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people have unconscious desires thoughts feelings and memories that while outside of conscious awareness still influence a person s behavior psychoanalysis originates from the work and theories of sigmund freud ebook isbn 9780203778272 subjects behavioral sciences citation abstract new ideas addresses the problem and process of change in psychoanalysis from historical theoretical and clinical perspectives the most basic idea of freud s psychoanalysis was the discovery of the unconscious content that may surface in unwanted ways unexplained emotions or irrational actions and how to help patients deal with it things to consider psychoanalytic therapy is a form of talk therapy based on sigmund freud s theories of psychoanalysis the approach explores how the unconscious mind influences your thoughts feelings and behaviors specifically it examines how your experiences often from childhood may be contributing to your current experience and actions how it works what it can help with psychoanalytic therapy techniques benefits efficacy cost who should avoid it frequently asked questions psychoanalytic therapy is a form of psychotherapy talk therapy rooted in the idea that all people are motivated by unconscious desires thoughts emotions and memories

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