

Freud's Archeological Model of Therapy (Psychoanalysis)

In psychoanalysis, a patient lies on a couch and follows the fundamental rule of psychanalysis: “speak out loud whatever comes to your mind without censoring anything.” Over the course of many sessions (50 minutes a session, 4 sessions a week, for 3-5 years), the patient will gradually remember long-buried memories, shameful experiences, and all of the kinds of contents noted below in the diagram. Thus, Freud used a archeological metaphor to understand the processes of therapeutic dialogue between analyst and patient: unearthing long-buried associations or memories across the life of the patient.

Note that the image below uses the “iceberg” model of how the human mind is constructed.

