

**NERVOUS AND MENTAL DISEASE  
MONOGRAPH SERIES NO. 4.  
SELECTED PAPERS ON HYSTERIA  
AND OTHER PSYCHONEUROSES**

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Nervous and mental disease monograph series No. 4. Selected papers on hysteria and other psychoneuroses by Sigmund Freud

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**SIGMUND FREUD**

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## TRANSLATOR'S PREFACE.

In the first place I wish to express my gratitude to Doctors Frederick Peterson, William A. White, and Ernest Jones, for their many helpful suggestions in the translation of this work. This does not, however, imply that they are in any way responsible for the numerous barbarisms found in the translation, for this I, alone, ask the reader's indulgence. For one thing, it must be borne in mind that, aside from the subject-matter, Freud is not easy to read, even in the original. Indeed, I feel quite certain that only those who have read the original will best appreciate the task of the translator. But no matter how devoid of literary excellencies this translation may be, it can at least claim one merit, to wit, it is a faithful reproduction of the author's thoughts. This is really all that should be required of a translation.

The chapters contained in this book were taken from three different volumes of the author's works, published at different intervals within the last fifteen years. Although the first four chapters appear in the "Studien über Hysterie" which was published by Breuer and Freud,<sup>1</sup> still only the first chapter, "The Psychic Mechanism of Hysterical Phenomena," was written conjointly by both authors. The authorship of the other three chapters belongs exclusively to Freud. The remaining six chapters of the book were taken from Freud's Collection of short papers.<sup>2</sup>

It was by no means an easy task to compile in a single limited volume Freud's theories of the actual- and psychoneuroses. Freud's views are not only new and revolutionary, being based on an entirely new psychology, but unless one is thoroughly familiar with their development one is apt to misunderstand them. To obviate this it was thought best to collect those chapters from

<sup>1</sup> Studien über Hysterie von Jos. Breuer und Sigm. Freud. Leipzig und Wien, Franz Deuticke, 1895. 2nd ed., 1909.

<sup>2</sup> Sammlung kleiner Schriften zur Neurosenlehre, Vols. I and II, Leipzig und Wien, Deuticke, 1906, and 1909.

the author's works which fully illustrate his theories and at the same time show the gradual evolution of his psychology.

That Freud's views have undergone some changes, or rather modifications, within the last fifteen years we readily admit; but who will blame the surgeon for modifying or rejecting some technique of his operation, if after years of careful work he feels justified in so doing? Surely such an action merits applause rather than reproach. It was only after carefully investigating for years that Freud saw fit to change some of his views, yet nothing was really totally discarded.

It is quite unnecessary to discuss here the *whys* and *wherefores* of the modifications in question, these are fully explained in the text. But it will not be *mal à propos* to say a few words concerning the technique of the treatment.

For reasons given in the book the author has abandoned hypnotism and used the pressure procedure, but this in turn was given up because it was cumbersome for both doctor and patient and proved to be utterly needless.

The technique is as follows: The patient lies on his back on a lounge, the physician sitting behind the patient's head at the head of the lounge. In this way the patient remains free from all external influences and impressions. The object is to avoid all muscular exertion and distraction, thus allowing thorough concentration of attention on the patient's own psychic activities. The patient is then asked to give a detailed account of his troubles, after having been told before to repeat everything that occurs to his mind, even such thoughts as may cause him embarrassment or mortification. On listening to such a history one invariably notices many memory gaps, both in reference to time and causal relations. There the patient is urged to fill in by concentration of attention on the subject in question, and by repeating all the unintentional thoughts originating in this connection. This is the so-called method of "free association!" The patient is required to relate all his thoughts in the order of their sequence even if they seem irrelevant to him. He must do away with all critique and remain perfectly passive. It is in this way that we fathom the original meaning of the symptom. But as the thoughts which originate in this manner are of a disagreeable and painful nature they are pushed back with the greatest resist-



ance. This is further enhanced by the fact that the hysterical symptom is the symbolic expression of the realization of a repressed wish, and serves as a gratification for the patient. He strives very hard, unconsciously of course, to retain the symptom, as it is the only thing left to him from his former unattainable conscious wishes and strivings. The object of the psychoanalytic treatment is to overcome all these resistances, and to reconduct to the patient's consciousness the thoughts underlying the symptoms. Here lies the greatest difficulty, for just as in the normal life and the dream, a psychoneurotic symptom is merely a symbolic or cryptic expression of the original repressed thoughts. Every hysterical symptom, every obsession, and every phobia, has a definite meaning, and as was shown by Bleuler,<sup>1</sup> Jung,<sup>2</sup> Riklin,<sup>3</sup> and others,<sup>4</sup> the same holds true for the psychoses proper.

To discover the hidden mechanism, one must make use of the author's developed method of interpretation, that is, one must look for symbolic actions, lapses in speech, memory, etc., and above all, one must resort to the analysis of dreams, as they give the most direct access to the unconscious. No one is really qualified to use or judge Freud's psychoanalytic method who has not thoroughly mastered the *Traumdeutung*,<sup>5</sup> the *Psychopathologie des Alltagsleben*,<sup>6</sup> and the *Drei Abhandlungen zur Sexualtheorie*,<sup>6</sup> and has not had considerable experience in analyzing his own and other's dreams and psychopathological actions. It is especially in the *Traumdeutung* that Freud has fully developed his psychoanalytic technique and a perfect knowledge of which is the

<sup>1</sup> Bleuler, *Freudsche Mechanismen in der Symptomatologie der Psychosen*, *Psychiatrisch-Neurolog Wochenschrift*, 1906, Nrs. 35 and 36.

<sup>2</sup> Jung, *The Psychology of Dementia Præcox*, *Nervous and Mental Disease Monograph Series*, Nr. 3.

<sup>3</sup> Riklin, *Psychiatrisch-Neurolog Wochenschrift*, 1905, Nr. 46.

<sup>4</sup> Brill, *Psychological Factors in Dementia Præcox*, *Journal of Abnormal Psychology*, Vol. III, Nr. 4, and *A Case of Schizophrenia*, *American Journal of Insanity*, Vol. LXVI, No. 1.

<sup>5</sup> Freud, *Interpretation of Dreams*, transl. by A. A. Brill, The Macmillan Co., N. Y., and George Allen, London.

<sup>6</sup> Freud, Karger, 1907. Translation of this book in preparation.

<sup>6</sup> *Three Contributions to the Sexual Theories*, transl. by A. A. Brill, *Journal Nervous & Mental Dis. Monograph Ser.*

sine qua non in the treatment. It is only by following Freud in this manner that one can hope to solve the hitherto unsolved riddles of the psychoneuroses and psychoses.

This treatment is more difficult than one can describe in a preface. It not only presupposes a thorough knowledge of Freud but an equal knowledge of normal and abnormal psychology. Those who have not acquired this knowledge by reason of time or otherwise may remember the words of the younger Pliny: *Ut enim de pictore sculptore fctore nisi artifex iudicare, ita nisi sapiens non potest perspicere sapientem.*

A. A. BRILL.

## TRANSLATOR'S PREFACE TO SECOND EDITION.

That there should be a demand for a second English edition of this book is very gratifying for many reasons. It not only indicates that we are keeping abreast with Europe where Freud's works are in increasing demand, but it also shows that despite unjust and incompetent critics Freud's ideas are gradually gaining ground in English-speaking countries. The adjective incompetent is advisedly used, for of all the adverse criticism hurled at Freud in this country most of it merits no refutation. The rest can be summed up in the phrase lack of knowledge and experience.

When the first edition of this translation appeared there was hardly any Freudian literature accessible to the English-speaking reader; at present one can gain a fair knowledge of the Freudian theories by studying the numerous writings on the subject.<sup>1</sup> Yet the ignorance evinced by those who are hostile to the Freudian principles and for that matter also by those of his adherents is really surprising. We can well afford to disregard our uninformed opponents, but heaven protect us from our friends who accept everything without knowing what they do. It is those "wild" psychoanalysts that I had in mind when I added to the second edition Freud's effective essay "On Wild Psychoanalysis." The other new chapter, "The Future Chances of Psychoanalytic Therapy," is considered by his pupils one of the most philosophical and appreciative essays of Freud. It gives a broad and comprehensive outline of the general problems of psychoanalysis and directs us to newer fields of investigation. Both chapters serve to show that there is more to psychoanalytic therapy than would seem on reading a few scattered papers.

May this revised and enlarged edition remove some of the hostile prejudices against Freud's theories and help toward further enlightenment on the subject of the neuroses.

A. A. BRILL.

<sup>1</sup> Cf. the writings of James J. Putnam, Ernest Jones, William A. White, the present writer and others. We have also translations of the author's *Three Contributions to the Sexual Theory* (Monograph Series No. 7), *The Interpretation of Dreams* (The Macmillan Co., N. Y., and George Allen, London), and translations are in preparation of the author's *The Psychopathology of Everyday Life*, and *Wit and Its Relation to the Unconscious*.