

Please note these are semi-edited class notes and may contain some errors.

HENRY MURRAY

He is very clearly a 20th century thinker .

Background: b. 1893, came of age around WWI intellectually, born into rich family, never had to work for a living, parents owned home what is now Rockefeller Center, owned summer home on Long Island, jealous of siblings, had grudge against mother for paying more attention to them, had normal childhood, went to Harvard, almost flunked out, graduated with 2.0 gpa, got in because he was rich, major in college: history; after graduation got bored, went to medical school -graduated #1 in class, underwent change in motivation after college years. Decided he was more interested in finding out new things rather than the mundane practice of medicine, so he went back and got a master's in biology and qualified as surgeon. After Masters in biology decided to study biochemistry - went to Cambridge. Became interested in psychopathology, decided Freud was interesting - wrote and went to see him -- on way stopped by to see Carl Jung.

Tremendous sense of entitlement in Murray.

Spent 3 weeks with Jung - the first day Jung took him sailing and he said for the first time in his life he actually experienced the unconscious, said he was reborn that first afternoon and was never again the same in his life. He decided to devote himself exclusively to psychology . "Unconscious personality is a full congress of orders and pressure groups of children, demi-gods, communists, isolationists and warmongers, Caesars and Christs, Machiavellis and Judas's. The psychologist who doesn't know this in himself, whose mind is locked against the flux, internal images and feelings should be encouraged to make friends with the various members of his internal household."

He spent 3 weeks with Jung, but spent 3 years with Freud. He returned from studying with Freud and joined the faculty at Harvard where he started the psychology clinic and was its head for either 30 or 40 years. He did this, he started the clinic, which from his point of view, which incidentally treated people, so he could study the people coming through who were seeking treatment. He had a long term marriage and also an affair with a woman named Christianna Morgan, who was one of the first feminist analysts, who contributed heavily to the thinking of people like Anna Freud and Karen Horny? He never gave her any credit for her work, nor did he tell his wife about her .

Murray spent a long time being psychoanalyzed by Freud and one of the things that happens occasionally in psychoanalysis is that you can't do it -- because the person just isn't neurotic enough. So that's what happened with Murray, despite giving Freud lots of money and spending a lot of time, he ended up doing a lot more studying than actually being psychoanalyzed because there weren't any things there to be analyzed with which Murray was out of touch.. The claim that Murray got from this is that I'm o.k. There's just been in the last few years a biography published that claims he was neurotic and the historians in this field have a conflict over this.

What was the intellectual climate that Murray was in contact with -- the background to which his ideas were formed?

In the early part of the century when he was coming of age intellectually, the ideas of Einstein and Bertrand Russell were the dominant ideas of the day.

What is the popularization of Einstein's Theory of Relativity -- what does it tell us in a general way that might be behind a psychological theory?

It is the idea that reality differs depending on the point of view of the observer. This was translated in the early part of the century into many disciplines. The anthropologists took it up more notably than the psychologists did and it led to the idea of cultural relativity and some anthropologists the ... quality of different cultures point of view. the idea that there is not an absolutely true point of view, there are many; true points of view.

Bertrand Russell, along with Alfred North Whitehead wrote a work called the Principia Mathematica, won the Nobel Prize and what it basically says or demonstrates, proves logically is that no logical system can be proven to be true because they all need some kind of outside reference.

A student, a guy named Godel, taking off from this mathematically proposed a theorem called Godel's Theorem, a corollary to the Russell work, which suggests that all logical systems are inherently contradictory. This is the popularization of these ideas. If you want to look at what they actually said, you are going to have to spend a few months pouring through some hard to understand works.

Basically the intellectual climate at the end of WWI where there is a great deal of social upheaval and sort of a discrediting of the established way and order of doing things was that there is no olle truth and any system of thought is contradictory: Is reality really dependent on the point of view of the observer? That's kind of what Jung was saying -- talking about archetypes, which make us see the world in particular ways. By inference there could be other ways, which could be equally true and quite different. For Murray, it was much more obvious and out there, rather than implied as it was for Jung.

What about the idea that all logical systems are contradictory? That they can't by their very nature be correct? Is that true? If that's true, .nleansthere's no theory that actually doesn't contradict itself in some way.?' Don't you have beliefs that you are sure are true and ways of thinking that you are sure are the way to think? What type of psychological theory can you construct if you think there are an unlimited possible number of theories and the one you come up with is going to be wrong, at least in some way.

The first thing you need to understand is that a theory is just a theory So Murray said personality is actually an abstraction in the mind of an observer.**

What we are talking about here is not reality, it is something in an observer's mind. It's some way that they think about people, it's not the people themselves. ?;Personality is what you are thinking about yourself: You think about yourself in terms of traits, ego and superego, collective and personal unconscious, attachments, stages of development, decisions and motivations, but what is really happening is that personality is not real. Personality is an ideal that we have about reality and it cannot be anything else. So we know that personality is subjective rather than objective. Theories are necessarily subjective. You cannot make up a good story about people apart from the circumstances of the people because personality and good ideas about personality are organic.

You cannot understand the person outside of the situations to which they are reacting and which form their development. Part of what this means is that personality is not just one thing, it is something that grows and develops over a lifetime. So really personality , that is a good story that we make up in our heads, "History of the personality is the

personality."** That is you can't understand a person in one frame of time. You can only understand them as they go through the changes, the development that they go through. The personality has to encompass all the events of a lifetime. So if we are going to make up a good story it has to encompass the circumstances across time of the person. In doing so, you will recognize the personality has both transient and enduring aspects. Transient means limited in time. There are some things that only happen once. Some things that happen a few times, some things that happen a bunch and some that always happen. This is the way it is with personality. we are one way sometimes only once, some way a few times, some ways many times, and some ways we are pretty much always that way. What we mean when we are talking about personality , the story we are making up about ourselves or someone else we are talking about the thing that organizes or governs the person. It is the core that makes decisions, that gives us our own individuality and direction in life. So that what we have to do in life is we have to integrate the constraints and conflicts that we all go through. We all have to make choices in life and we try to satisfy our needs and make plans for the future and we have to have something in us that does that. That's what we mean by personality . A good story of personality is a story of why we do what we do. The organization and governing of us as individuals. Whatever it is, this organizing thing that we are making up this story about, the story we are making up about the org and governing part of us is in the brain.

Murray: "No brain, no personality . " If we look at the person and make up a story after looking at the person, stories about the whole lifetime, about things that change, about how we were governed and about the brain, we find that basically we are goal driven -- that is we do things to get things. We are motivated organisms. We don't act randomly, we act to get things that we want.

What Freud didn't do probably the largest part of personality is what Murray calls an ADEQUATE TAXONOMY OF NEEDS. What's a taxonomy? an organized list. Freud really never gave us a good list of what people need or what we want, what motivates us. He simplified things, he said everything was sex and aggression.

It's clear to us that what Freud called the Id, what our basic nature is quite differentiated. There are things that are in there that are social, as well as self-centered. Murray spent much time making up lists of what our most basic needs or drives are. Your textbook has a list in it, only one of dozens.

Most of the lists are 18-20 things long. Sex is always on this list, deference too, the desire to give in or support someone else as your superior, affiliation - desire for emotional attachment. There is order, some meaningful arrangement, drive to understand, to dominate, to control one's environment, particularly social environment, desire to resist being dominated, aggression - to fight, also to give in, achievement, seek experience for itself - sentience, exhibit self and be center of attention - play is a motivation - rejection - like to exclude other people and things - like to form categories in our minds and say not them - like to take care of and be taken care of- like to avoid humiliation - sense of need to defend ourselves and to overcome our weaknesses or failure and other things.

He changed the lists constantly: (List of Basic Needs)

The problem with thinking about needs is that we tend to become very limited in our thinking -- we think about the need for particular things -- dominance or sex -- these he called effect needs.

c, We also have needs sly to be doing things. We also want to be doing, not for any particular end, but just to be doing. That's why we build sandcastles on the beach and these are insufficiently emphasized. As are what he called Modal needs. Modal needs are needs to do things well.

Just because we like things that give us a kind of pleasure --aesthetics. We all have things that we don't have to do -- but we do it that way because it's more pleasing. Not quite like Freud said --that we get pleasure from things that are associated with other things -- but that our needs are specific. If you have a need for order dominating someone else won't do or sex won't do, any of the other things won't do -- needs are specific -- not general things that can meld and be redirected.

Freud said something else wrong: he said what we want to do is constantly reduce our tension. If you actually watch people - you don't always do that -- sometimes, don't you raise tension a little? (ex. hungry -- food tastes better when you are really hungry) Murray said it feels better to release more tension than little tension. Don't you make plans to do things that raise your tension, so you have the pleasure of the release. You get more satisfaction out of doing difficult things than easy things -- more tension is released.

We try and maximize pleasure. We look for what we can reasonably get. We build it up to the optimal level of tension and then we release it. Your whole life is made up of trying to get what you want. Our whole personality is made up of how you go about getting what you want. We want the experience and we want to do it well. The experience, the doing of things.

We organize our self around the way we meet our needs. We have specific little ways of meeting specific needs. (ex. Jack in the Box for lunch - one way of meeting hunger need -- can eat while driving.) You organize all your little needs of being meet into a serial. Proceeding - "The initiation and completion of a dynamically significantly pattern of behavior. " completion- you do something -- to meet need. Something that you do to meet a need.

Serial (can be organized around a particular goal.

A larger order of things called a serial program or program of serials.

What we do is we organize these different things we have. (ex. school/work/family)

You need a way of org these things. You can always do more than one thing. We all have

to have some way of choosing between serials. We need some way of deciding what comes next.

We need a way of ordering the different kind of serials that go on in our life.

Most of you have probably experienced conflict over this.

You decide based on at least at that point in time is the thing that's going to work the best. What working the best is what will give you the most pleasure. You may change your mind the next day.

You think: what do I want; what are my abilities; what can I do; what have I done in the past; what kind of things can I actually do?

(ex. winning lottery to solve financial problems; need fall-back plan.

How do you know what someone needs? some things you know you need: ex. oxygen, body clues; majority of our needs don't have direct physical aspects to them.

You have to watch yourself and you can infer your needs from what you get from your actions. Watching the way people do things; you can notice what you notice and respond to; notice how you feel about things; listen to other people's expression of satisfaction. Hard to tell. There are some basic sets of needs: we differ in the degree to which we want them. Some people have a need that doesn't change -- just there all the time. Personality test to assess: Edwards Personal Preference Schedule: makes you choose between each need above other needs. Some people will pick one need all the time in comparison to all the other needs.

These kind of needs that are very important can come from a whole variety of sources -- most common way is due to frustration over a period of time. Another way is that we can have experiences in our first few years that lead us to what we call invariant needs or invariant motivations: called complexes.

For Murray, a complex is an invariant need. That means you want it even when you've got it. How do they come about? Usually from the frustration of pleasurable activities. He thought there were 5 kinds of complexes.

5 Complexes:

1. PRENATAL EXPERIENCE: our nervous system is well developed by the third trimester of pregnancy and clearly our senses are functioning, but not as well as later on; very unlikely that this prenatal experience has no effect upon us. 3 different kinds -- caustral complexes.

a. Reaction against suffocation and confinement. this tends to come about due to oxygen deprivation in utero. The umbilical cord gets kinked, the mother smokes a lot, many babies are born with some kind of oxygen deficiency . Not getting enough to breath. Measure of autonomy --want to be free of constraint.

b. In support and helplessness. This comes from a sense of not getting what you need and having no capacity to deal with it. (ex. mother fell downstairs, jostled fetus around, not being sufficiently cared for, lack of nutrition, stuff that happens to mother during pregnancy -- child feels need to do something -- cannot get help from others-- and cannot help self:) Helpless, can't do anything. (not getting what they need - and nothing they can do about it)

c. The return to the womb. Sense of being thrust out into the world too soon and people who have this want to return to the womb. Later on they simply want to withdraw from the world. Want to avoid conflict, strife and demands of the world. We all want this sometimes. but a person with a complex wants it all the time, an invariant need. Some people always want these things -- consistency of the need.

2. ORAL COMPLEXES.

a. Oral succorance - to be taken care of. someone who is focused on oral pleasure - they want to be taken care of. This tends to occur because there are complications or frustrations during the nursing relationship -- the child doesn't get enough and feels that it gets worse if they try and actively do something. End up passive and dependent with a lot of inhibited hostility . So you don't get enough and if you try, you get less. People with oral succorance complex constantly want oral stimulation - they want more. They tend to eat and drink a lot - they also tend to enjoy performing oral sex.

b. Oral aggression complex. Occurs because of frustration during the nursing relationship.

Often happens when the mother is not producing enough milk. Origin of it is biting the nipple. Being angry and acting aggressive towards the source of oral pleasure. You have to work at it to get the milk out and you have to really bite at it to get it. People who have this kind of complex tend to have overt hostility -- generally hostile -- not hidden --tends to be projected onto others -tend to see other people as hostile towards them. Consistent need to take bites out of everything. Stuttering is one example of a kind of oral activity.

c. Oral rejection. Want to spit it out - spit out the nipple- spit out the milk all too much. People with this tend to have a denial of oral Cathexis. They don't like to eat or drink. They show a low need for food and a high need to reject things. A need to push things away. They tend to dislike nurturance, tend to be socially withdrawn and independent. Most people do not have complexes. Remember a complex is an invariant need.

3. ANAL COMPLEXES

a. Anal retention. People who are anal retentive want to hold onto their feces.

Something to do with the way they are toilet trained. (ex. roommate) neat, orderly and prudish are characteristics, need to resist other people and develop an individual sense of order.

Last time I was describing complexes. A complex is an invariant need; modals that don't change.

We are frustrated in the pursuit of some goal so that goal that need becomes fixed in us so that it doesn't change.

b. Anal rejection or anal expulsion. What is rejected is control over pleasure, in particular anal pleasure. So people with this complex resist control over the bowels; they didn't have

difficulty with toilet training, but their parents had difficulty with them. They like feces They tend to have diarrhea and a need for messy aggression. Tend to be very individualistic and at the same time resist social control. (ex. another roommate -- sloppy -- left clothes all over house.) Resistance to any control over their independence and self-expression. It originates in the desire to avoid control of one's bowels and it continues as a need to be free of social constraint in obtaining of pleasure, in particular, anal pleasure.

4. URETHRAL COMPLEX or Icarus Complex

Icarus, figure in Greek mythology, father & son imprisoned in tower, father made wings out of wax and bird feathers - they started flying to get away and Icarus got carried away and flew too close to the sun, wax melted, he fell into the ocean and drowned. The prototypical urethral complex person is a bed-wetter. They are someone who cannot do what they think they should be able to and cover it up with what he called a crowing immortality or narcissism. Narcissists are people who develop these exaggeratedly positive images of themselves that dissolve under close scrutiny. Like Icarus flying up to the sun thinking he's like a god until his wings melt. (ex. retreat center - guy in charge of

dining room - bossing everyone around). Sense of shame needs to be covered up, not the bedwetting itself, the need to avoid humiliation. What the underlying motivation is in this complex is to avoid the admission of vulnerability.

Most people don't have any complexes. These are invariant needs, they are always there, although not always acted on.

CASTRATION COMPLEX

Comes from frustration of infantile masturbation. It's quite literally associated with the fear of being castrated, although for little kids castration is cutting off the penis, not the testicles. It comes from the parents' reactions to infantile masturbation. He said it is not universal, only a very small minorities of boys get it and it has nothing to do with selection of sex object. He says we actually simply choose the people we think will like us. So the child learns to prefer the parent who prefers him or her. So he is saying that we select our sexual orientation by picking out who likes us better and generally women like sons better and men like daughters better. In the

particular way that children associate with sexuality . If we don't have a father or mother or appropriate person, then we kind of do it from knowing what men and women in general prefer or the ones that are important to us.

Murray did probably the most research of anyone we are going to study. He was a very prolific researcher and part of why I am presenting his ideas is that he has had the most effect on personality research of anyone except Henry Allport. In terms of research, Murray and Allport are the big names and the other people are kind of clinically oriented.

What is the structure of personality? Murray thought we might as talk about the ill, everybody knows what it is, but it isn't like Freud said. It is very differentiated, there are a bunch of different needs in there. It is almost entirely unconscious and it has pro-social as well as selfish kinds of motivations. So that everyone wants some kind of attachment or affiliation with others, we all want sex. We all want various kinds of relatedness with others and that's built into our basic nature or our Id.

We also have an ego, we have a sense of self and the sense of self is exactly as Freud described it. For Murray, the ego is really our consciousness, our conscious understanding of who we are. -----

Murray thought the superego was primarily unconscious and we separate that he called the ego ideal, which was conscious, so it's like we have two things. An unconscious set of moral principles and a conscious ideal for our self: Sometimes they are at variance with one another. They disagree. (ex. capital punishment - most likely for - prison inmates & people on death row - harsh sense of moral values)

Difference between conscious and ideals. idealized sense of self: separation between conscience and the ideal that we have for ourselves. This ideal of our ego. The ego, who we think we are, and the ego ideal, who we want to be, superego, punishes us if we get too far out of line.

We are often in conflict because we want more than one thing. We have to develop some kind of organization for our self, a hierarchy of motivations or a plan for our lives. That's what we do.

Serial program: our life plan. we have to have plan in order to have an organization in our lives. Kind of like Adler's style of life. The program of serials; a serial of things that we do to get what we want. We all have this program in life and sometimes we realize that we have forgotten part of our program. (ex. plan to jog 3X per week, and forgot, we find ourselves not following it.)Id is all the different needs. We differ in amounts that we need each one. What we need is part constitution, born with, and partially developed in response to environment. Some needs are !!f internal. Your need for oxygen is independent of any kind of social circumstance.

Press: w t the environment can do to you and for you. (ex. corner of 19th - car accidents.)

Press: how the environment presses on you. We all have needs, but the environment can change them. environment can press on you so some needs are much more likely to become evident. The reality of the environment, the real press, and then there's subjective press. (ex. friend rejected - subjective) All parts of personality sometimes change.

Glossary

Alpha Press – what the reality of the environment can do to and for the individual – distinct from Beta or subjective press.

Anal Complex – the two anal complexes are anal retention and anal rejection. In the anal retentive complex the person denies fecal Cathexis and seeks control which tends to extend towards many things. in the anal rejection complex the person has a need to reject control over his person and tends to be messy and inconsiderate.

Beta Press – the person's subjective belief about what the environment can do to them and for them.

Castration Complex – complex developed around ages 3-5 years in which the boy literally fears his penis will be cut off by his father or mother. Not universal but a constant need to protect self and penis resulting from the suppression of childhood masturbation.

Claustral Complexes – prenatal and natal complexes resulting from frustrations at those times. These include the Insupport and Helplessness complex, Desire to Return to the Womb and Reaction against suffocation and confinement.

Complex; An invariant need resulting in a reaction to frustration of the need during a sensitive period.

Effect Needs – needs for particular things such as food, water, sex, etc. Murray believed these were overemphasized in current psychological thinking.

Ego - for Murray this was essentially consciousness.

Ego Ideal – the Ego Ideal is separate from the super ego according to Murray. It is a cognitive image of what we would like to be. It is sometimes at variance with our conscience.

Modal Needs – needs to do things with style and artistry. Murray thought western psychology tends to ignore and belittle this important set of needs.

Need for Achievement – the one of Murray's needs on which the most research has been done. Male high achievers tend to come from homes characterized by high support and high demand. female high achievers tend to come from homes in which there is low support and high demand from the mother and high support from the father.

Oral Complexes – there are three oral complexes, succorance, aggression and rejection. the succorance complex is characterized by passive dependency, the oral aggressive complex by oral aggression and the rejection complex by a tendency to reject pleasure.

Pleasure – the reduction of tension. the more tension that is released the more pleasure we experience so that we act to build up tension so that we can release more of it.

Press – what the environment can do to and for the individual.

Proceeding – the initiation and completion of a dynamically significant pattern of behavior.

Process Activity – the pleasure of simply doing things, being active and alive.

Serial of Proceedings - a series of proceedings organized around particular goals – such as friendships, marriages, careers etc..

Serial Program – basically one's plan for satisfying one's needs over the course of life – it tends to change over time and includes an organization that allows a person to decide which needs are more important than others.

Super Ego – the person's conscience which Murray thought was mostly unconscious.

Taxonomy of Needs – the main lack in Freud's work was an oversimplification of the id and so Murray considered his most major task to be to develop a list of the instincts or needs that were inherent in all human beings. His lists of needs ranged from five to over one hundred.

Urethral Complex – rare complex in which a person is frustrated in urinating and attempts to cover up a sense of personal inadequacy that comes from this by presenting an impossibly positive self to the world which dissolves in the face of failure.

