

ERIK ERIKSON

By: Stephi Eschle & Lyndsay Daniels



- Erik Erikson was born in Frankfurt, Germany in 1902.
 - He moved to the United States in 1939.
 - He based his theories on those of Sigmund Freud.
 - He taught at Harvard, Yale, University of California at Berkeley.
 - He was a Psychoanalyst.
 - He is best known for his ideas on how human beings develop a sense of identity and the 8 stages of psychosocial development.
 - Erikson died in Harwich, Massachusetts in 1994.
 - He is credited for widening the scope of psychoanalytic theory to take a greater account of social, cultural and other environmental factors.
- He modified Freud's ideas. Where Freud focused on the psychological and biological aspects of development, Erikson said that social and cultural influences are also significant to development.
 - Psychology → Scientific study of mental processes and behaviour through such studies, psychologists have learned much that can help people fulfill their potential as a human being.
 - Psychoanalytic Theory → In the psychoanalytic, view of development, children change through conflicts mainly between their own impulses and the demands of reality. Successful solutions of these conflicts bring normal development. Unsuccessful solutions may lead to mental illness.

8 Stages of Psychosocial Development

- 1. Trust vs. Mistrust** → The infant must form a first loving, trusting relationship with the caregiver, or develop a sense of mistrust.
- 2. Autonomy vs. Shame and Doubt** → The child's energy is directed toward the development of physical skills, including walking, grasping, and toilet trained. The child learns control but may develop shame if not handled well.
- 3. Initiative vs. Guilt** → The child continues to become more assertive and to take more initiative, but may be too forceful leading to guilty feelings.
- 4. Competence vs. Inferiority** → The child must deal with demands to learn how skills or risk a sense of inferiority, failure, incompetence.
- 5. Identity vs. Role Confusion** → The teenager must achieve a sense of identity in occupation, sex roles, politics and religion.
- 6. Intimacy vs. Isolation** → The young adult must develop intimate relationships, or suffer feelings of isolation.
- 7. Generativity vs. Stagnation** → Each adult must find some way to satisfy and support the next generation.
- 8. Integrity vs. Despair** → A time for reflecting upon one's own life and its role in the big scheme of things, and seeing it filled with pleasure and satisfaction or disappointments and failures.

