

Defense Mechanisms – Instructions for the assignment

Purpose: To familiarize yourself with some of the more common defense mechanisms that are part of Freudian psychology. Sigmund Freud himself did not name and elaborate on most of them, that was done by his daughter Anna Freud. Anna Freud expanded upon many of her father's theories after his death. Defense Mechanisms are now considered part of Freudian Personality Theory, but we need to realize that Sigmund and his daughter Anna are responsible for these mechanisms.

Objective: Students will use semantic encoding to summarize the mechanisms in their own words, complete a worksheet that tests their ability to apply the concepts correctly, create a visual depicting 6 of the mechanisms.

Your task:

1. Use the written defense mechanism information sheet to explore the meaning of 9 of Freud's defense mechanisms.
2. Use semantic encoding (like with our terms,) to concisely summarize the main ideas of each mechanism. (You are not restricted to 5 words, but use the same mentality of keeping the summaries brief, as it will help you when it is time to review.)
3. Write an example from the handout, or the Power Point on the Weebly.
4. Write an example that you can think of from past experience, popular culture, or make one up.
5. When you have this part completed, use the knowledge to complete the handout with the scenarios. (Note that not all of the mechanisms that you read about are represented on the handout. Use only what is listed at the top of the handout.)
6. Complete the paper that asks you to illustrate 6 scenes/pictures depicting the defense mechanisms. (Artistry does not matter.)
7. You will be asked to identify any of the 9 defense mechanisms at a later date, with *recall knowledge*.
8. **Grading:** I will check your chart for completion, grade the handout for accuracy, and grade the illustrations for effort, creativity, and correct application of the mechanism.