

The Psychodynamic Model of Abnormality

This activity will help you to:

- Understand and recall the psychodynamic model of abnormality
- Outline the functions of the id, ego and superego

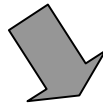
The Psyche



The id. This is the animal part of the psyche and is governed by instinctual drives like food, drink and sex. Its general motive is the satisfaction of these desires. If frustrated it becomes aggressive.



The superego. This is the moral part of the psyche and is governed by the need to behave in ways our parents would approve of. When we don't, it punishes us with anxiety and guilt.



The ego. This is the part of the psyche concerned with reality. It tries to balance out the demands of the id with the constraints of the superego in a way that is realistically possible

According to the psychodynamic model, a psychologically healthy person has a strong ego, which can hold the id's instincts in check but still allow it some gratification in a way that the superego finds acceptable. What do you think would happen if...



The ID was too strong and took over the whole of the psyche



The SUPEREGO was too strong and took over the whole of the psyche



The person had an ID and an EGO, but did not develop a SUPEREGO