The words psychotherapy and counselling are often used interchangeably now, and in many instances it is difficult to identify any appreciable difference between them.
- Psychopathology** The study of mental illness.

Psychosis	A severe mental illness in which a person loses contact with reality and is unable to manage daily living. May include delusions and hallucinations.
Psychosomatic disorder	Physical illness with psychological cause.
Rapport	Harmonious communication between people. Especially important in a relationship between client and counsellor.
Rationalisation	Freudian defence mechanism which offers false reasons for unacceptable behaviour. A person who steals might, for example, overcome feelings of guilt by saying that the people he steals from have too much money anyway.
Reaction formation	Another Freudian defence mechanism in which a person's views, impulses and behaviour are directly opposite to what he or she really feels.
Reality principle	Describes the operating principle of the ego in Freudian theory. The reality principle is acquired through development and experience, and is that part of personality which seeks to compromise between the unreasonable demands of the id and the demands of the real world.
Regression	Returning to an earlier less mature stage of development when stressful conditions prevail. One example is the small child who starts to thumb suck or use baby language after the birth of a sibling.
Reinforcement	In classical conditioning, strengthening responses through a system of rewards. Rewards increase the likelihood that a person will behave in certain desired ways.
Reparation	A Freudian defence mechanism which involves a process of repair. Guilt is reduced when action is taken to atone for imagined damage to internal objects. One way of doing this is to re-create the object which has been destroyed in phantasy. In Kleinian theory, reparation is a normal part of the developmental process and is used by the infant to resolve ambivalent feelings (feelings of love and hate) towards the mother.
Repetition compulsion	A Freudian term which describes the

tendency to repeat certain patterns of behaviour derived from early experience. Since much of this early experience is based on relationships with parents and other significant figures, later repetitions also tend to occur in the context of relationships.

Repression

Freudian defence mechanism which involves pushing unacceptable emotions or feelings into the unconscious. This ensures that deeply distressing impulses or emotions do not cause anxiety.

Resistance

A word used in psychoanalytic literature to describe the client's opposition to the process of therapy. It is especially evident in relation to interpretations offered by the therapist. These interpretations may be rejected for fear that unconscious material will surface and so have to be faced. Resistance may also be present when sessions are missed or when clients arrive late or talk about totally irrelevant topics.

Rorschach Test

A personality test devised by Swiss psychiatrist Hermann Rorschach (1844–1922). The test uses a series of ink blots which the subject is asked to interpret. Answers are meant to provide evidence of the subject's fantasy life and personality structure.

Sadism

A pathological need to obtain pleasure by inflicting pain on others. (See also *masochism*.)

Safety need

From Maslow's hierarchy of needs: the human need to be safe from physical and psychological danger.

Schizophrenia

A severe mental illness characterised by delusions, hallucinations, disorganised behaviour, incoherent speech and withdrawal.

Secondary gain

Any advantage which can be derived from an illness or condition, or positive side effects which accompany a negative event.

Secondary process thinking

In contrast to primary process thinking, this refers to logical and realistic thought processes. (See also *primary process thinking*.)

Self

The way in which a person experiences

Self actualisation	him or herself. This is in contrast to the concept of ego which is a descriptive term used in psychodynamic theory to refer objectively to a <i>part</i> of human personality. (See also <i>ego</i>). A Rogerian concept describing an innate tendency towards personal growth and self realisation.
Self concept	A person's view of self.
Self fulfilling prophecy	Ideas or beliefs about people which influence our attitudes to them. These ideas and beliefs are then reinforced when peoples' responses fulfil our expectations.
Sibling rivalry	The competition for parental attention which occurs between children in the same family.
Social psychology	That branch of psychology which studies social interaction, including the thought processes and behaviour of individuals, pairs and groups.
Solution Focused Brief Therapy (SFBT)	Developed and pioneered by Steve de Shazer, Solution Focused Brief Therapy is a future-orientated form of counselling which, unlike the psychodynamic approach for example, is not concerned to dwell on the past or to explore the meaning of clients' problems. Though it is described as brief, SFBT is not limited to a specific number of sessions, though practitioners often find that clients make progress in as little as two or three meetings. The focus in counselling is on finding solutions, and for this reason there is a great deal of emphasis on the counsellor's use of language, which is used in a positive and encouraging way.
Somatisation	The expression of emotional distress through bodily symptoms. Such expression of emotional distress may occur with people who are unable, or unwilling, to feel deeply about trauma or conflict.
Stereotyping	Preconceived ideas and expectations about certain groups of people, and about male and female behaviour and roles. Such ideas and expectations may act as a defence against intimacy and closeness, since they

- excuse the believer from establishing any real contact with the stereotype group or individual.
- Sublimation** A defence mechanism which involves the conversion of instinctual impulses into socially acceptable activities.
- Sullivan, Harry Stack (1892–1949)** An American psychiatrist who emphasised the importance of social factors in the development of personality.
- Superego** In the Freudian tripartite structure of personality, the superego is the component which guides ethical and moral behaviour.
- Syndrome** A group of signs and symptoms typical of a specific illness or disorder.
- Telepathy** Communication between minds without use of the senses.
- Thanatos** Greek god of death. The term was used by Freud to describe the aggressive instinctual forces which, in his view, motivated human beings towards destructive behaviour and death. (See also *Eros*.)
- Thorndike, Edward Lee (1874–1949)** An American behavioural psychologist famous for his research in animal learning and his studies in educational psychology. He established that mental abilities are independent so that, for example, a person with an aptitude for verbal skills might lack an aptitude for maths.
- Token economy** A procedure used in behaviour modification for rewarding desired behaviour with tokens which can be exchanged for privileges. These tokens include snacks, gifts, access to television or trips. Sometimes used in institutions including hospitals.
- Transference** In psychodynamic theory this refers to the process of directing feelings, attitudes and conflicts experienced in childhood, to people in the present. The term is used to refer specifically to a client's response to the therapist, but the phenomenon is evident in many other relationships.
- Transpersonal psychology** An approach to therapy which focuses on experiences which go beyond the purely personal. It is similar in some ways to

Trust versus mistrust	<p>existential therapy, but is different in that it emphasises the spiritual component of human experience in a way that the existential approach avoids.</p> <p>The first of Erikson's eight psychosocial stages which corresponds roughly to Freud's oral stage of development. When early experience is positive and supportive, a child is likely to develop a sense of basic trust and confidence in self. When early experience is negative, however, anxiety, estrangement and mistrust of self and others is the outcome.</p>
Type A personality	<p>A person who is competitive, aggressive, driven and achieving. Such people are believed to be susceptible to certain forms of illness including heart attack.</p>
Type B personality	<p>A person who is able to relax and enjoy life even when conditions are pressured.</p>
Unconditional positive regard	<p>An attitude described by Carl Rogers in his client-centred approach to therapy. It refers to the way in which the counsellor should value the client unconditionally, and accept him exactly as he is.</p>
Unconditioned Response (UCR)	<p>A term used in behavioural psychology to describe the automatic or unlearned response to a stimulus.</p>
Unconditioned Stimulus (UCS)	<p>A term used in behavioural psychology to describe the stimulus which elicits an automatic response with learning or conditioning.</p>
Unconscious	<p>That area of mental activity which, according to Freud, is outside immediate awareness. Contains feelings, memories and motives as well as sexual and aggressive impulses which, although hidden, nevertheless affect behaviour.</p>
Unconscious motive	<p>A motive of which a person is unaware. Some motives have both conscious and unconscious components, and occasionally a motive is discernible in distorted or disguised form.</p>
Wish fulfilment	<p>A term used in Freudian theory to suggest that dreams may express unconscious wishes or desire. Clearly not all dreams could be</p>

Working through

described as wish fulfilment, since many of them are frightening or disturbing.

A term used in psychodynamic theory to describe the process whereby a client in therapy gains insight, becomes independent and prepares to change. The process also involves some degree of mourning for the past.