

**EGO PSYCHOLOGY
ERIK ERIKSON
(1902-1994)**

**Ego psychology
Neo-Freudian**

1939

What is important about Erikson is what he adds to traditional psychoanalytic theory.

Stage	Est Age	Ego Crisis	Ego Strength
Oral-sensory	Birth-1	Basic trust vs. mistrust	Hope
Muscular-anal	2-3	Autonomy vs. Shame and doubt	Will
Locomotor-genital	4-5	Initiative vs. guilt	Purpose
Latency	6-12	Industry vs. inferiority	Competence
Adolescence	13-19	Identity vs. role confusion	Fidelity
Young Adulthood	20-24	Intimacy vs. isolation	Love
Middle Adulthood	25-64	Generativity vs stagnation	Care
Late Adulthood	65-death	Ego integrity vs despair	Wisdom

Erikson is more interested in the psycho-social significance of the stages than their biological nature.

The amount of trust derived from earliest infantile experience does not seem to depend on absolute quantities of food or demonstrations of love, but rather on the quality of the maternal relationship. Mothers, I think, create a sense of trust in their children by that kind of administration which in its quality combines sensitive care of the baby's individual needs and a firm sense of personal trustworthiness within the trusted framework of their culture's life style. This forms the basis in the child for a sense of being "all right," of being oneself, and of becoming what other people trust one will become. . . . Parents must not only have certain ways of guiding by prohibition and permission; they must also be able to represent to the child a deep, an almost somatic conviction that there is a meaning to what they are doing.

Erikson, 1950, *Childhood and Society*

Fixation

The integration now taking place in the form of ego identity is more than the sum of the childhood identification. It is the accrued experience of the ego's ability to integrate these identifications with the vicissitudes of the libido, with the aptitudes developed out of endowment, and with the opportunities offered in social roles. The sense of ego identity, then is the accrued confidence that the inner sameness and continuity are matched by the sameness and continuity of one's meaning for others, as evidence in the tangible promise of a career" (*Childhood and Society*)