

# Sigmund Freud



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## Reading

The study of the human mind and behavior has had many prominent practitioners, but no one is more revered than Sigmund Freud. An Austrian physician, he is said to be the father of psychoanalysis. He taught that man has a subconscious mind in which he keeps repugnant memories that come to the surface surreptitiously and motivate behavior. Man often tries to rationalize his actions, when in reality, they are really the result of suppressed memories coming to the surface. Freud's approach to the disturbed person was to attempt therapy by examining the dreams that make cognizant what the cause of the illness might be. Only with the airing of deleterious, buried emotions can the person move from the nascent stage to that of full health. Freud was considered an iconoclast in the field of psychology when his ideas first appeared at the beginning of the twentieth century.

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