

Ego psychology

- Heinz Hartmann-leader of ego therapy
 - It's really structural theory-ego therapist interested in all aspects--incl ID
 - the preservation of Freud's drive theory
 - emphasizes the centrality of the ego
- Focuses on the ego's workings in creating defenses rather than focusing on the underlying id content
- Engages the patient, less emphasis on uncovering hidden secrets, more on psychic structure-i.e the relationships between the id, the ego, and superego (Mitchell and Black-1995)

Ego Psychology In Counseling

**John Sommers-Flanagan, Rita
Sommers-Flanagan**



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