Daughter of Sigmund and Martha Freud
Youngest of 6
- Mathilde, Martin, Oliver, Ernst, Sophie, and Anna
Born in Vienna in 1895
- Year Freud attributed his discovery of the meaning of dreams
  - Key to his creation of psychoanalysis
Freud’s practice took a better turn after Anna’s birth
- Interpreted this as a good omen for the family
Early years were miserable (5 and younger)

- Left out, bored, and left alone
  - Walks, toilet training

- Jealous of her sister Sophie: parents “favorite child”

- Family vacationed a lot

- Started school when almost 6 (1901)
  - Didn’t like school-boring
  - Parents bribed her to go to school
  - Loved to read and write
  - Wrote many poems

- Freud admired Anna’s “naughtiness”
  - Beautified by naughtiness
INTRODUCTION TO PSYCHOANALYSIS

- Age 14, Freud gave Anna her first introduction to psychoanalysis
  - Anna sat in on Freud’s meetings of the Vienna Psychoanalytic Society
    - Fascinated
    - Began reading into her father’s work

- Summer 1915-Anna wanted to participate in her father’s effort to keep psychoanalytic journals going
  - Translated into German an article about play therapy
    - Wrote her father to describe psychoanalytic terms such as transference
    - Also wrote to her father about her dreams- wanted him to interpret them
      - Identified as a male character
      - Worried she wasn't feminine enough

- Became very interested when her father began analyzing her (1918)
ANNA AS A TEACHER

- June 1914 - Anna took exam to start elementary school teaching apprenticeship the next fall
  - Father was joyful

- Anna was praised by school leaders for her apprenticeship performance
  - Children loved her
  - Good at discipline

- Worked with 3rd, 4th, and 5th graders
  - 1915-1916 and 1916-1917 school years

- Head teacher for 2nd graders during 1917-1918

- Invited to stay on with a 4 year contract in 1918
  - Also hired as a part-time basis secretary and assistant
END OF TEACHING CAREER

- Anna contributed her salary to her family during wartime
- Winter 1917- came down with tuberculosis
  - 3 week leave from school
- December 1919- whole family came down with influenza
  - Sister died
  - Years of uncertain health led to giving up school teaching after war in 1920
  - Freud and Anna grew even closer in their professional partnership
ANNA’S EARLY CAREER

- 1920
  - volunteered at Baumgarten Home
    - Jewish children who were orphaned and homeless from war
    - Interested in effects of war on children
  - Translated an English-language book on daydreaming
  - Attended the International Psychoanalytic Congress with her father

- April 1922- Anna wanted to become member of International Psychoanalytic Congress in Berlin
  - Needed analysis of a patient
  - Believed she analyzed herself-didn’t have patients
  - Beating Fantasies and Daydreams
    - Fantasies of a daughter for her father
  - Accepted as a member of Congress
Began traveling over Berlin to set up a practice

April 1923- put on hold due to father's long series of operations on his jaw to remove cancer
  - Felt she had to stay with him
  - During this time, Anna started seeing patients
    - Adults and children

Began attending morning rounds at Wagner-Jauregg’s University of Vienna Psychiatric Clinic
  - “A first visit to a madhouse is always a shock….When this shock is overcome, then everything becomes interesting, and in the end you forget how wretched the condition of the mentally ill really is….I remember well my student year in the psychiatric clinic in Vienna. What I saw there has remained with me, influencing enormously all of my later analytic work, for you understand the neuroses entirely differently when you consider them against the background of psychoses.” (letter written to a student in 1946 and 1948)
Psychoanalyst

1925- asked Anna to do an analysis on her child Bob Burlingham (age 10)
  - Seeking help for the psychological problems that had come from her son’s illness
  - Moved away from husband who suffered from a mental illness

Anna and Dorothy grew very close
  - Helped raise Dorothy’s children
Do you think keeping children away from mental illness is wise, especially if the person suffering is their father or mother? Why or why not?

Does anyone have any experience with this?
EVA ROSENFELD

- Psychoanalyst
- Anna offered support as she mourned the loss of her daughter
- Eva also helped Anna’s suffering of her father’s illness
- Became very close
- Eva often became jealous of how close Dorothy and Anna were
ANNA’S CAREER

- 1925- joined the executive board of the Vienna Psychoanalytic Institute
  - Training program for young analysts
  - Worked as a training analyst

- Started taking over all aspects of the Verlag
  - Psychoanalytic publication
  - Similar to journal that her father created

- Became Psychoanalyst and lecturer at the VPI
  - Where she became heavily involved in Child Psychoanalysis
  - Led from her father’s 1909 case study of Little Hans
  - Very interested in the impact that the recent World War had on children
  - Lectured her specialty- child analysis and psychoanalytic education
1927 - publication of her 1st book - “Introduction to the Technique of Child Analysis
- Collection of her lectures
- Attacked Melanie Klein’s theories - Berlin child analyst
  - Different views on the idea of the ego and super ego and its formation
- considered children’s relative immaturity
- considered children’s lack of verbal skills
- developed innovative methods
  - the use of play materials
  - the observation of the child in the home
Eva, Dorothy, and Anna organized a school for local children
- Housed in Rosenfeld’s home and in a little building in their back garden
- 7-13 year olds who were either in analysis themselves or had parents in analysis
- Gave Anna an opportunity to help analytic colleagues whose children needed special attention
- Analyzed children

As Anna analyzed more and more children, it became clear that her analysis of children differed from those of adults
- Children’s symptoms are related to particular developmental stages and they are often short-lived
DOROTHY AND ANNA

- Summer of 1927
  - Dorothy and Anna took a vacation to the northern Italian lake district
  - Resulted in Dorothy and Anna buying a country cottage together there
  - As they became more dependent of each other, there were rumors that they had a lesbian affair
    - Anna repeatedly denied these speculations
Freud believed that homosexuality is the result of placing desire and identification on the wrong objects during the Oedipus complex and believes it is partially because of wrong parenting.

- Gateway to mental illness
- Curable by Psychoanalysis

How do you think Freud took the rumor of Anna being lesbian, beings he suggested that it was the parent’s “fault” or parenting style that led to these situations? Do you think he would have accepted her if she was?
ANNA’S CAREER

- Published another book during this time
  - Psychoanalysis for Teachers and Parents
    - Collection of her lectures to the city of Hort on their working-class day care system
- 1927-1934- Anna was General Secretary of the International Psychoanalytic Association
  - Continued child analysis practice and ran seminars on this
- 1929- series of problems
  - Stock market crashed
    - Affected her family’s financial stability
    - Verlag barely made it
  - Hitler’s regime
    - Berlin Jewish psychoanalysts fled Vienna
    - 1933- Anna became second vice president of the Vienna Society
ANNA’S CAREER

- 1935 - became director of the Vienna Psychoanalytic Training Institute
- Joined the editorial board of the American Journal Psychoanalytic Quarterly
- Produced a child analysis issue dedicated to her work in Vienna
  - Founding work of ego psychology
  - 10 key types of mechanisms
    - Denial, projection, turning against the self, sublimation, regression, rationalization, intellectualization, reaction formation, displacement, and fantasy
  - “The defensive methods so far discovered by analysis all serve a single purpose—that of assisting the ego in its struggle with its instinctual life. They are motivated by the three principle types of anxiety to which the ego is exposed—instinctual anxiety, objective anxiety and anxiety of conscience. In addition, the mere struggle of conflicting impulses suffices to set the defence-mechanisms in motion.” --Anna Freud, *The Ego and the Mechanisms of Defence*
ANNA’S CAREER

- 1937- Anna and Dorothy ran a nursery school for children of the poor in Vienna
  - Observed infant behavior and feeding patterns
  - “We were struck by the fact that they brought the children to us, not because we fed and clothed them and kept them for the length of the day, but because they learned so much, they learned to move freely, to eat independently, to speak, to express their preferences, etc. To our own surprise the parents valued this beyond everything.”

- 1938- nursery had to close because the Nazis took over
  - Anna and her family fled to London
    - “England is indeed a civilized country and I am naturally grateful that we are here. There is no pressure of any kind and there is a great deal of space and freedom ahead.”

- 1939- Anna’s father died and war broke out
  - Anna was lecturing on child psychology in English
After the outbreak of war, Anna set up the Hampstead War Nursery
- Provided foster care for over 80 children of single-parent families
- Help the children form attachments
  - Encouraged mothers to visit often

Published studies of these children, who were under stress
- Young Children in War-Time and Infants Without Families

Bulldogs Bank home
- Opportunity after the war to observe more extreme parental deprivation
- A group of orphans from the Theresianstadt concentration camp came into the care of Anna Freud's colleagues at the Bulldogs Bank home
- Anna wrote about the children's ability to find substitute affections among their peers, in An Experiment in Group Upbringing.
- https://www.youtube.com/watch?v=PxaQnXY0bEA
  - 38, 41:20-44:10
ANNA’S CAREER

- 1947-Anna Freud and Kate Friedlaender created the Hampstead Child Therapy Courses
  - Children’s clinic was built 5 years later
    - Training child therapists
    - Weekly case study sessions
      - Technique
    - Normality and Pathology in Childhood (1965)
      - Summarizes material from her work at the Hampstead Clinic
- 1950s- started traveling regularly to the US to lecture
  - Honorary doctorate from Clarke University
ANNA’S CAREER

- 1970s- became concerned with the problems of working with emotionally deprived and socially disadvantaged children
  - Studied milestones and delays in development
  - Taught at Yale Law School—seminars on crime and the family

- 1972- Vienna University awarded her honorary medical doctorate
  - Following year made honorary president of the International Psychoanalytic Association
October 9th, 1982- Anna passed away

- Hampstead Clinic was renamed the Anna Freud Centre
- AFC today
  - 1 in 10 young people in the UK have a diagnosable mental health problem
- “We bring understanding from neuroscience and social science research to pioneer new ways of working. Ways that help children, young people and families to find their own solutions to their difficulties.
- We offer these treatments interventions wherever families may be – at home, in hostels, schools, prisons and local communities, as well as in the clinic.
- And what we learn we share. By training professionals and students from across the world we have an impact on the lives of children, young people and families far beyond the reach of our services.”
Anna’s life, much like her father’s, was dedicated to psychoanalysis, especially in treating and learning from children. She is now considered one of the cofounders of psychoanalytic child psychology.
REFERENCES