

Essays on Ego Psychology, by H. Hartmann

a. Quotes:

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b. General Notes:

- Chapter 1 Psychoanalysis and the Concept of Health (pg. 3)
 - "A correct view of reality is not the sole criterion of whether a particular action is in accordance with reality. We must also reflect that a healthy ego should be able to make use of the system of rational control and at the same time take into account the fact of the irrational nature of other mental activities. (This is a part of its coordinating or organizing function; see Chapter 3.) The rational must incorporate the irrational as an element in its design." (pg. 10)
 - "The mobility or plasticity of the ego is certainly one of the prerequisites of mental health, whereas a rigid ego may interfere with the process of adaptation. But I would add that a healthy ego is not only and at all times plastic." (pg. 11)
 - "[C]onflicts are a part and parcel of human development, for which they provide the necessary stimulus." (pg. 12)
- Chapter 2 - Psychoanalysis and Sociology (pg. 19)
 - "The study of the development of human object relations has been one of the most important parts of analysis since the beginning. The way in which the child learns to choose and recognize objects, and the way in which these infantile object relations, through repetitions, displacements, reversions and so on, influence decisively the love relations of the adult as well as his social relationships in professional and political life, constitute one of the major themes of analytic experience, which up to this time has not yet been fully exhausted." (pg. 21-22)
 - "The infant, from the moment of its birth (actually even earlier), is in constant contact with its social surroundings and for a long period of time its life depends upon these early contacts. But in the beginning the infant does not know any object in the psychological sense. The process of actually crystallizing objects follows a period in which there was a remarkable lack of differentiation in all reactions. The process occurs in close connection to the needs of the instinctual drives on the one hand and to the development of the ego on the other. The recognition of the world of objects is partly based on the replacement (or modification) of the pleasure principle by the reality principle and is dependent upon the growing maturity and strength of the ego. Freud has found that the prolonged helplessness of the infant and his protracted dependence upon the adult world have two main consequences, which are important from the point of view of his development. This early dependence promotes a far-reaching differentiation between the id and the ego, and it furthers the possibilities of ego maturation and the processes of learning. But this dependence also increases the importance of external danger as well as that of those objects who offer protection, to a degree unknown among the lower animals. Considering this complete dependence upon the care and protection of others, it is natural that man's need for love and his fear of losing the love of the object are especially strongly developed." (pg. 22)
 - "Psychoanalysis concerns itself with the modifications which changing conditions exert on generally human situations and attributes. Among these conditions, social factors play a unique role. Although we anticipate the presence of aggressive instinctual impulses in all people, we cannot conclude that one completely delineated expression of these impulses, making war, for example, should be inevitable in the history of man. The expression of basic aggressive tendencies is determined by factors which can change during the course of generations. On the other hand, a negation of all constant elements among those which can be demonstrated to have an influence on the process of becoming man is, of course, contradicted by experience. Psychoanalysis can go further and demonstrate that the id, the ego, and the superego offer resistances of different degrees to the influences of the external world, and particularly to those of cultural factors. Psychoanalysis gives us an impression of the manner in which ego and superego can be modified, and similarly it gives us a strong indication of the obstinacy with which the id opposes the influences from the external world." (pg. 24)
 - "Freud (1924b) described a type of person (moral masochists) in whom morality is sexualized and in whom the usual conflicts between the ego and the superego are expressed regressively in social relations and against institutions in the outside world. Such people expect and invite suffering and punishment from parental representatives, from personal or impersonal authorities and from fate. Existing in an absolute authoritarian system—one which would be intolerable for other personality types—makes it possible for such a person to find a solution of his conflicts by utilizing reality. There is then a large number of people in whom active social conduct represents not a rational action but an "acting out," which is more or less neurotic, in relation to social reality. In this "acting out," they repeat infantile situations and seek to utilize their social conduct to resolve intrapsychic conflicts. A strong reliance on reality can also be used to overcome fear. It can, but it does not need to have, the character of a symptom." (pg. 27)
 - "**Human conduct is oriented to its environment,** and the psychoanalytic approach includes the structure of reality in its description. This is especially clear in Freud's last version (1926a) of his theory of anxiety which relates the internal danger to the external one, and in Anna Freud's description (1936) of types of defense which the child develops against the discomforts and dangers which threaten him from the outside world. **We do not believe that one can completely explain the total behavior of an individual from his instinctual drives and his fantasies.** If we, as analysts, ask ourselves what are the causes of war and peace, or of a religious movement, if we ask ourselves why certain political leaders achieve power and why certain specific groups behave in one manner rather than in another in relation to the leader, we believe that we can contribute to the solution of these problems through our understanding of the reactions of individuals and types in concrete situations. But one cannot under any circumstances ignore or neglect the part played by the economic or social structure as partially independent factors. In applied psychoanalysis they take the place of "reality" in the sense which I have outlined, and it would be completely senseless to deny their autonomy. This would be as if we were to overlook in our analytic practice the fact that the patient orients his specific behavior around his particular environment." (pg. 30)
- Chapter 3 - On Rational and Irrational Action (pg. 37)
 - See text
- Chapter 4 - Comments on the Theory of Instinctual Drives (pg. 69)
 - See text
- Chapter 5 - Application to Social Science (pg. 90)
 - See text
- Chapter 6 - Psychoanalysis and Developmental Psychology (pg. 99)
 - See text
- Chapter 7 - Comments on the Psychoanalytic Theory of the Ego (pg. 113)
 - See text
- Chapter 8 - Technical Implications of Ego Psychology (pg. 143)
 - See text
- Chapter 9 - The Mutual Influences in the Development of the Ego and Id (pg. 155)
 - See text
- Chapter 10 - Contributions to the Metapsychology of Schizophrenia (pg. 182)

- See text
- Chapter 11 - Problems of Infantile Neurosis (pg. 207)
 - See text
- Chapter 12 - Notes on the Theory of Sublimation (pg. 215)
 - See text
- Chapter 13 - Notes on the Reality Principle (pg. 241)
 - See text

*****I didn't finish reading the book*****

c. Further Readings:

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