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Утверждено на заседании кафедры английского языка для гуманитарных факультетов в качестве учебных заданий

Настоящие задания предназначены для студентов-психологов II-III курсов.

Целью заданий является закрепление навыков перевода, дальнейшее усвоение базисной терминологии, активизация навыков устной речи, а также повторение основного курса грамматики.

Задания представляют собой краткий хронологический обзор одного из основных направлений психологии XX столетия.

ждом из которых содержатся
гические упражнения.

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УЧЕБНЫЕ ЗАДАНИЯ ПО АНГЛИЙСКОМУ ЯЗЫКУ

ИЗ ИСТОРИИ ПСИХОАНАЛИЗА

Часть I

ПСФ НБ СПб ГУ



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Абонемент

UNIT I

INTRODUCTION

The word psychoanalysis, strictly speaking, refers solely to the theories of Freud and the method of psychotherapy and investigation based thereon. This was recognized by Alfred Adler who, on breaking with Freud, gave his school the name of Individual Psychology and by C.G. Jung who used the title Analytical Psychology in similar circumstances. Although the former was the least individually orientated and the latter the least analytic of the earlier schools, their originators at any rate recognized that their thought was not Freudian and hence not psychoanalytic. But in more recent times, the word has been used to describe loosely all those schools of thought which took their origin from the work of Freud, however much they diverge from it now, and the theories of Fromm, Horney, Sullivan, and others are classified as "NeoFreudian" in spite of the fact that they really bear very little resemblance to the original.

It is convenient, too, to regard the total body of Freudian thought as falling into roughly three categories: its basic psychological concepts, the theories based on clinical observations and described in terms of this conceptual scheme and the essentially philosophical conclusions on such subjects as the nature of society and civilization, war and religion, which Freud drew from his own thought and experience. Whether or not such a division is logically justifiable, it is undoubtedly empirically useful in any consideration of his influence on scientific thought; for many would accept his general approach to psychological problems who would not be uncritical of his theories, and others would accept both without taking very seriously his metaphysical conclusions. It would probably be true to say that it was Freud's method of approaching psychological problems, rather than any specific observations or theories, which revolutionized psychology and transformed it from an academic and wholly static discipline making use of terms borrowed from physics and philosophy into a science, rooted in biology but spreading outwards into sociology, describing behavior in dynamic and goal-directed terms. Academic psychology had been content to observe and describe behavior; Freud saw the need to explain it. But he did much

more than this because he changed the whole tenor of human thought so that even those who most ^{violently} denounce his views attack them in Freudian cliches and with arguments which would have been incomprehensible had he never existed. Like Copernicus and Darwin, the men with whom he compared himself, Freud revolutionized our way of looking at ourselves, and like them he may well come to be regarded rather as a moulder of thought than a mere discoverer of facts.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Psychoanalysis; psychotherapy; investigation; recognize; circumstance; diverge; theory; observation; conceptual; outwards; scheme; essentially; justifiable; undoubtedly; denounce; incomprehensible; discoverer; moulder; cliché.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

1 Строго говоря; 2 относиться к; 3 порвав с; 4 первый(последний) из упомянутых выше; во всяком случае; 5 брать начало; несмотря на; иметь сходство; 6 а не (скорее чем); 7 использовать; заимствовать; довольствоваться чем-либо; 8 сравнивать с; 9 доказательство.

4. Дайте ответы на следующие вопросы.

- Does the word "psychoanalysis" refer solely to the theories developed by Freud?
- What schools of thought are described by this term nowadays?
- What are the three categories the Freudian body of thought falls into?
- Why can it be asserted that Freud's approach to psychological problems revolutionized the science of psychology?
- Why can Freud be regarded as a moulder of scientific thought?

5. Перескажите текст.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Заполните пропуски соответствующей формой глагола. Переведите на русский язык.

1) During the early months of life the infant ... a peculiar emotional relationship with those who ... of him (to share, to take care).

2) The social disintegration in terms of a changing technology ... the decay of old institutions before they have had time to be replaced by new ones (to bring about).

3) No wonder that a man, not knowing or understanding himself, has no self-control and ... continually ... in his own mistakes and weaknesses (to involve):

4) The task is certainly neither easy nor simple, but that it can be accomplished ... by the success of those who have used adequate and appropriate means (to demonstrate).

5) Conversely, two youths who ... some shocking experience of grief or bitter disappointment, objectively alike, may be affected very differently (to suffer). The same fire that melts the butter, hardens the egg.

6) H. Sullivan ... not to think in terms of mental locations, and his picture of the mind ... rather like the state of affairs seen by the driver of a car on a dark night (to prefer, to be).

2. Переведите предложения, используя лексику урока.

1) Строго говоря, данные исследования не относятся к обсуждаемой теме. 2) Не существует бесспорных доказательств теоретической обоснованности подобного эксперимента. 3) Несмотря на противоположную точку зрения целого ряда авторов, он продолжает доказывать справедливость своей теории личности. 4) В совершенно несходных обстоятельствах исследователи иногда используют одни и те же клише. 5) Практическое применение данной теории привело группу исследователей к неожиданным результатам. 6) Целостность системы означает, что свойства целого принципиально несводимы к сумме свойств составляющих его элементов.

4
UNIT 2

S. FREUD: EARLY STUDIES

Sigmund Freud was born in 1856 in a small town in Moravia, then a part of the Austro-Hungarian Empire. He studied medicine in Vienna, which became his home until 1938 when the Nazi annexation of Austria sent him into exile in London, where he died in 1939. Primarily interested in the physiology of the nervous system (he was co-discoverer with Karl Koller of the local anaesthetic effects of cocaine), Freud went to Paris in 1885 to study under Charcot, who was experimenting with the use of hypnosis in cases of hysteria, and on his return to Vienna began himself to make use of this method. It was, however, only occasionally successful, since not all patients could be hypnotized and, even when they were, relief by no means always followed.

One of his colleagues, Dr Josef Breuer, had also been using hypnosis, but instead of making a direct attack on the symptoms Breuer encouraged patients to discuss their emotional problems while in the hypnotic state - a process which was described as catharsis or purging, since it seemed to work by relieving the patient of pent-up emotions. *Studies in Hysteria* by Freud and Breuer was published in 1893, but shortly afterwards Breuer ceased to collaborate, leaving Freud to carry on his studies alone. For the reasons already mentioned, he soon gave up the practice of hypnosis and began to use another technique which was to become fundamental to the psychoanalytic approach, that of free association. Patients were asked to relax on a couch and say whatever came into their minds, however absurd, unpleasant, or obscene it might appear by everyday standards. When this was done it appeared that powerful emotional drives swept the uncontrolled thoughts in the direction of the psychic conflict as logs floating on the surface of a great river are whirled about by the currents beneath the surface of the water. Freud concluded that when a specific memory association for each symptom had been found, painful emotions were drained off as if a psychic abscess had been opened and the purulent matter within evacuated.

From this period until 1900, Freud developed theories of unconscious motivation, repression (the process of making an experience unconscious), resistance (the way in which it is kept unconscious), transference (the emotional relationship between analyst and patient), and the causation of the neuroses.

причина

The concept of the unconscious plays an important part in the works of the psychologist Herbart, studied by Freud at school. But Freud's theories are based on years of laborious and systematic investigation of individual cases. With Herbart the opposition of ideas seems to be on the whole an intellectual one; with Freud it depends upon an opposition in the field of desire; certain desires are incompatible with other dominant tendencies of the personality, and for this reason are banished to the unconscious. The concepts of free association, the unconscious, repression, resistance, and transference developed at this time were to remain an integral part of orthodox Freudian theory, but the "psychic abscess" hypothesis of the causation of neurosis and the theory that anxiety is always a purely physiological response to sexual frustration were largely rejected.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Annexation; exile; absurd; physiology; anaesthetic; hypnosis; hysteria; relief; colleague; catharsis; purging; encourage; cease; technique; relax; psychic; couch; drive; abscess; unconscious; repression; resistance; transference; causation; association.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

По возвращении в; использовать; ни в коем случае; проводить исследования; по вышеупомянутым причинам; отказаться от; прийти в голову; сотрудничать; разработать теорию; в целом; зависеть от; психоаналитический подход.

4. Дайте ответы на следующие вопросы.

- 1) What are the main facts of Freud's life?
- 2) What process of treating hysteria was described as catharsis?
- 3) Why did Breuer cease collaborating with Freud?
- 4) How does Freud's technique of free association work?
- 5) What theories did Freud develop before 1900?
- 6) What concepts were to remain an integral part of orthodox Freudian theory?

5. Перескажите текст.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Заполните пропуски модальными глаголами (заменителями) в соответствующей форме. Переведите на русский язык.

- 1) It was accepted that most psychological happenings were of emotional nature and therefore ... only be discussed in broad descriptive terms.
- 2) In his early studies of hysterical patients Freud ... to show that the symptoms were meaningful.
- 3) To believe that the cause of everything ... to be found in its antecedent is the starting point, the initial postulate, not the goal and consummation, of science.
- 4) The use of hypnosis was only occasionally successful, since not all patients ... be hypnotized.
- 5) The Mowrer-Miller theory of the origin of fear, and of its role as an acquired drive, is acceptable, but it ... to be carried one step further if it ... to deal with the kinds of anxiety which are found in the clinic.
- 6) If we ... to understand a person's defenses against guilt-feelings, we ... know something about his image of himself.
- 7) Another example of what I mean ... be considered when aggression ... be thought of as a mechanism of self-deception.
- 8) If men ... to be prevented from rebelling against the contradictions and anomalies of social life (the historical dichotomies), the existence of the contradictions ... be denied. In social life an ideology, which is to society what "rationalization" is to the individual, may serve this purpose.

2. Переведите на английский язык, используя лексику уроков 1,2.

- 1) В дальнейшем Фрейд пришел к выводу, что истерия не всегда поддается лечению (успешно лечится) гипнозом и отказался от его применения в своей практике. 2) Фрейд считал, что иррациональные импульсы и побуждения настолько сильны в человеке, что рациональное начало имеет мало шансов противостоять им. 3) В период 1900-1910 гг. Фрейду пришлось изменить свои взгляды относительно воздействия переживаний детства на психику взрослого человека. 4) В психической жизни больного появилась логическая преемственность. 5) Сотрудничество с Брейером и Шарко, безусловно, помогло Фрейду найти свой подход к лечению неврозов. 6) Результаты оказались слишком неубедительными, чтобы брать их за основу предполагаемого исследования. 7) В определенном смысле, данная теория аналогична упоминавшейся выше, однако ей недостает простоты и ясности первой. 8) Взаимозависимость системы и Среды заключается в том, что система формирует и проявляет свои свойства в процессе взаимодействия с последней.

UNIT 3

THE SCHISMATICS

Following his break with Breuer in 1894 and right up to the beginning of the present century Freud was working alone. Yet it was during these years that much of his most important work was done, notably the publication of *The Interpretation of Dreams* in 1900 and of *The Psychopathology of Everyday Life* in the following year — not to mention the discovery of the basic principles of the psychoanalytic method. He was a slow and conscientious investigator, frequently presenting his observations to a somewhat indifferent public several years after they had been made, but in 1902 the whole complexion of things was changed when a group of Viennese physicians joined with him in a seminar for the study of psychoanalysis.

Within a comparatively short time psychoanalysis had become a movement of world-wide proportions, in spite of the almost universal fury, resentment, and disgust which now surrounded the name of Freud in his supposed assault upon the innocence of childhood and his "pansexualism" — a fury which raged unabated up to 1914, when the world had other matters to think about. Even amongst his own followers, who at this time included such men as Abraham and Ferenczi, Bleuler, Jung, and Adler, there were those who had their reservations and felt that his persistent emphasis upon the sexual roots of neurosis to the exclusion of other factors was unsatisfactory.

Adler began seriously to differ with Freud and broke with the movement in 1910 to found a system based on the thesis that human behavior can be explained in terms of a struggle for power in order to overcome feelings of mental or physical inferiority, and this system, whatever its status today, carried three implications which proved to be of the greatest possible importance to psychoanalysis and were finally in one form or another adopted by it: that neurosis was a disorder of the total personality, that the ego played a large part in its genesis, and that non-sexual factors could also lead to conflict.

Jung also differed from Freud over the sexual aetiology of the neuroses, but his theory took an entirely divergent course in which it has on the whole had very little influence, either upon scientists or upon other analytic schools; he left the original group in 1913. Freud himself in the years during and after the war began to study the ego and to develop a theory of the whole personality; he saw too that the terrifying dreams of battle-shocked soldiers could hardly be explained in terms of sexual symbolism or wish-fulfillment and that aggression, as well as sex, might be an important instinct subject to

70 лет
образом

8

умозаключ

направление

repression and therefore liable to lead to neurosis. These considerations led him from 1920 onwards to develop a new theoretical framework for psychoanalysis. The theory of the Life and Death instincts, of repetition compulsion, and the division of the personality into *ego*, *superego*, and *id*, together with a new theory of the nature of anxiety, date from this time.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Conscientious; Viennese; physician; frequent; comparatively; resentment; innocent; fury; reservation; inferiority; aetiology; neurosis (pl-ses); disorder; genesis; divergent; superego; liable; anxiety.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Не говоря (уже) о; за сравнительно короткий срок; последователь (единомышленник); расходиться во мнениях (взглядах); иметь огромное значение; оказать влияние на; в целом; вести отсчет с; вряд ли (едва ли).

4. Дайте ответы на следующие вопросы.

- How many years did Freud work alone?
- Which of his most important works were published during that time?
- What happened in 1902?
- What was the reason of Adler's breaking off with Freud?
- What is the fundamental thesis of the system put forward by Adler?
- Can you recollect the basic notions of Freud's new theoretical approach dating back from 1920?

5. Перескажите текст.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Заполните пропуски соответствующей отглагольной формой (причастие I; II). Переведите на русский язык.

1) Dr Brown has in addition an ... qualification rather rare among analytical writers (to accept).

2) ... a text-book on this subject he became well-known to students in this field (to write).

3) Darwin took the equally ancient theory of evolution and ... his own observations made it seem credible (to add).

4) The fact is that each of these men happened to live at ... time when traditional beliefs disintegrated (to change).

5) Researches were based on certain hypotheses not in themselves entirely original, but novel and fruitful when ... and ... together in a coherent scheme (to reinterpret, to bring).

6) His predecessors in psychology had thought of behavior ... by such factors as rational motives, instincts, for instance (to determine).

7) The postulates ... are being worked through carefully (to discuss).

8) The Neo-Freudians, although ... individuals by analytical methods, tend to regard the patient's conflicts as a microcosm of social ones (to deal with).

9) What really matters is that these hypotheses should provide a satisfactory explanation of the ... facts and lead us to discover new ones (to know).

10) He had already noted that not only symptoms ... but also dreams and slips of the tongue are unconsciously motivated (to mention).

2. Переведите на английский язык, используя лексику уроков 1-3.

1) Теория Фрейда оказала большое влияние на дальнейшую работу группы венских врачей. 2) Предметом нашего рассмотрения должна стать проблема причинности неврозов в целом. 3) Тем не менее, поскольку неотрейдисты существуют и продолжают свои исследования, их работы также будут рассмотрены в данной главе. 4) Принцип причинности представляет собой, строго говоря, не просто научный закон, а, скорее, априорный постулат, без которого наука была бы невозможна. 5) Неподдающиеся объяснению симптомы, ставившие в тупик врачей в течение многих столетий, обрели смысл, когда их стали рассматривать с точки зрения болезненных проявлений памяти. 6) Необходимо решить, являются ли тревожность и комплекс неполноценности взаимосвязанными понятиями. 7) Иерархичность системы означает, что каждый ее компонент также может рассматриваться как самостоятельная система, а сама исследуемая система является составляющим элементом системы более высокого уровня. 8) В силу принципиальной сложности любой системы ее адекватное познание требует построения множества моделей, каждая из которых описывает лишь определенный ее аспект.

THE LIFE AND DEATH INSTINCTS

According to the fully developed hypothesis there are two basic instincts, a Life instinct of Eros, and a Death instinct or Thanatos. The Life instinct comprises the old concept of libido and part of the self-preservation drive. The Death instinct, however, is something new in the thought of Freud — it is quite separate from libido and represents, in fact, an innate destructiveness and aggression directed primarily against the self. While the Life instinct is creative, the Death instinct is a force which is constantly working towards death and ultimately towards a return to the original state of complete freedom from tension or striving. The repetition compulsion which showed itself in the battle-dreams of soldiers in the form of repeated dreams of the same traumatic incident was assumed to be related to the tendency of the Death instinct to return to earlier states (although psychiatrists in general have believed that such dreams have precisely the opposite function of compelling the mind to assimilate an experience which it had found temporarily intolerable in order to bring about integration).

Since inwardly-directed aggression from whatever source is dangerous to the individual there arises a constant necessity to deal with it in such a manner as to make it less destructive to him, and this may be done in one of two ways: by erotizing it, that is to say by combining it with libido, in which case it may take the form of sadism or masochism (sexual perversions in which sex and aggression are combined), or by directing it outwards in aggression against others. Some aggression, too, plays a part in supporting the dictates of a harsh conscience or superego.

On the basis of this theory Freud supposed that war might be understood as a nation's attempt at psychological self-preservation, since if it did not direct its aggression outwards it would finally destroy itself with internal feuds. Suicide is a failure to preserve the self by these means, and many lesser forms of self-damage from unconsciously motivated accidents, self-inflicted diseases, addictions, and failures, to the more dramatic but not infrequent crimes committed with the unconscious intent of being found out, can be attributed to inwardly-directed *mortido*.

This conception raised a storm of protest amongst Freud's orthodox supporters, much of it couched in the language of moral disapproval. But it is probably wiser to accept Fenichel's more reasoned criticism that Freud had confused two entirely separate concepts: the first, that aggression is innate in man and its dynamics are as described, based as they are on clinical findings; the second, that because all men die and all behavior is striving

they must also be striving for death. The latter concept is a bad philosophical one which seems to argue that *because* instincts strive for gratification or reduction of tension and death is the ultimate tensionless state this must needs be their final aim, and *because* aggression can become directed against the self as demonstrated clinically *therefore* aggression and the Death instinct are one and the same. Freud's thesis in the ultimate analysis is a metaphysical one, and the present position amongst most psychoanalysts is an acceptance of his account of aggression and its vicissitudes with, on the whole, very little reference to either Life or Death instincts.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Destructive; creative; primarily; ultimate; striving; traumatic; source; suicide; intolerable; harsh; addiction; failure; intent; innate; dynamics; self-preservation; outwards; inwardly-directed; conscience; feuds.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

В соответствии с; согласно чему-либо; представлять собой нечто новое; быть совершенно отличным от; возврат к исходному состоянию; полная свобода от; быть связанным с; для того, чтобы осуществить; направленная вовнутрь; какой бы ни; рассматривать (иметь дело); таким образом, чтобы; довольно частый; может быть обусловлен; не иметь отношения (не быть связанным).

4. Дайте ответы на следующие вопросы.

- a) What is the Life instinct?
- b) How does Freud describe the Death instinct?
- c) What are the two ways of dealing with inwardly-directed aggression?
- d) How does Freud explain wars between nations?
- e) What are suicide and other forms of self-damage, according to Freud?
- f) Do most psychoanalysts accept Freud's account of aggression, as compared to the Life and Death instincts?

5. Перескажите текст.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Повторите тему "эмфаза". Переведите предложения на русский язык.

1) It was not until the turn of the present century that there appeared the "Behaviorist" school in psychology.

2) Whatever lies below the personal unconscious is known as the collective or racial unconscious, since it is it which contains the collective beliefs and myths of the race which the individual belongs to.

3) It is the British attitude to science which is different because the scientist in Europe is the descendant of the leisured gentleman of private means whose prime object was to know rather than do.

4) Whenever psychotherapy may be of any use to anyone — it was the question which aroused a response in many hearts.

5) It was this line of argument that led Meehl to survey the studies in question and conclude that morphogenic (what he calls "clinical") prediction seems to be actually inferior.

6) It is therefore only by the analysis of the ego's defensive mechanisms that we can understand the transformations which the instincts have undergone.

7) It is resistance which is seen not as an unconscious opposition to the emergence of forbidden wishes, whatever they are, but as a defense against the treatment itself.

8) However, it was as a pioneer in the field of character analysis that Reich is likely to be remembered, for it was he who noted that reactive character traits were an armor used by the ego to protect it against both instincts and a thwarting environment.

2. Переведите предложения на английский язык.

1) Оба результата, как только что было продемонстрировано, имеют высокий уровень корреляции по большинству своих параметров. 2) Рано или поздно мы начинаем различать эти явления, какими бы одинаковыми по сути они нам поначалу ни казались. 3) Именно творческое начало является фактором, способствующим максимальному раскрытию личности. 4) По мнению автора, желающим воспользоваться предлагаемой методикой потребуются навыки не только врача, но также детектива и дипломата. 5) Только в начале XX века Фрейд отказался от лечения гипнозом и ввел в практику метод психоанализа. 6) Карл Юнг, швейцарский исследователь, порвал с Фрейдом в 1913, возражая, как и Адлер, против чрезмерного, по его мнению, акцента на проблеме сексуальности. 7) Никакая система не может быть

исчерпывающе описана средствами, которыми данная система располагает. Невозможно произвести качественные изменения внутри системы исходя из средств самой системы. 8) Чтобы произвести качественные изменения в системе, необходимо выйти за пределы этой системы. Выход за пределы системы подразумевает построение метасистемы, включающей данную в качестве составляющей.

UNIT 5

THE INTERPRETATION OF DREAMS

The Interpretation of Dreams was considered by Freud to be his most important work and the significance of dreams as the "royal road to the unconscious" is accepted as a major aspect of psychoanalysis; the symbol is one of the means whereby forbidden wishes from the unconscious id are allowed to manifest themselves in disguised form in consciousness when they would otherwise clash with the moral demands of the superego. It is the function of the dream to preserve sleep by permitting expression to the wishes in such a form as not to shock the ego and so awaken the dreamer, and it thus happens that the manifest content of the dream (i.e. the dream as recalled upon waking) differs considerably from its latent content (i.e. its unconscious significance). However, by the process of free-association the latent content can be revealed, in spite of the fact that it has been carefully disguised by the processes of condensation, displacement, plastic representation.

Condensation means that some parts of the latent content are left out and elements possessing a common trait are fused together, so that a figure appearing in a dream may be a composite image of several people in real life. In displacement, elements which are invested with great emotional significance may be made to appear insignificant and vice versa in order to conceal their importance from the dreamer. Plastic representation is described by Freud as "a plastic, concrete piece of imagery, originating in the sound of a word".

As if these disguises were not enough, there is a final process which complicates dream analysis: that of secondary elaboration. On awaking, the dreamer recalls the dream's manifest content, but his mind soon sets to work to give to what he only vaguely remembers some semblance of order and coherence, a coherence which it did not originally possess, so that the

методы 14
суперэго
представления
dream as told is a much more orderly and rational entity than it was when originally presented during sleep. Thus the latent content is disguised to form the manifest content and this is further distorted by secondary elaboration.

The problem of symbolism brings us into contact with Freud's concept of man's archaic heritage. For the fixed symbols, according to this theory, have never been individually acquired by any man. Nor are they limited to dreams, but are to be found in mythology, fairy tales, art, religion, and in many other fields. The dream-censorship, in other words, makes use of an archaic language which was lying ready to hand in order to make the forbidden wishes of the unconscious as incomprehensible as possible to the conscious mind of the individual.
недостатки

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Disguise; content; latent; composite; vice versa; imagery; originate; semblance; (in)coherent; entity; mythology; censorship; archaic.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Столбовая дорога; посредством чего-либо; проявляться в чем-то; в противном случае; приходиться в столкновение с; происходить от (восходить к); облекать (надевать); первоначально; еще более (и далее) искажаться; находиться прямо под рукой.

4. Дайте ответы на следующие вопросы.

- Which work did Freud consider to be his most important contribution to psychoanalysis?
- In what way do forbidden wishes of the unconscious manifest themselves in consciousness?
- How can the latent content of a dream be revealed?
- What is the term for the process taking place on awaking and further complicating dream analysis?
- How is the problem of fixed symbols connected with Freud's concept of man's archaic heritage?

5. Перескажите текст.

6. Сформулируйте основные идеи текста. Переведите полученные тезисы на английский язык.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Перепишите предложения в страдательном залоге. Переведите на русский язык.

1) Freud made a very significant contribution to a number of advanced psychological theories.

2) He mentions with approval Trotter's "Instincts of the Herd in Peace and War".

3) Some psychoanalysts have made good use of Freud's concepts and theories.

4) Roheim lays even more emphasis on infantile experience by taking up the Kleinian position.

5) The theory of a group mind or collective unconscious played a small part in Freud's general theory.

6) The dreamer is identifying himself with the "reviewer" since he is making a survey of his own life in his analysis.

7) On awakening, the dreamer recalls the dream's manifest content.

8) The problem of symbolism brings us into contact with Freud's concept of man's archaic heritage.

2. Переведите на английский язык.

1) Постоянное обращение и настойчивая апелляция Фрейда к переживаниям детства и иррациональной природе бессознательного привлекли внимание Кардинера и способствовали его дальнейшей работе в этом направлении. 2) Однако ни один из них не воспользовался в полной мере социальной теорией Фрейда. И тот и другой отвергают как концепцию группового сознания, так и коллективного бессознательного. 3) Почти каждый сон может быть истолкован как исполнение желания. Ведь сновидение — это альтернативный путь удовлетворения желаний, в процессе которого происходит разряжение аккумулярованной энергии. 4) Негативное представление о самом себе, проецируясь вовне, способствует формированию соответствующих состояний, для которых характерно наличие тех или иных психологических проблем. 5) Логические законы неприменимы к Ид. Противоположные импульсы способны существовать бок о бок, не уничтожая и не ослабляя друг друга. 6) Хотя другие уровни структуры личности развиваются из Ид, само оно бесформенно, хаотично и неорганизовано. 7) В Ид нет ничего, что соответствовало бы идее времени и эволюции психических процессов. Оно не знает добра и зла, мораль и ценности ему не-

знакомы. 8) Согласно Фрейду, практическая цель психоанализа состоит в том, чтобы "усилить Эго, сделать его более независимым от Супер-Эго, расширить поле его восприятия и усовершенствовать его организацию, с тем чтобы оно могло освоить новую порцию Ид".

UNIT 6

A. ADLER. THE INFERIORITY FEELINGS

Alfred Adler, like Freud, spent much of his early life in Vienna. Born in 1870, he joined Freud's seminar, where from the beginning he regarded himself as a junior colleague rather than a disciple. The strictly biological foundations of Freud's theories appealed from the outset to Adler, who had for some time been interested in the capacity of the body to compensate for organic damage. As physicians have long known, damage to certain organs in the body is sometimes followed by a compensatory reaction which from a teleological point of view may be regarded as the organism's attempt to overcome its defect.

While in such cases compensation occurs in the physiological sphere, Adler believed that it was possible to observe similar reactions to organic defects in the psychological one. The Greek orator Demosthenes, for example, was said to have stammered badly as a boy, and painters have suffered from defective vision or musicians from deafness. Such observations made it reasonable to suppose that it was the very inferiority of these functions which stimulated the individual to overcome his defect, to such good effect that the once inferior function became the superior one.

Up to this point Adler's thesis, presented in his book *A Study of Organic Inferiority and Its Psychological Compensation* (published in 1907), was readily accepted by Freud and his colleagues as an interesting contribution to ego-psychology, but in the next four years it became clear that Adler was developing his concept, not merely as interesting sideline, but as a key to the understanding of the whole of mental life. His basic thesis, as expressed in his own words, was that "To be a human being means the possession of a feeling of inferiority that is constantly pressing on towards its own conquest (*Social Interest: a Challenge to Mankind*).

But other factors than the organic ones of inferior physique, or defective bodily functions were to be considered as leading to lowered self-

esteem and hence to an intense struggle for self-assertion. The neglected, spoilt, or hated child is likely to develop strong feelings of inferiority, and even in the happiest circumstances the normal child must feel small, helpless, and at the mercy of the world of adults which surrounds it. Thus it happens that, in order to compensate for inferiority feelings, each child develops in the early years of life his own particular strategy for dealing with the family situation as he sees it. In the light of everyday experience he develops the attitudes which collectively form what Adler described as the "life-style", and it is upon this life-style that the adult character is based.

It is important to understand that inferiority feelings are inescapable, but — even more important — they are necessary. Again, they provide the major motivation to strive, to grow, to progress, to succeed. All forward and upward movement results from the attempt to compensate for these inferiority feelings, they are, therefore, beneficial and useful. They motivate us to solve the problems of adjustment and growth.

There are three possible results of the individual's strivings for superiority and his attempt to overcome inferiority feelings:

- (1) *Successful compensation*, when the striving finally leads to a good adjustment to the three challenges of life — society, work, and sex.
- (2) *Overcompensation*, when the striving becomes too apparent and leads to varying degrees of maladjustment — for example, the bumpkinous small man, the weakling who becomes a gangster, either in fact or fancy, or, to quote an example with which Freud dealt scathingly, the grandiose Kaiser Wilhelm II with his withered arm.
- (3) *The retreat into illness as a means of obtaining power*; for, as Adler wrote: "Every neurosis can be understood as an attempt to free oneself from a feeling of inferiority in order to gain a feeling of superiority".

According to this theory, then, neurosis is a state of affairs in which one who finds himself unable to attain his goal of superiority by legitimate means develops his symptoms either as an excuse to avoid situations in which he might be shown up as a failure or as a means of gaining control over others by a sort of emotional blackmail.

Whereas the normal individual's aims are more or less realistic, the neurotic sets himself "fictive goals" — i.e. goals based upon impossibly perfectionistic standards which his illness is made the excuse for failing to attain. Adler used to ask his patients: "What would you do if you were cured?", believing that in his answer to this question the neurotic would give away the nature of the situation which he was seeking to

avoid. In Adlerian theory all the phenomena which Freud considered to be sexual in nature are ascribed to the striving for superiority or the avoidance of the threat of inferiority.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Disciple; stammer; deafness; superiority; merely; physique; lowered; self-assertion; mercy; challenge; apparent; maladjustment; bumptious; scathingly; grandiose; legitimate; ascribe; threat.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Привлекать (вызывать симпатию); преодолеть свой недостаток; реакция на; в такой степени, что; некогда неполноценная функция; принять с готовностью; до этого момента; представленный в книге; быть во власти; оказаться, что; приводить пример (цитировать); в то время как; выдать (высказать); приписывать чему-либо; ключ к пониманию; недостаток телосложения; заниженная самооценка; самоутверждение; следовательно (отсюда); как оправдание для; при самых благоприятных обстоятельствах.

4. Дайте ответы на следующие вопросы.

- What is damage to certain organs sometimes followed by?
- The same mechanism works on the psychological level, doesn't it?

Give some examples.

- What was the main thesis of Adler's conception?
- What family background can promote a feeling of inferiority in adult life?
- Do you remember three possible results of the individual's striving for superiority, according to Adler?

5. Перескажите текст.

6. Составьте тезисы к тексту. Переведите на английский язык.

7. На основе тезисов составьте резюме. Переведите на английский язык.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Переведите на русский язык.

1) Adler never satisfactorily explained why one symptom rather than any other was chosen or why one type of neurosis rather than another had developed.

2) Character, therefore, is regarded by Adler as an interlocking set of attitudes which are adopted by the individual in order to deal with the types of situation to which he is exposed.

3) According to some authors, though, traits are discovered not by deductive reasoning, not by fiat, not by naming, and are themselves never directly observed.

4) Since traits, on the physiological side, are undoubtedly neural dispositions of complex order, they may show motivational, inhibitory, and selective effects upon specific courses of conduct. Brief as this statement is, it is the sum and substance of the present aid from neurophysiology.

5) Psychoanalysis, for example, sees traits, not as a system of motivation, but as symptoms within the Ego, of driving power within the Id.

6) The present writer although being well aware that many wise and true things are said, feels that they could be said just as well without involving us in the psychological theories upon which they are supposedly based.

2. Переведите предложения, используя формы страдательного залога.

1) Целый ряд явлений указывает на эту закономерность. 2) За повреждением почки или легкого следует компенсаторная деятельность здорового парного органа. 3) Особым признанием этот исследователь пользовался в США, где в период 20-30-х годов его теории получили широкое распространение. 4) В системах, предлагаемых ниже, можно проследить значительное влияние теорий Адлера. 5) В последующих его работах уделялось меньше внимания стремлению к власти и, соответственно, больше тому, что он называл "социальным стимулом", то есть естественному желанию человека быть значимым. 6) Хотя вышеуказанное направление практически перестало существовать, нет никаких сомнений в том, что многие из его концепций вошли в системы других подходов.

C. JUNG: UNORTHODOX APPROACH

Jung's highly complex, vastly unorthodox approach to the understanding of personality continues to draw a great deal of interest, or at least curiosity. He has written many books, received honorary degrees from Harvard and Oxford Universities, and is acknowledged as a potent influence on the work of historian A. Toynbee, social critic Philip Wylie, and others.

Yet, despite the honors and recognition heaped upon him by the intellectual community at large, his work has been, for the most part, either ignored or rejected by psychology. While it is true that the word-association test and the concepts of introversion-extraversion have been accepted, and his notion of self-realization is used (although in different ways) by other personality theorists, the bulk of Jung's work has not met with approval or endorsement.

Perhaps one reason for psychology's ignoring Jung has to do with the sheer difficulty of reading and understanding his concepts. Freud, Adler, and Fromm wrote with a clarity and smoothness of style that allow their books to be widely read. That is decidedly not the case with Jung, who did not write for the general public. It is often frustrating to read Jung, so beset are his books by apparent inconsistencies and contradictions.

Another criticism of Jung refers to the lack of systematization in his theory. Jung was quite clear on the matter of systematization; he was strongly against it and very distrustful of setting up an orthodoxy, an approved path to truth. "Thank God", he once wrote, "I am Jung and not a Jungian".

Jung's consistent appeal to the occult, the supernatural, mysticism, and religion is probably the source of most of the criticism directed at his theory. Evidence from mythology and alchemy is certainly not in favor in an era that argues that reason and science are the only legitimate approaches to knowledge and understanding. Critics charge that Jung accepted mythical and mystical occurrences in the reports of his patients as scientific evidence. Primarily for this reason, psychology has ignored his theory, rarely going beyond that charge to criticize his approach in more detail.

However, despite the mystical-religious content of his theory (indeed, perhaps because of it), Jungian analytical psychology has enjoyed a burst of growth, vitality, and acceptance in the United States in recent years. Many young people have found Jung highly congenial with their own interests in

Eastern religions, existentialism, and mysticism, and their growing disaffection with materialism. Since the 1960s, formal training in Jungian analysis has been available in New York, San Francisco, and Los Angeles, and the number of applicants to these centers increases every year. Sales of Jung's books, particularly in college bookstores, are rising, and student interest has forced professors and writers in psychology and psychiatry to re-examine this novel theory of personality. Jung's views may be more relevant to these changing times than the ideas of others with whom we have dealt.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Curiosity; honorary; potent; ignore; bulk; beset; endorsement; sheer; smoothness; frustrating; alchemy; era; occurrence; rarely; congenial; disaffection.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Вызвать огромный интерес; считаться общепризнанным; по большей мере (в значительной степени); не получить одобрения; иметь отношение к (быть связанным с); иначе обстоит вопрос с; ясно высказываться о; выступать решительно против; настойчивое (последовательное) обращение к; быть направленным на; быть в пользу чего-либо; по этой причине; более подробно; переживать бурное развитие; все большая неприязнь к; совпадать с интересами.

4. Дайте ответы на следующие вопросы.

- a) What concepts of Jung have eventually been accepted by psychologists?
- b) What are the main reasons for ignoring the bulk of Jung's theory at large on the part of the orthodox psychology?
- c) Why has Jungian analytical psychology enjoyed a sudden burst of growth since 1960?
- d) Does Jung's approach to personality problems appeal to you?

5. Перескажите текст.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Переведите на русский язык.

1) Having a wide knowledge of the religion, philosophy, myths, and symbolism of many cultures, Jung made full use of this knowledge in his psychology.

2) In the meantime, the author avoided opportunities sensing that "behind the conviction that they could lead to nothing that I wanted, lay the unspoken fear that they might lead to something I did not want."

3) Hence in this situation all the ways in which the self has been experienced can be viewed openly, and organized into a complex unity.

4) It is then this complete absence of any factor which would attack the concept of self, and second, the assistance in focusing upon its perception, which permits a more differentiated view of self and finally its reorganization.

5) Weinberger notes that material recovered in dreams was rarely directly related to the objective stimulus, and it seemed to be symbolically transformed in a manner reminiscent of primary process thinking.

6) Bleuler, with whom Jung collaborated some years, introduced the term "schizophrenia" (1908) as a generic term for a group of mental illnesses which he had learned to differentiate in a classic research project.

2. Переведите на английский язык.

По мнению Юнга, человек XX века, несмотря на все его недостатки, представляет собой значительный шаг вперед по сравнению со своими первобытными предками. 2) Юнг, при всем его оптимизме, не мог не видеть опасности, стоящей перед западной культурой. 3) Мы уделяем слишком много внимания материализму и эмпирике в науке, упуская тем самым из виду бессознательные импульсы и побуждения, являющиеся неотъемлемой частью структуры личности. 4) Несмотря на всю свою мистически-религиозную окраску, эта концепция в конце концов была принята в научных кругах Западной Европы и продолжает привлекать к себе большой интерес. 5) Хотя в этой работе и содержатся некоторые противоречия, ее смело можно рассматривать как значительный вклад в развитие данного направления. 6) "Интересно, что и на Востоке есть "еретики", которые отождествляют самость и Я, — говорит К. Юнг. — У нас такая ересь распространена довольно широко и поддерживается теми, кто твердо убежден, что Я-сознание есть единственная форма психической жизни".

UNIT 8

Нужно, нужно, нужно

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THREE LEVELS OF THE PSYCHE

In Jung's psychology, the psyche is said to have three levels: consciousness, the personal unconscious, and the collective unconscious. His picture of the mind has often been likened to a chain of islands in the sea where the part above water is the personal conscious mind, and the part just below the personal unconscious. Deeper down, groups of individuals (or islands) are joined together in the racial unconscious (e.g. Mongolian, "Aryan", and Semitic racial groups), and at the sea-bed upon which all islands ultimately rest is the collective unconscious, which contains the psychological heritage of humanity as a whole, of animal life, and of man's primate ancestors. The outermost crust of personality in this scheme is described as the persona (the "persona" of Roman actors was the mask that concealed the face of the actor from the public). The person is, therefore, that part of the personality which is exposed to the gaze of the outer world, both revealing and concealing the real self. In some ways it corresponds to the sociologist's concept of "role".

People apprehend reality in different ways, being predominantly extravert or introvert, and within those two categories may utilize thinking, intuition, feeling, or sensuousness as a means of getting in touch with the external world. In every individual either extraversion or introversion will predominate, and he will be also predominantly thinking, feeling, sensuous, or intuitive. But this applies only to the conscious mind because the unconscious mind is believed by Jung to be, like the reflection of a mountain in a lake, the mirror-image, the reverse, of the conscious. Thus the individual with a predominantly extravert and thinking temperament is unconsciously introvert and emotional, and the individual with an introvert and intuitive temperament unconsciously extravert and sensual. Corresponding to the persona of conscious life is the anima or animus, which in a man is feminine and in a woman masculine. So it comes about that what is consciously strong is weak in the unconscious and vice versa: the very masculine individual is unconsciously strongly feminine, the timid man unconsciously brave, and so on. In other words, the personal unconscious is conceived to be compensatory in function.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух (переведите).

Psyche, island, racial, primate, ancestor, outermost, scheme; apprehend; predominant; extravert; introvert; utilize; sensuousness; intuitive; feminine; masculine; timid.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Сравнивать (уподоблять); прямо под; соединять (ся); выставлять на обозрение; скрывать и выявлять; в некотором отношении; соответствовать чему-либо; воспринимать (понимать) реальность; как средство; это применимо только к; зеркальное отражение; обратное; обращаться; другими словами.

4. Дайте ответы на следующие вопросы.

- How does the picture of the mind look like in Jung's theory?
- What is referred to as "persona"?
- In what way do extraversion and introversion correlate with different levels of the mind?
- What function does the unconscious perform in the individual, according to Jung?

5. Перескажите текст.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Переведите на русский язык.

1) Certainly Jung has rarely attracted the academic psychologists, and his more recent writings, which have been almost exclusively philosophical, are even less likely to interest the scientific mind.

2) Inevitably the human mind wishes to resolve contradictions, puzzles, anomalies and incompatibilities. Because of the increased insecurity and alienation it is not free to develop our full potentialities and enjoy this new freedom.

3) Thus there is a considerable difference between being potentially available but not yet generated and having actually been generated.

4) No other affliction makes it equally clear that Ego psychology alone cannot encompass certain central human problems which so far have been left to poetry or metaphysics.

5) One kind of dynamic psychology holds that the root motives of men are to be sought in the structure underlying the traits of personality, that is to say, in instincts, the Id, in certain original needs, wishes, or drives.

6) The other kind of dynamic psychology regards motives as personalized systems of tensions, in which the core of impulse is not to be divorced from the images, idea of goals, past experience, capacities and style of conduct employed in obtaining the goal.

2. Переведите на английский язык.

1) Конечно, неверно было бы утверждать, что Юнг получил такое же широкое признание, как и Фрейд. 2) С другой стороны, некоторые последователи Юнга делают из него идола и выступают с явно преувеличенными заявлениями от его имени. 3) В настоящее время трудно дать общую оценку всему научному наследию К. Юнга. Тем не менее, это психолог с целостным, системным мировоззрением. 4) Следует упомянуть, что, подобно тому как человеческое тело демонстрирует общую анатомию поверх любых расовых различий, так и психика обладает единым субстратом по ту сторону любых различий в сфере культуры и сознания субстратом, который Юнг назвал "коллективным бессознательным". 5) Психотерапия Юнга основана на концепции введения больного в контакт с коллективным бессознательным посредством интерпретации сновидений, побуждая его, таким образом, к более четкому "видению" своих проблем. 6) По мнению автора, религия представляет собой внешнюю проекцию бессознательных конфликтов в человеке на вселенский уровень и в космическом масштабе.

UNIT 9

THE SYSTEM OF S. FERENCZI

The system of Sandor Ferenczi need only be very briefly mentioned here, since it was more concerned with psychotherapeutic method than psychological theory. Basically, it was an altered technique of analysis, and al-

though Freud strongly disapproved of Ferenczi's innovations, Ferenczi himself up till the time of his death in 1933 had never broken openly with the master. However, the changes in psychoanalytic technique which he introduced were significant in that they reflected an increasing concern within the psychoanalytic movement to shorten the period of analysis.

An analysis by an orthodox Freudian may last for two, three, or more years, during which time the patient has to visit his analyst at least five or six times a week. Clearly this limits considerably the value of the procedure, since it is not everyone who can afford either the time or the money required. Many attempts have been made to solve this problem, from the use of hypnosis or hypnotic drugs to reduce resistance to the "active psychotherapy" of Stekel. Ferenczi initially acted on a suggestion of Freud's recommending that analysis should be carried out in a state of privation. As adapted by Ferenczi, this meant that the patient was urged to avoid sexual relations, not to eat or drink for pleasure, etc. It was believed that if the libido could be denied natural expression in this way, more would be available for abreaction during analysis.

It need hardly be doubted that Ferenczi's methods at this time aroused strong emotions in the patient, but it became more than doubtful whether these artificially stimulated emotions were an aid to therapy, and so about 1927 he moved to the opposite extreme. Since, as was generally agreed, neurotic patients have felt themselves deprived of love and affection in childhood, the analyst was urged to act the part of the good parent, to be tolerant, to like the patient in spite of his defects, and to freely admit his (the analyst's) own defects. This of course was in opposition to the Freudian rule that analysts should be impassive and objective as possible and reveal nothing of themselves to their patients.

(It was Ferenczi's belief that the patient reacted to the real personality of the analyst and re-lived his infantile experiences, with the significant difference that the revived experience was carried out in a more permissive and tolerant atmosphere. Latterly he moved even farther in the direction of permissiveness and encouraged the patient to dramatize his experiences as they were recollected; the patient might behave as a child, talk baby-talk, and even play with dolls, while the analyst entered into the spirit of the game. But in the light of modern thought what is significant about these innovations of Ferenczi is his recognition that the patient-analyst relationship is a two-way one. The transference is not only from patient to analyst but from analyst to patient—there is such a thing as a counter-transference, and Ferenczi was the first to emphasize the importance of what the Americans now describe as "interpersonal relations" in the analytic procedure.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Psychotherapeutic; alter; initial; privation; procedure; abreaction; arouse; infantile; experience; artificial; doll; counter-transference; emphasize.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Кратко упоминать; в сущности (по сути); возрастающий интерес к; не каждый может позволить себе; уменьшать сопротивление; в интерпретации кого-либо; лишать чего-либо; вряд ли стоит сомневаться; вызывать эмоции; искусственно вызванные; способствовать чему-либо; переживать заново; детские переживания (опыт); впасть в противоположную крайность; общепризнано; признать недостатки; полностью противоречить чему-либо; атмосфера терпимости; поощрять кого-либо к чему-либо; в свете чего-либо; двусторонние отношения.

4. Дайте ответы на следующие вопросы.

a) What was the main problem of the classical technique of psychoanalysis?

b) Can you describe the essence of Ferenczi's method?

c) What were the latest innovations in Ferenczi's psychotherapeutic procedure?

5. Перескажите текст.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Повторите тему "герундий". Переведите предложения на русский язык.

1) The system of conditioning provoked or predisposed to bodily disorders by inducing tensional state or disfunctions in an organism.

2) The life, instead of being allowed to unfold naturally with the concomitant maturing of bodily order was subjected to an imposed system of conditioning.

3) His childhood reads like a textbook example of Adler's later theory of overcoming childhood weaknesses and inferiorities and shaping one's destiny instead of being shaped by it.

4) For example, the dreamer's impression of climbing a high mountain from which he has a wide view of the surrounding land is connected by free association with the recollection of a friend who is publishing a review on the subject of foreign relations.

5) He believed that these and other character resistances should be attacked prior to the actual analytic procedure and broken down by repeatedly calling attention to them.

6) If a child, in addition to being dependent on his parents, is grossly intimidated by them and hence feels that any expression of hostile impulse against them endangers his security, then the existence of such hostile impulses creates anxiety.

7) At this stage the great governor of initiative, namely conscience, becomes firmly established, and the child feels not only ashamed when found out but also afraid of being found out; he now hears, according to E. Erikson, "god's voice without seeing god".

8) The consequences of the guilt aroused at this stage often do not show until much later, when inner conflicts over initiative may find expression in a self-restriction which keeps an individual from living up to his capacities or to the powers of his imagination and feeling.

2. Переведите на английский язык.

1) Такая отправная точка позволила ему прийти к совершенно противоположным выводам. 2) Общеизвестно, что Фрейд первым разработал теорию бессознательной мотивации, подавления, переноса и причинности неврозов. 3) Если мысль или чувство кажутся несвязанными с предшествующими мыслью или чувством, то эти связи находятся в бессознательном. 4) Забытый материал продолжает сохранять силу действия, которая не стала слабее, а только вышла из под сознательного контроля. 5) В основе этой теории лежала идея о том, что терапевтический эффект психоанализа достигается не в результате выявления содержательной сущности бессознательного, а, скорее, через эмоциональные проявления в ходе лечения болезни. 6) Изучая антропологию и оккультные науки, Юнг пришел к выводу, что религиозные убеждения необходимы человеку и стимулируют его развитие. 7) Возможно, что единственным исключением является его теория сновидений, в которой концепция "коллективного бессознательного" используется для того, чтобы объяснить возникновение устойчивых стимулов. 8) Тот факт, что он был "кабинетным" ученым, теоретиком в чистом виде, вынуждал его исследовать подобные проявления опосредованно. Однако он так и не объяснил, каким образом это осуществлялось на практике.

RANK: THE BIRTH TRAUMA OF PRIMAL ANXIETY

Otto Rank (1884-1939) was for many years closely associated with Ferenczi when both were concerned with finding a briefer and more effective method of analysis. But whereas Ferenczi never entirely broke with Freud in spite of the latter's disapproval of his methods and never founded a separate system, Rank was destined to move far from the parent movement. Like most of Freud's early followers, Rank was an Austrian, and as in the case of other heretical innovators began his break with orthodoxy with an observation which Freud was quite ready to accept and had in fact, made himself; that severe attacks of anxiety tend to be accompanied by physiological features very similar to those accompanying the process of birth. Rank however went much farther than this, denied that the Oedipus complex occupies the central position in the causation of neurosis, and put forward his theory that all neurosis originates in the trauma of birth. The birth trauma, the essence of which is separation from the mother, produced as it were a reservoir of anxiety in the individual which was reactivated by all the later experience of separation.

This primal anxiety according to Rank takes two forms throughout the individual's existence, the *life fear* and the *death fear*. The life fear is the anxiety which occurs when the individual becomes aware of creative capacities within himself the assertion of which would bring about the threat of separation from existing relationships; it is "the fear of having to live as an isolated individual". The death fear, on the other hand is the fear of losing one's individuality, of being swallowed up in the whole. All his life each human being is pushed forward by the need to be an individual and express himself more fully and drawn back by the fear that by so doing he will cut himself off from the rest of society.

There are two possible solutions to this dilemma, that of the "normal" person who whole-heartedly accepts the standards of his society as his own and that of the creative individual who is prepared to stand alone and create his own standards. The neurotic can accept neither of these solutions because "... his anxiety in the face of individual autonomy keeps him from affirming his own capacities, and his anxiety in the face of dependency on others renders him incapable of giving himself in friendship and love". In short, the neurotic is a person who can neither assert his own spontaneity as an individual nor permit himself to become submerged in the mass. As Freud pointed out, he is a rebel who fears his rebellious tendencies and therefore keeps them repressed.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Primal trauma; heretical; essence; reservoir; reactivate; severe; anxiety; whole-heartedly; the Oedipus complex; spontaneity; submerge; rebel (rebellious).

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Полностью порвать с; выпасть на долю (суждено); проявления крайней тревожности; как в случае с; занимать центральное место в; пойти еще дальше; выдвинуть теорию; заново приводиться в действие; на всем протяжении; осознать в себе творческие способности; утратить свою индивидуальность; перед лицом; зависимость от; делать неспособным к чему-либо; короче говоря; раствориться (погрузиться) в; указывать.

4. Дайте ответы на следующие вопросы.

- What was the basic thesis of Rank's theory?
- What part does the Oedipus complex play in the causation of neurosis, according to Freud? Did Rank accept his theory?
- Can you describe the psychological essence of the birth trauma?
- What is the problem of the neurotic as compared to the normal or creative individual in the light of Rank's theory?

5. Перескажите текст.

6. Составьте тезисы к тексту. Переведите на английский язык.

7. Составьте резюме. Переведите на английский язык.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Переведите на русский язык.

1) In this view the basic problem of psychotherapy is resolving the patient's separation anxiety, and therefore Rank made it his practice to set a time limit to analysis very early in the course of treatment.

2) What Rank in practice did was virtually to ignore the events of the past and to treat only the resistances to present emotional relationships as presented in the patient-analyst relationship.

3) Freud was not the first to recognize that we are often torn in opposite directions and that we frequently deceive ourselves about what we want, but he was the first for whom this insight was the cornerstone of an entire point of view.

4) Rather than acting as an expert leader, the therapist should try to be nondirective and to follow wherever the client leads and what he or she is feeling at the moment.

5) The individual is continually endeavoring to meet his needs by reacting to the field of experience as he perceives it, and to do that more efficiently by differentiating elements of the field and reintegrating them into new patterns.

6) The therapist, by reacting to the client's feelings and attitudes rather than to the objects of his feelings and attitudes, assists the client in bringing from background into focus his own self, making it easier than ever for the client to perceive and react to it.

7) By offering only understanding and no trace of evaluation, the therapist removes himself as an object of attitudes, becoming only an alternate expression of the client's self.

8) When the analysis period was over and the patient informed accordingly it was found that he began to have dreams of birth supposedly brought about by the threat of separation from the analyst.

2. Переведите на английский язык.

1) Даже в этой возрастной группе только 1% испытуемых отвечал требованиям выдвинутых критериев. 2) Это привело к тому, что данная гипотеза не получила своего экспериментального подтверждения. 3) Формулировки автора кажутся расплывчатыми и неубедительными до тех пор, пока он не начинает иллюстрировать их примерами. 4) Понятие и термин "подавление" играют второстепенную роль в его теории и, следовательно, с его точки зрения, не имеют существенного значения в этиологии неврозов. 5) Защита от тревожности как основной проблемы души, состоит в искажении или отрицании самой ситуации, ее порождающей. 6) Это защищает личность от угрозы, искажая суть самой угрозы, а способы искажения называются защитными механизмами. 7) Подавление вытесняет вызывающие тревожность события, идею или восприятие из сознания, препятствуя тем самым его возможному разрешению, тогда как подавляемое постоянно стремится найти выход. 8) Сублимация — это процесс, посредством которого первоначально сексуальная или агрессивная энергия переориентируется

ся на другие цели, зачастую художественного, интеллектуального или культурного содержания. Вот почему сублимацию часто называют "успешной защитой".

UNIT 11

THE PSYCHOSOMATIC APPROACH

Psychosomatic disorders, strictly speaking, belong to the borderland territory between psychoanalysis and physical medicine. Nevertheless, it seems worth while to say something about them here, firstly, because psychoanalysis played the major part in creating the psychosomatic point of view, and secondly, because it provides an excuse to discuss certain writers who have made contributions in this field. George Groddeck, Franz Alexander, W. Reich and J.L. Halliday have all applied Freudian theory in one way or another, to the problems of organic and social diseases.

Up to the 18th and early 19th centuries psychological factors such as loss of fortune, the death of a loved one, or disappointment in love, were quite naturally accepted by physicians as playing an important part in the causation of disease. But later the growing knowledge of pathology and the introduction of new methods in microscopy led the German pathologist Virchow and others to assume that all diseases were organic, that unless demonstrable cell-changes could be discovered under the microscope no disease could be said to exist. This belief had the effect in psychiatry of distracting attention away from psychological factors and concentrating it upon physical ones, and the approach seemed to be fully justified when in a number of mental disorders an organic cause was actually found.

However, by the beginning of this century the work of Freud, Janet, and Kraepelin brought the concept of psychologically-produced disorders once more to the attention of psychiatrists, although it is only in comparatively recent years that we have come to realize that organic diseases as well as mental ones may be psychological in origin. Many people, when told that psychological factors are capable of influencing the course of organic disease or even initiating it, are very vague as to what exactly is postulated to be happening. Are we to suppose, they may ask, that an intangible entity described as "mind", an entity which cannot be demonstrated by any known scientific method, can possibly be the cause of quite tangible results?

One possible answer to this question is that the existence of mind is a philosophical problem which cannot be answered by the scientist, although conceivably at some future date he might be able to show that the hypothesis of mind was an unnecessary one to explain his observations; but we are not directly concerned with this problem when we talk about psychological factors in disease. The physician or psychoanalyst leaves the problem of mind on one side, since the question as to whether materialism, idealism, or one or other of the dualistic philosophies is true is of little practical importance in curing a disease.

What we do mean is indicated by William White in his book *The Meaning of Disease*: "The answer to the question: What is the function of the stomach? is digestion, which is but a small part of the activity of the total organism and only indirectly, though of course importantly, related to many of his other functions. But if we undertake to answer the question: What is the man doing? we reply in terms of the total organism by saying, for example, that he is walking down the street or running a foot race or going to the theatre or studying medicine or what not. In other words, if mind is the expression of a total reaction in distinction from a partial reaction, then every living organism must be credited with mental, that is, total types of response".

Thus, a mental or psychological factor may, for practical purposes, be regarded as one relating to the total reactions of the individual, and a "psychosomatic" or "psychological" disease is one which cannot be fully understood without taking into account the relationships of the patient as a unique person to his environment, to himself, and to other people.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.
2. Выпишите транскрипцию и прочитайте вслух.

Psychosomatic; microscopy; initiate; vague; intangible; conceivably; hypothesis; stomach; digestion; demonstrable; unique; dualistic.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

1. Строго говоря; 2. Стоит сказать несколько слов; 3. во-первых; 4. во-вторых; 5. служить оправданием; 6. так или иначе; 7. вплоть до; 8. отвлекать внимание от; 9. течение болезни; 10. сосредоточить внимание на; 11. быть полностью оправданным; 12. психически-обусловленное расстройство; 13. всего

14 34 15
лишь малая часть; быть косвенно связанным; не принимая во внимание (не учитывая); по практическим соображениям.

4. Дайте ответы на следующие вопросы.

- a) Do psychosomatic disorders belong solely to the sphere of psychoanalysis?
- b) Why was the scientific thought of the 19th century distracted away from psychological factors as the cause of some diseases?
- c) Who made a "break-through" in the above approach at the start of this century?
- d) In what terms can a psychosomatic disease be fully understood?

5. Перескажите текст.

6. Составьте резюме к тексту. Переведите на английский язык.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Повторите конструкцию "Подлежащее с инфинитивом". Переведите на русский язык.

- 1) Certain postures and expressions were stated to be the outward signs of characteristic ways of reacting.
- 2) For instance the student before an examination appears to show the rapid pulse, the pallor, and other changes.
- 3) In order to illustrate this point he produces medical statistics which are believed to demonstrate certain interesting trends in the health of Britain.
- 4) Neil's statement seems to suggest that the feeling of happiness is not to be localized.
- 5) This relatively high degree of frustration in the first two years of life may be responsible for the increasing incidence of psychosomatic disorders, predisposition to which seems to be developed during these years.
- 6) A strange characteristic of these memories was the frequency with which they were found to relate to traumatic experiences in childhood.
- 7) The latter supposition was based on the observation that obsessional neuroses were likely to be invariably associated with a strong sense of guilt.
- 8) Neuroses were supposed, at first, to be due to the repressed memories of actual events of sexual seductions in childhood which had created a sort of psychic abscess that could be cured by release of the associated emotions. Freud discovered that, in many cases at least, no such seduction appeared to have occurred.

9) It also seems to have been supposed that when a memory became unconscious it was completely shut off and could have no further influence upon the personality as a whole.

10) Neurosis at that time was clearly regarded to be a local disturbance rather than as a reaction of the total personality.

2. Переведите на английский язык.

1) Нельзя сказать, что существует единодушное мнение относительно того, как именно создаются научные теории. 2) По-видимому, стоит сказать несколько слов и по поводу его последних теорий, которые впервые позволили серьезно рассматривать проблему психологически обусловленных заболеваний. 3) Фрейд не внес сколько-либо существенного вклада в исследования психосоматических заболеваний, однако многие ученые, работавшие в этом направлении, так или иначе опирались на его учение. 4) "Интуитивный ум, как известно, замечает не факты, а скорее возможности" (К. Юнг). 5) Только в 20-м столетии медицина вновь вернулась к признанию того факта, то причиной многих заболеваний органического характера является, по-видимому, психическое состояние пациента. 6) Оказалось, что его метод выявления у пациента психосоматических расстройств обладает весьма высокой эффективностью. 7) Некоторые психоаналитики считают, что сарказм, сплетни, "набрасывание на пищу" представляют собой фиксацию в поздней фазе оральной стадии развития. 8) Наблюдая, как упорно некоторые больные не желают расставаться со своими иллюзиями, Фрейд мало полагался на силу логики и убеждения в своей практической деятельности.

UNIT 12

F. ALEXANDER: TWO TYPES OF INDIVIDUALS

According to Alexander, there are two extreme types of individual: those who in the face of emergency tend to respond by activity (i.e. by sympathetic stimulation), and those who in a similar situation respond by what is described as "vegetative retreat" (i.e. by parasympathetic stimulation). In the former condition the neurotic inhibits his aggressive impulses, and hence is likely to develop such psychosomatic illnesses as high blood-

pressure, diabetes, rheumatoid arthritis, and exophthalmic goitre. In essential hypertension the increased blood-pressure is chronically sustained under the influence of pent-up and never fully relieved emotions, just as would happen temporarily under the influence of freely-expressed rage in normal persons. Emotional influences upon the regulatory mechanisms of carbohydrate metabolism probably play a significant role in diabetes mellitus. Chronically increased muscle tension brought about by sustained aggressive impulses appears to be a pathogenic factor in rheumatoid arthritis. The influence of this type of emotion upon endocrine functions can be observed in thyrotoxicosis. Vascular responses to emotional tensions play an important role in certain forms of headaches. In all these examples, certain phases of the vegetative preparation for concentrated action are chronically sustained because the underlying motivating forces are neurotically inhibited and are not released in appropriate action.

In the second state, that of parasympathetic stimulation, the individual withdraws from action in the face of emergency into a dependent condition, and his organs return to a peace-time basis when they should be mobilizing. Such people, instead of facing the emergency, tend to turn for aid like helpless children. Prolonged parasympathetic overstimulation leads to such disorders as dyspepsia, duodenal ulcer, colitis, etc.; for example the stomach goes on digesting when no food is present until it digests its own lining, forming an ulcer. Thus many diseases are not as usually thought misfortunes that merely "happen" to the unoffending individual because in a quite real sense he creates them himself — he is an active agent in bringing them about and they express personality traits just as neurotic symptoms do. Hence we cannot discuss disease usefully without considering the type of person who has become ill.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Emergency; sympathetic; vegetative retreat; blood-pressure; diabetes; rheumatoid arthritis; hypertension; temporarily; muscle; pathogenic; endocrine; thyrotoxicosis; vascular; ulcer; dyspepsia.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

В подобной ситуации; в первом случае; высокое (низкое) кровяное давление; вызывать (осуществлять); лежащий в основе; заторма-

живать (подавлять); обращаться за помощью; продолжительный (длительного действия); экстремальные обстоятельства; в подлинном смысле; несчастье (неудача).

4. Дайте ответы на следующие вопросы.

- What are the two extreme types of the neurotic individual?
- What psychosomatic diseases is the neurotic of the former type likely to develop?
- How does the pathogenic mechanism work in this case?
- What are the pathological results for neurotic of the latter type?

5. Перескажите текст.

6. Составьте резюме к тексту. Переведите на английский язык.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Переведите на русский язык. Обратите внимание на стилистические варианты перевода сказуемого.

- The child's spirit has been broken, and from this time on he will tend to behave submissively towards all figures in authority.
- His last books deal with the entities, described above, which tend to be regarded as physiological in nature.
- Sympathetic stimulation is necessary when the individual tends to be confronted by actual danger or the need for increased activity.
- But of course it is characteristic of the neurotic that he tends to inhibit or repress these emotions.
- If the indices of ill-health are divided into two groups, the one relating to physical ill-health and the other to psychological ill-health, it will be found that, whereas the former conditions show a dramatic decrease, the latter have tended to increase in an equally striking manner.
- Client-centered therapy is different from other life situations inasmuch as the therapist tends to remove from the individual's immediate world all those aspects of the field of experience which the individual can reorganize except the self.

2. Переведите на английский язык.

- Всякое психоэмоциональное состояние отпечатывается на матрицах нервно-мышечной системы и приводит к изменению последней.
- Цель метода состоит в том, чтобы посредством кинетических манипуляций восстановить способность тела двигаться с минимумом

усилий и максимумом эффективности, а также избавиться от хронических блоков, мешающих свободному протеканию психоэмоциональной энергии. 3) Предлагаемый метод, по-видимому, полностью оправдывает себя в отношении целого ряда психических расстройств. 4) Как бы автор ни относился к упомянутому выше утверждению, оно, тем не менее, указывает на относительно новое направление в области медицинской психологии. 5) Фрейд считает, что первоначальным типом общества, должно быть, являлось "первичное стадо" (prime horde), термин, ранее предложенный Ч. Дарвиным. 6) Как любил повторять Фрейд, когда устранены или ослаблены сдерживающие силы цивилизации, человек предстает в своем истинном свете. 7) Защитные механизмы связывают психическую энергию, которая могла бы проявиться в более конструктивных формах деятельности Эго. 8) Так, рационализация — это нахождение приемлемых причин или оснований для неприемлемых мыслей или действий. Мы используем рационализацию, чтобы оправдать свое поведение.

UNIT 13

ACCIDENT PRONENESS

More than twenty years ago, K. Marbe, a German psychologist, observed that the person who has already had one accident is more likely to have another than the person who has never had one at all, and Theodor Reik, in *The Unknown Murderer*, has pointed out the frequency with which the criminal betrays himself and even brings about his own self-punishment by a purposive accident. Freud too describes the case of a man who, rejected by a woman whose lover he had been, stepped "accidentally" in front of a car when he met her in the street and was killed before her eyes.

In 1919, M. Greenwood and H. M. Woods investigated the distribution of accidents in a shell factory and made the now commonplace observation that a majority of accidents happen to a small minority of individuals — in this instance it was found that 4 per cent of the women had 28 per cent of the accidents. The basis of such accidental happenings, says Menninger, is the belief prevalent in our culture that suffering expiates guilt, and the individual, applying this same principle within his own personality, acts as an internalized judge who demands suffering for his

wrongdoings. Suffering relieves the pangs of a guilty conscience and brings back some degree of inner peace. The accident-prone person is commonly one who originally held rebellious attitudes towards his parents and retains these attitudes in later life towards those in authority combined with a sense of guilt at his rebelliousness.

In the case of road accidents the National Safety Council of the United States found that amongst automobile drivers "the people with four accidents were about fourteen times as numerous as they should have been on the basis of the theory that bad luck might be only pure chance, while people with seven accidents each during the time of study were nine thousand times commoner than the laws of chance would require". Furthermore, those persons who had numerous accidents showed a pronounced tendency to repeat the same type of accident, and Menninger states that, in his experience, analysis of those who, as the saying is "drive as if they wished to kill themselves" often convincingly reveals that this is precisely what they wish to do.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.

2. Выпишите транскрипцию и прочитайте вслух.

Accident; proneness; murderer; frequency; purposive; prevalent; guilt; pure; conscience; authority; expiate; precisely.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Частотность; выдавать себя; (пред)намеренный; прямо на глазах; искупать вину; угрызения совести; возвращать душевный покой; подверженный (склонный к) чему-либо; власть (влияние, полномочие); в сочетании с; чистая случайность; проявлять выраженную склонность к; это как раз (именно) то, что; убедительно показывать.

4. Дайте ответы на следующие вопросы.

a) Who was the first to observe the phenomenon of "accident-proneness"?

b) What is the psychological basis of "accidental happenings", according to Menninger?

c) Is there anything special in the early experiences of such individuals?

5. Перескажите текст.

6. Составьте резюме к тексту. Переведите на английский язык.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Переведите на русский язык.

1) To feel guilty is to conceive of the self as an agent capable of good or bad choices.

2) If I say, "Either accept this truth or go without it", I put on you a forced option, for there is no standing place outside the alternative.

3) Every dilemma based on a complete logical disjunction, with no possibility of not choosing, is a option of the forced kind.

4) Scholastic orthodoxy, to which one must always go when one wishes to find perfectly clear statement, has beautifully elaborated the scientific absolutist conviction in a doctrine which it calls that of objective evidence".

5) Practically one's conviction that the evidence one goes by is of the real objective brand, is only one more subjective opinion added to the lot.

6) When one remembers that the most striking practical application to life of the doctrine of objective certitude has been the conscientious labors of the Holy Office of the Inquisition, one feels less tempted than ever to lend the doctrine a respectful ear.

7) To come immediately to the heart of my theme, then, what I propose is to imagine ourselves reasoning with a fellow-mortal who is on such terms with life that the only comfort left for him is to brood on the assurance, "You may end it when you will".

8) According to W. James, pessimism is essentially a religious disease and consists in nothing but a religious demand to which there comes no normal religious reply.

9) It is true, that a certain passive negative attitude towards one's life often seems to induce accident-proneness and a tendency to disturbing coincidences.

10) Healthy and optimistic mind repels ordinary misfortune and "accident" proneness or general bad luck are the result of a psyche made vulnerable by defeat and stagnation.

2. Переведите на английский язык.

1) Если суммировать высказывания ряда авторов по данной проблеме, то существует особый тип личности, обладающий отчетливо вы-

раженной склонностью к несчастным случаям. 2) Принято считать, что официальная статистика самоубийств всегда сильно занижена по сравнению с реальными цифрами. 3) Главная задача книги — ознакомить читателя с основными проблемами и принципами, с которыми приходится сталкиваться при разработке и проведении эксперимента подобного рода. 4) Речь здесь идет о процессе, происходящем в глубинах сознания каждого нового поколения: формирование структуры психики, соответствующей данному социальному строю. 5) Именно здесь, согласно Рейху, мы можем найти ответ на вопрос о том, как образуется стереотип подчиненности или зависимости. 6) Невротические и психосоматические проблемы трактовались Рейхом как следствие "стасиса", т.е. застоя сексуальной, биологической по своей природе энергии, что приводило к фиксации таких энергетических блоков на мышцах и вызывало хроническое напряжение последних. 7) Если бы мы могли погрузиться в глубины нашего подсознания, то мы нашли бы там все полученные нами впечатления, каждую возникшую у нас мысль и воспоминание о каждом своем поступке. 8) Способность Эго воспроизводить событие в искаженном виде есть форма защитного механизма, называемая *отрицание*. "Я сделал это, — говорит моя память, — Невозможно, чтобы я сделал это, — говорит моя гордость, и остается непреклонной. В конце концов память уступает" (Ф. Ницше).

UNIT 14

T. REIK: WHAT IS LOVE?

Some Neo-Freudians take issue with the parental concept of primary narcissism, developed by S. Freud. Thus, according to Theodor Reik, it follows that such quality as love is not innate in its origin. He argues: "The infant does not love himself because he does not exist originally as a separate individual. He is an egoist without an ego, he is selfish without a self". Although he is favourably impressed by Suttee's views that love and sex are not the same, Reik, as mentioned above, refuses to believe that love is an innate quality. On the contrary, the young child is the recipient of his mother's love and care, and learns to love himself from his mother's substitute in loving himself. It is a striking fact, says Reik, that falling in love often follows a mood of self-distaste: Faust before he meets Gretchen, Romeo before he

meets Juliet, are both discontented. Love is not a crisis but the way out of a crisis which has arisen from a state of dissatisfaction with oneself.

Having fallen short of his ego-ideal, the individual makes use of love as a means of finding it in someone else and, in this way, achieving wholeness. The beloved person is a substitute for the ideal ego, and two people who fall in love with each other are interchanging their ego-ideals. Love, therefore, is not love of oneself but love of one's better self or ego-ideal as seen in someone else. To quote Weininger once more: "In love, man is only loving himself. Not his empirical self, not the weaknesses and vulgarities, not the failings and smallnesses which he outwardly exhibits; but all that he wants to be, all that he ought to be, his truest, deepest, intelligible nature, free from all fetters of necessity, from all taint of earth".

Reik prefers the word "ego-ideal" to "superego" and believes that it is an acquisition of later childhood, a result of our growing awareness that we are not as we should like to be. It is conditioned by the attitude shown towards us by others, by the contrast felt by the child between what he does and what, to fulfill the expectations of his mother, he ought to do.

There is, therefore, a constant nagging dissatisfaction between these contrasting aspects of our selves - a dissatisfaction which, says Reik, can only be resolved in one of four ways: by falling in love (i.e. by possessing another who seems to have some of the qualities we lack), by "falling in hate" (i.e. by nourishing hostile feelings for those who are more satisfied with themselves), by moderating our demands upon ourselves, or by doing something creative which entitles us to a better opinion of ourselves. Love therefore originates in conscious envy of another person who has qualities which we ourselves wish to possess.

Friendship is the result of a calmer estimation in which we wish to possess only certain intellectual, mental, emotional, or physical qualities which appear desirable to us. Love wants all, friendship only a part. Reik accordingly denies the existence of primary narcissism, denies that love and friendship arise from aim-inhibited sexuality, and doubts Freud's account of the origin of the superego.

ЗАДАНИЯ К ТЕКСТУ

1. Прочитайте и переведите текст.
2. Выпишите транскрипцию и прочитайте вслух.

Parental; narcissism; recipient; discontent; crisis (crises); wholeness; vulgarity; acquisition; exhibit; intelligible; nourish; hostile.

3. Найдите в тексте английские эквиваленты следующим словам и словосочетаниям.

Оспаривать; эгоистичный; благоприятный (благоклонный); заменитель (суррогат); поразительно, что; состояние недовольства собой; испытывать недостаток в; целостность (цельность); приводить цитату; обуславливать чем-либо; возненавидеть; вскармливать (питать); умерять (сдерживать); зависть к.

4. Дайте ответы на следующие вопросы.

- a) What Freudian concept does Reik take issue with?
- b) Can you extend the list of the author's examples?
- c) What is love, according to Reik?
- d) How does Reik treat the phenomenon of friendship?

5. Перескажите текст.

6. Составьте резюме к тексту. Переведите на английский язык.

ЛЕКСИКО-ГРАММАТИЧЕСКИЕ УПРАЖНЕНИЯ

1. Переведите на русский язык.

1) *Libido* is the energy, regarded as a quantitative magnitude, though not at present actually measurable, of those instincts which have to do with all that may be comprised under the word "love".

2) In its origin, function, and relation to sexual love, the "Eros" of the philosopher Plato coincides exactly with the love-force, the libido of psychoanalysis; and when the apostle Paul, in his famous epistle to the Corinthians, praises love above all else, he certainly understands it in the same "wider" sense. (S. Freud)

3) Some of his criticism of psychoanalysis are worth noting here as representing the views of an academic psychologist on Freud's scientific methods.

4) Most psychologists today, he says, are quite prepared to accept the facts of erotic and aggressive behavior, but attributing these behaviors to a combination of biological and cultural influences.

5) In Brown's view, Freud himself played a large part in destroying the old instinct theory, since if we are to limit instincts to self-preservative and self-destructive, we might as well say that there are no basic instincts leading to definite behavior independent of the environment.

6) He writes: "Although it is undoubtedly true that there is an underlying difference between the structures of deeply repressed emotional experi-

ences it is probably quite unlikely in reality that three definite regions of consciousness and only three are to be distinguished.

7) Just as Freud paved the way for overthrowing the instinct theory but failed to overthrow it completely, so he prepared the way for a functional theory of personality without ridding it entirely of all the characteristics of demonology.

8) Thus, the desire for self-aggrandizement, so far from being an expression of self-love, is rather an expression of the failure to obtain love.

9) Having collected hundreds of cases of hallucination in healthy persons the author comes to a conclusion that we all have potentially a "subliminal" self, which may make at any time irruption into our ordinary lives. At its lowest, it is only the depository of our forgotten memories; at its highest we do not know what it is at all.

10) To quote W. James, there is really no scientific or other method by which men can steer safely between the opposite dangers of believing too little or of believing too much. To face such dangers is apparently our duty, and to hit the right channel between them is the measure of our wisdom as men.

2. Переведите на английский язык.

1) То, что Фрейд говорит об Ид как о подлинной психической реальности, означает, что Ид есть первичная субъективная реальность, предшествующая внешнему опыту. 2) В целом, Браун согласен с утверждениями Фрейда; то, как они выражены, — вот против чего он возражает. 3) Автор, по-видимому, утратил доверие к теории биологического инстинкта, которая, как он считает, потеряла свою актуальность. 4) Утверждается, что выход из подобного критического состояния находится в прямой зависимости от осознания данного состояния. 5) Этот конфликт обусловлен противоречием между тем, что человек из себя представляет и тем, чем он, с его точки зрения, должен быть на самом деле. 6) Нет никакого противоречия между альтруизмом и любовью к себе при условии, что последняя является искренней, а не представляет собой невротическую защиту. 7) Фрейд утверждает, что состояние гипноза демонстрирует нам наглядную аналогию состоянию влюбленности, только в более концентрированной форме, где гипнотизер выступает в качестве единственного объекта и абсолютной проекции Эго-идеала. 8) Была сделана выборка в 1,5 тысячи испытуемых, причем каждому из приглашенных предлагалось заполнить подряд три опросника с целью выяснить их психологическую пригодность для участия в беспрецедентном эксперименте такого масштаба.

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