



CORE WELLNESS



**Clinical Insight on Freudian
Oral and Anal Stages: 2 CE**

**Presented by:
Ronnie Solan, PhD**



CORE WELLNESS

About Core Wellness

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About the Presenter

Dr. Ronnie Solan, PhD, a Senior training Psychoanalyst, was educated in Switzerland by the foremost psychologists and psychoanalysts, including Professor Jean Piaget at Geneva University and Professor R. Spitz at the Swiss Society of Psychoanalysis, Geneva. She has been practicing psychotherapy since 1963.

The author of multiple books exploring Freudian psychology and attachment theory, her critically acclaimed *The Enigma of Childhood - The Profound Impact of the First Years of Life on Adults as Couples and Parents (2015)* culminates her lifetime work. Her clinical expertise includes the emotional development of the infant from birth; disclosing and strengthening the inhibited healthy narcissism enabling the consolidation of the Self-Esteem & the True Self as well as the capacity to love and tolerate otherness. She lives in Israel with her family and is the proud grandmother of ten grandchildren. In her free time she enjoys gymnastics, yoga, sports and a warm social circle of friends.



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THE ORAL STAGE (0 - 1½ Y)



- ❖ Birth - 18 months.
- ❖ Introduction: In infants the oral cavity is the site for identifying needs .it therefore serves as an erogenous zone.



- ❖ Characteristic: This is a dependent stage since the infant is dependent on adults for getting his oral needs fulfilled
- ❖ Objectives: Satisfaction of oral desires eg: suckling of milk, help in development of trust.

I. Oral Stage

- ❑ It occurs during the first 18 months of life when the infant's pleasure centers on the mouth.
- ❑ Chewing, sucking and biting are chief sources of pleasure and these actions reduces tension in the infant.



Eye to eye Intimacy



Oral Stage

- Age: Birth-2
- Erogenous Zone: Mouth
- Primary Conflict: Weaning
 - If a child is weaned too early or too late that can result in either too much or insufficient gratification of the id. This can result in an oral fixation.
- Oral Fixations:



Oral Stage



- Important erogenous zone = **mouth**
- Biting, sucking, chewing
- **Fixation**
 - Weaned too early = oral fixation
 - passive dependence (dependence like a child)
 - exaggerated denial - acting tough or sarcastic
 - Smoker, excessive eating

Oral characteristics

babies

gain the most pleasure from their mouth in this age range, which is put on display as this is where they tend to put anything they can get their hands on (sucking thumb, pacifiers, drooling on toys, etc.). Over or under feeding, or any mistreatment involving the mouth at this stage could cause fixation.

Speech and Language Development: Birth to 12 months

Approx Age	Listening & Hearing aka Receptive Language	Talking/Expressive Language
0-3 months	<ul style="list-style-type: none"> • Exhibits startle response to loud noises (moro reflex) • Can discriminate speech sounds from non speech sounds • Recognizes primary caregivers voice and will quiet when he/she hears it • Increases or decreases sucking behavior in response to sound 	<ul style="list-style-type: none"> • Produces different cries for different purposes (hunger, pain, dirty diaper) • Coos during comfortable states • Exhibits social smile in response to familiar faces
4-6 months	<ul style="list-style-type: none"> • Moves eyes towards sounds • Reacts to different tones of voice • Attends to music • Watches toys that make noise and play music 	<ul style="list-style-type: none"> • Produces babbling that is redundant in syllable structure (i.e. baba, dada) • Blows raspberries • Chuckles and Laughs • Squeals and partakes in "vocal play"
7-9 months	<ul style="list-style-type: none"> • Recognizes own name when spoken to • Turns head in response to sound • Recognizes and responds to common words and phrases (i.e. bye bye, hi, book, shoe, etc) • Enjoys social play like (i.e. peek-a-boo) 	<ul style="list-style-type: none"> • May produce more varied sounds such as b,p,m,n,d,w,y within babbling and vocal play • Vocalizes pleasure and displeasure • May begin to use gestures and vocalizations to communicate (reaching out, putting hands up to indicate "up", waving)
10-12 months	<ul style="list-style-type: none"> • Begins to respond to simple requests (stop, come here) • Searches for common objects or family members when named 	<ul style="list-style-type: none"> • Begins to use more adult like intonation and prosody, so babbling and vocal play may sound like a question or exclamation. • Common sounds used at this time are b, p, m, n, d, t, g, k, h, y, w. • The first real words may appear somewhere around the first birthday, even though the sounds may not be clear



Anal Stage

The anal stage lasts from 18 months to 3 years old

The focus of this stage is on the anus and pleasure is experienced in the control of bowel and bladder movements – retaining and expelling poop and pee!

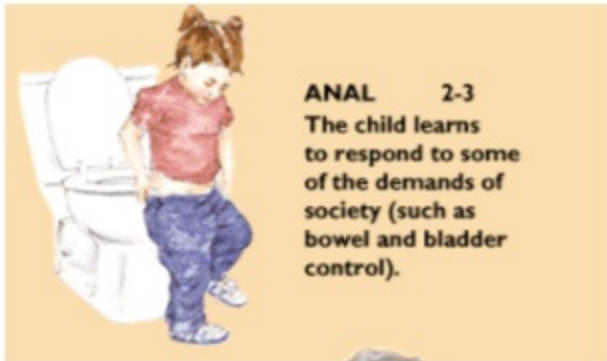
The conflict occurs during toilet training – who has the power?

The **anal-retentive personality** is stingy and stubborn, with a compulsive need for order and neatness – punctual and respectful to authority

The **anal-expulsive personality** is messy, careless, disorganized, and prone to emotional outbursts – inconsiderate to others



Freud's Psychosexual Stages



THE ANAL STAGE

- ▶ During this stage the child learns that one cannot totally depend on the mother for everything.
- ▶ The child realizes that there are some things that it must do by itself.
- ▶ The child undergoes toilet training, acquires other skills.
- ▶ The child internalizes two separate roles, one's own and that of the mother.
- ▶ It is taught to distinguish between wrong and right actions through a system of reward and punishments.

TODDLER DEVELOPMENTAL MILESTONES

Age	Gross Motor	Fine Motor	Language	Social / Cognitive
12 Months	<ul style="list-style-type: none"> • Walks first steps independently • Crawls up stairs 	<ul style="list-style-type: none"> • Uses 2-finger pincer grasp • Hits 2 objects together 	<ul style="list-style-type: none"> • Says 3-5 words • Uses non-verbal gestures (eg, waving goodbye) 	<ul style="list-style-type: none"> • May have separation anxiety • Searches for hidden objects
18 Months	<ul style="list-style-type: none"> • Walks up/down stairs with help • Throws a ball overhand • Jumps in place 	<ul style="list-style-type: none"> • Builds 3-4 block tower • Turns 2-3 book pages • Scribbles • Uses cup and spoon 	<ul style="list-style-type: none"> • 10+ word vocabulary • Identifies common objects 	<ul style="list-style-type: none"> • Has temper tantrums • Understands ownership ("mine") • Imitates others
2 Years	<ul style="list-style-type: none"> • Walks up/down stairs alone, 1 step at a time • Runs without falling • Kicks ball 	<ul style="list-style-type: none"> • Builds 6-7 block towers • Turns 1 book page • Draws a line 	<ul style="list-style-type: none"> • 300+ word vocabulary • 2-3-word phrases • States own name 	<ul style="list-style-type: none"> • Begins parallel play • Begins to gain independence from parents
3 Years	<ul style="list-style-type: none"> • Walks up stairs with alternating feet • Pedals a tricycle • Jumps forward 	<ul style="list-style-type: none"> • Draws a circle • Feeds self without help • Grips a crayon with fingers instead of fist 	<ul style="list-style-type: none"> • 3-4 word sentences • Asks "why" questions • States own age 	<ul style="list-style-type: none"> • Begins associative play • Toilet trained, except wiping

Anal intimacy



Separation



Anal characteristics

Children at this age are typically going through toilet training, They are encouraged and positively reinforced when they are successful in using the bathroom. This is linked to children gaining pleasure from self-control, as being able to hold in waste and release it properly makes a child feel accomplished.

ANAL STAGE

- Roughly 2-3 years
- Toilet training conflicts
- Freud argued that these conflicts form the basis of attitudes towards order and disorder, giving and withholding, and messiness and cleanliness.
- People with anal fixations exhibit a variety of behavioural tendencies:
 - Anal expulsive** – the child who rebels openly against going in the toilet. Translates in the adult as a person who sees messiness as a statement of personal control and somewhat destructive/hostile
 - Anal retentive** – the child who is terrified of making a mess and rebels passively. As adults, stubborn, excessively neat





2. **Anal Stage** (18-36 months): obsession with the erogenous zone of the anus and with the retention or expulsion of the feces- conflict with parents/societal pressures

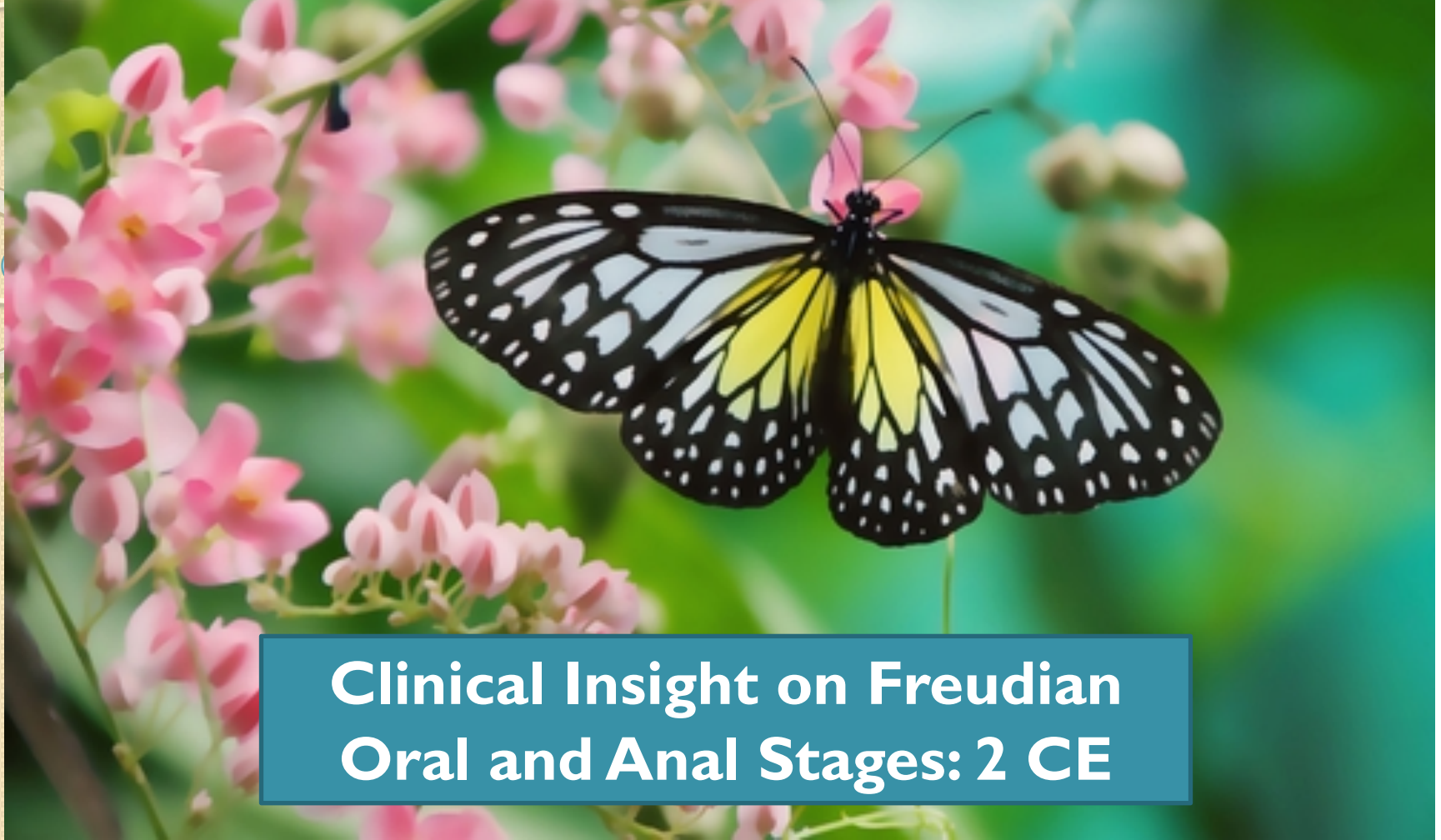
- **anal expulsive character:** messy, disorganized, reckless, careless, and defiant.

- **anal retentive character:** neat, precise, orderly, careful, stingy, withholding, obstinate, meticulous, and passive-aggressive

- The resolution of the anal stage permanently affects the individual propensities to **possession** and attitudes towards **authority**.

Resources

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Thanks for joining us
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