

Master-
Table 12 Psychotherapy and the approaches to identity development.
This matrix provides an analysis in relation to psychological development, disturbances, techniques and theories.

Notes:

Everyone uses all approaches implicitly. Self-expression has static and dynamic elements which are listed in that order.
Lack of satisfaction is invariably a threat. Threats at unrecognized levels generate dysfunction in the level habitually used.
Freud's contribution is more complex than the Table suggests. See text for further details.

L	Identity (Reality)	Self-expression involves:	Identity Threats	Signal of Dysfunction	Identity Breakdown	Identity Disorder	Psychotherapies (Non-psychoanalytic)	Psychoanalytic Theorists
I'	Sensory being	Awareness and arousal	Boredom; overstimulation; neglect.	Pain	Disintegration	Psychosomatic personality	Aromatherapy; reflex zone therapy; shiatsu.	Paris school
II'	Vital being	Tension and movement	Stress; inattention; fatigue.	Exhaustion	Illness	Psychopathic – hysterical personality	Alexander technique; behavioral conditioning; dance therapy.	(None)
III'	Emotional being	Modification and relocation	Separation; confusion; hardness.	Anxiety	Paranoia	Borderline personality	Transactional analysis.	Klein
IV'	Individual being	Entitlement and adaptation	Rejection; contempt; devaluation.	Shame	Collapse	Narcissistic personality	Client-centred therapy; cognitive therapy.	Winnicott Kohut
V'	Relational being	Mutuality and dialogue	Non-recognition; frustration; scapegoating.	Guilt	Paralysis	Neurotic personality	Humanistic therapies.	Freud
VI'	Social being	Organization and management	Aimlessness; loss of responsibility; social isolation.	Alienation	Vagrancy	Traumatized personality	Existential therapies; radical therapy.	Kinston & Cohen
VII'	Transpersonal being	Harmony and attunement	Despair; being over-whelmed; cynicism.	Doubt	Torment	(Sickness of the soul)	Psychosynthesis; transcendental meditation; analytical psychology.	(None)