

Psychology – Psychodynamic Explanation of Depression

- Foundations of depression laid in childhood when child becomes fixated at the oral stage of development, which means that the child remains dependent upon offers for gratification = self esteem.
- Further inroads into development of depression occurs if individuals experience "losses" of parent:
 - 1) Illness
 - 2) Divorce
 - 3) Step parents
 - 4) New siblings
 - 5) Depressive parent*etc...*
- Following the "loss", child introjects the lost person (internalisation) in order to keep them close.
- Freud says we harbour negative feelings for loved ones – we also internalise negative feelings.
- Normally, during grief work, the bonds are gradually weakened between self and lost ones. Method: recall, memories etc.
- Grief work CAN go wrong and bonds are not loosened, resulting in:
 - 1) Self blame ←
 - 2) Self abuse ← DEPRESSION
 - 3) Anger turned inwards ←