

PSYCHO-ANALYSIS

A brief account of the Freudian theory

Barbara Low

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Volume 4

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PSYCHO-ANALYSIS

A BRIEF ACCOUNT OF THE FREUDIAN THEORY

SOME EARLY REVIEWS

“AN admirable little outline of the theory and application of psycho-analysis . . . as a primer in the first elements of the subject, it could hardly be improved upon.”—*Westminster Gazette*.

“Miss Low gives a clear exposition of the theories of Freud, and seeks to explain the nature of psycho-analysis. In a final chapter she describes the revolution which psycho-analysis must, she thinks, effect in the sphere of education.”—*Times Educational Supplement*.

“An excellently written handbook . . . this cool little book, if the current controversialist can be induced to stop talking for a minute and read it, ought to help considerably to curtail this period of braying.”—REBECCA WEST, in the *Star*.

“Every well-educated person of to-day should know something of the Freudian theory, and this book makes an admirable introduction to the subject, for it is short and clear, and requires no previous psychological knowledge on the part of the reader.”—*Woman's Leader*.

“Miss Low's is the best elementary book yet published on psycho-analysis.”—*Journal of Psychology*.

PSYCHO-ANALYSIS

A BRIEF ACCOUNT OF THE
FREUDIAN THEORY

BY

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PREFACE

IN addition to the deeper and more permanent sources of opposition to Psycho-Analysis, there have been two practical reasons why knowledge of it has spread slowly in England in particular. One of these has been the relative inaccessibility of the standard works on the subject, a difficulty which will soon be removed by the activity of the International Psycho-Analytical Press. The other has been the lack of any work giving a clear and simple account of the elements of the subject. This gap in the literature the present work is intended to fill. Miss Low is not the first to make the attempt, but she has the great advantage of having beforehand made an immediate study of the subject with the

Psycho-Analysis

purpose of adequately qualifying herself for such a task.

Properly to appreciate Miss Low's success in accomplishing this task one should realize that it is one with peculiar difficulties. It is never an easy matter to present a complex science in outline, but with Psycho-Analysis several special circumstances make the task of simple and satisfactory exposition an almost insuperable one. To begin with, it is a new and growing science, and it is always found that the ease of popular presentation depends on the extent to which a given sphere of knowledge is relatively complete and finished. When fairly stable conclusions have been clearly defined from many angles it is possible to formulate them in simple language, even though the implications of them may be complex and elaborate enough. During the earlier stages of development, however, when the conclusions are more fluid and less sharply

Preface

defined, it is very hard to reduce them to an easily intelligible form and to assimilate them to common knowledge, since the bearings of partial generalization are only evident to those who have already made some study of the subject. This is especially true when, as in the case of Psycho-Analysis, the conclusions reached are strange and startling; the more foreign they are to familiar knowledge, and the more repellent to preconceived opinions or prejudices, the harder it is to make them either acceptable or readily comprehensible.

That the deductions made from psycho-analytical investigations are both novel and not easily acceptable, Miss Low makes plain in her book, and she has not adopted the easier way of concealing these attributes of them. She has chosen the loftier aim of attempting to present all aspects of the psycho-analytical theory fairly and straight-

Psycho-Analysis

forwardly, and yet to bring them within reach of those who have made no previous study of the subject. I can answer for it that she has performed the first part of this task successfully, and can only hope that her readers will find she has performed the second part with equal success.

ERNEST JONES.

August 30, 1919.

FOREWORD

THE following brief outline of Psycho-Analysis is intended for those who are interested in this subject but cannot yet find time and opportunity to study at first hand the work of Freud and his followers, English and Continental.

Extreme condensation of a scientific theory both wide and deep is bound inevitably to create a certain disproportion and distortion of the facts involved. I am fully aware of this defect, but can only hope that the general presentation is approximately near the truth. If these pages can send readers later on to Freud himself, their purpose is fulfilled.

A word or two is necessary concerning the term "Psycho-Analysis." This is the name bestowed by Freud upon his own theory and practice: neither those workers who, starting from Freud's ideas as basis of research, have since developed on different lines, nor those who have incorporated other theories with the Freudian Psychology, are entitled to make use of the term. By so doing they

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create confusion, and obscure Freud's theory. They would do well to follow the example of Doctor Jung, of Zürich, who has invented for his own body of thought a new name — Analytical Psychology. The Freudian theory and technique, and these alone, constitute Psycho-Analysis.

B. L.

August 1919.

NOTE TO THE SECOND EDITION

SINCE the publication of the First Edition numerous enquiries have been made concerning certain omissions in the List of Reference Books in the Appendix. I am glad to take this opportunity of explaining that the List is intended to include only those works which deal with the *Freudian* Theory and Practice, or its Applications; consequently some books bearing on this Theory, but diverging widely from it, have been omitted as inappropriate to my list. In this edition, however, will be found the names of the two most important works by Dr. Jung, who was originally associated with Freud's theories.

B. L.

August 1920.

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The common problem, yours, mine, everyone's,
Is not to fancy what were fair in life
Provided it could be—but, finding first
What may be, then find how to make it fair
Up to our means—a very different thing!
No abstract intellectual plan of life,
Quite irrespective of life's plainest laws,
But one, a man who is man and nothing more,
May lead within a world which (by your leave)
Is Rome or London—not Fool's Paradise.

Bishop Blougram's Apology (ROBERT BROWNING).

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AN OUTLINE OF PSYCHO-ANALYSIS

CHAPTER I

THE SCOPE AND SIGNIFICANCE OF PSYCHO-ANALYSIS

Psycho-Analysis a Science—Its Subject-Matter—Its Nature and Method—Its ultimate Goal.

“It is the fate of all useful discoveries and improvements to meet with bigoted or interested opposition from those who would willingly remain in the beaten path of habit, rather than acknowledge any change to be profitable.”

It is fortunate indeed that the above words cannot be applied in completeness to the new knowledge brought before the world of to-day by Professor Freud, but there is enough appropriateness in them to remind us that Psycho-Analysis has been, and probably for a long period still may be, face to face with a