

Sigmund Freud's Influence on Art and Surrealism

Vaishnavi Rajendra Yadav - 24MPLA59



Sigmund Freud, an Austrian neurologist known as the "Father of Psychoanalysis," forever changed the way we see ourselves. He wrote extensively on the subject and practiced psychoanalytic therapy with many patients in distress, believing that our adult behavior is influenced by repressed childhood experiences of love, loss, sexuality, and death. Nowadays, most of Freud's ideas have generally been replaced by a more rational, scientific approach to human psychology. But within the arts, the creativity and inventiveness of Sigmund Freud's theories continue to fascinate and inspire countless creative thinkers. Freud was fascinated by art and contributed enormously in the field of Psychology.

Dissecting the minds of creative thinkers became an important part of his writing practice, allowing him to look for the deeper motivations that drove these creative geniuses. He wrote analytical essays on individual artworks, including The Moses of Michelangelo, and even published an entire book on Leonardo da Vinci, titled Leonardo Da Vinci and a Memory of his Childhood, 1910, exploring the artist's childhood, sexuality and how it came to inform his art as an adult. Although Freud was chastised for including too much autobiographical content in his art essays, the way he intrinsically linked artists' lives with their work undoubtedly shaped the way we understand art today (Lesso, 2020).

Freud's influence on surrealism

Before discussing Surrealism, it is important to understand the pre-existing styles and forms of art that pre-dated it. Christianity was persecuted in Rome in the early hundreds, and it needed a medium to spread its message. This medium was art, which was used to make its message more resonant, emotionally attractive, and popularly appealing. Art was a form of advertising for its ideas, both in the East and in the West. In the 1800s, the imperial class dominated art, which served as political propaganda. Théophile Gautier wrote an essay in 1833 arguing that art must be free of religious and political agendas. The Romantic artists made "L'art pour l'art" their motto, believing that true art serves nothing at all and does not try to change or do or speak about anything. Great minds like Charles Darwin, Sigmund Freud, Friedrich Nietzsche, and Albert Einstein were refuting existing principles and proposing new theories in the early twentieth century. André Breton founded Surrealism, which was influenced by Freudian theories of automatism and free association. Breton defined Surrealism as "Psychic Automatism in its pure state" and sought to capture visual imagery from the subconscious mind without the intention of logical comprehensibility. Surrealist works are known for their element of surprise, unexpected juxtapositions, and non-sequiturs (Nema, 2017).



Many Surrealists adopted Freud's techniques of free association and automatic drawing, working in a way that they believed could release unconscious thoughts. Freud believed in the notion that dreams held keys to revealing inner consciousness through the symbolism of hidden desires, sexual personae, forgotten events, and even the truest nature of the dreamer, which was particularly enticing to the Surrealist artists (Thippahawong, 2020). Surrealist painter Dorothea Tanning (1910-2012), for example, painted many works inspired by dreams to express her truest nature. Her painting, Eine Kleine Nachtmusik (1943), was named for a chamber music composition by Mozart (1756-1791) that was popular in her social circle when she first began painting. She claimed her paintings featured various elements of her nightmare from the gothic novel she read in her childhood.

The interpretation of art based on the practice of psychoanalysis is one of the most pivotal developments in art history. To view art not as material, but as evidence of the most inaccessible features of the mind transcended art into the realm of endless philosophical possibilities, as complex, frustrating, and challenging as the mind itself. The influence of Freudian theory undoubtedly shaped the trajectory of the Surrealist movement, influence can be felt in the realm of American Abstract Expressionist, Russian modern art, and more 20th century explorations in abstraction.

EVENTS CORNER

Anti-Ragging Awareness Campaign



An Anti-Ragging Awareness Program was held on August 14 & 16, 2024, for UG and PG students respectively. It was aimed at promoting a culture of respect and inclusivity among psychology students. The awareness program included a session on a walkthrough of filing a complaint against ragging, screening of a video on the consequences of ragging and an interactive talk. The students were benefitted by the program and found the session to be informative and intriguing.

International Webinar on Alternative Psychotherapy and Health

On August 29, 2024, the Department of Psychology hosted an International webinar on Alternative Psychotherapy and Health. The resource person was Dr. Kellie N. Kirksey, Founder & Chief Wellness Officer at Creative Wellness Solutions, LLC USA. The event, attended by 114 post graduate students, provided an in-depth understanding of alternative psychotherapy, its history, and its influence on various cultures. The live demonstrations made the learning experiential, generating deep appreciation from the students.



The Current Status of Industrial Psychology in India



A guest lecture on the current status of Industrial Psychology in India was held on 7 August, 2024. It was attended by the final year MSc Psychology students specialized in Industrial Psychology. The resource person for the lecture was Ms. Joshna John, an HR Associate at IBM, and an Alumnus of Kristu Jayanti College Autonomous. An insightful discussion on job opportunities, job analysis, skills building, and the advantages of pursuing Industrial Psychology allowed the students to gain a practical understanding of the field. The session was appraised by the students as they felt it provided clarity and confidence in the field and raised an awareness about the job market.



Aphiemi

Christine Lalhruaizeli - 22PSYA11

According to the Cambridge Dictionary, 'Forget and Forgive' is to completely stop blaming or being angry with someone for something they have done, and to stop thinking about it'. Forgetting something is one of the hardest things to carry out until and unless you solemnly set your mind to do so, which many other times is almost impossible. One can forgive someone and still be going through the patterns, of what could have gone right and what could have been done to circumvent it. We might say "I'll forgive but I'll never forget" and that is exactly why people have the habit of going through what they thought they have forgiven someone of. Forgiveness has one big factor which is that it is a 'CHOICE', you can choose to forgive someone and forget what they have done or if not choose to live on with it with a heavy heart. A sense of relief is what most of us are longing for, and this is exactly how forgiveness and forgetting come to light because we cannot be relieved wholeheartedly until we genuinely forget and forgive someone.

It is not your job to make up excuses for someone else's actions towards you, make up explanations, and think about why they have done it. All of these thoughts can be logical and accurate in their own right but it all tends to make you feel unwell. And that is the big reason why forgiveness is the key to relieving yourself from these unwanted thoughts lingering around. Trying to forgive someone can be quite easy but truly forgiving someone is very hard, probably one of the hardest things to do. The universe will give us a good deal of circumstances where we have to grow and learn that it is okay to forgive someone and forget it even when the person who did us wrong didn't even realize their iniquity. Why would you choose to live with a heavy heart all your life when you could silently accept the flaws of the other person forgive them and forget them without having the constant thought that stresses you out so much? The salient objective to remember from all of this is that it is possible to forgive and forget someone and never trace back the old patterns and stop becoming someone whom they took advantage of, without any doubt and hesitation. The journey of healing comes hand in hand with the ability to Forgive and Forget. Let yourself heal from it, people will disappoint and hurt you no matter how much you experience or who you are, it is a part of life and if you hate and hold so much grudge to a 'part' of life it is impossible to lead on a happy and content life.

One for the Road

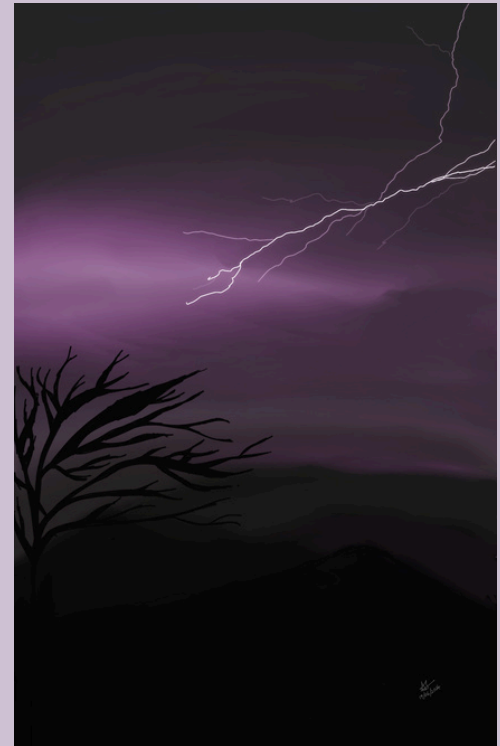
Melariiaka Synrem - 23PSYA34

When the path seems long and the nights are cold,
Take one for the road, let your spirit rise;
When the weight of the world seems too much to hold,
For the dawn is coming, just beyond the skies.
When dreams are far away and hope is thin,
One more step, and you &
I'll see the light;
When the fight inside is slowly wearing thin,
A brighter day awaits, just out of sight.
Hold tight to courage, let your heart be bold,
The road may feel endless, but your story & still untold.
Take one more step with grit and grace,
No matter where you stride, worth the chase.
Let's take one more for the road.

ARTWORK



Photograph - Anna Davis - 23PSYB08



Digital art - Samyukta A. - 24MPSC24



Wall painting - Samishka Thangaraj - 24MPSC58

Thou, I trust Thee

Shiddharth Aheibam - 24MPLA49

On the boat of life Thou rowst
The trust for thy oars, it grows.
The way I admire thy heaven
The boat for the sea it

The boat never asked enroute of faith
For it trusts the oars, its eternal fate.
Never omit what mortals forget
The body, the temple of Thee we get.

Thou, I trust Thee with deepest heart
For the earth is thy graceful art.

Thou, I trust Thee with deepest heart
For the earth is thy graceful art.

The mother of cherish and nurture
is always Thy internal nature.
Troubled days for desires of many kind
Thou comest soothe my troubled mind.

There is hope behind the stars
even for those behind the bars.
Bow down low, to the One
Who givest all, the Supreme One

Thou, I trust Thee with deepest heart
For the earth is thy graceful art.

Thou, I trust Thee with deepest heart
For the earth is thy graceful art.

LATEST NEWS IN THE FIELD OF PSYCHOLOGY

- **Therapy Dogs Can Ease Nurse's, Doctor's Stress, Too:** Therapy dogs can help boost the spirits of health care workers in the same way they brighten the moods of hospital patients, a new study shows.
- **Pregnancy Changes the Brain, a Study:** "The maternal brain undergoes a choreographed change across gestation, and we are finally able to see it unfold," said study's author Emily Jacobs, an associate professor of psychological and brain sciences at the university.

Source: www.usnews.com

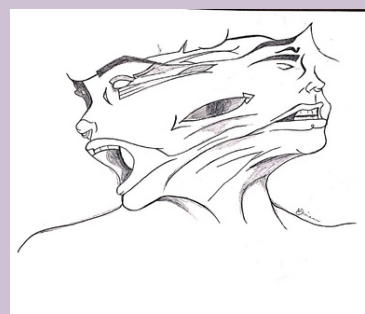
Odd bead out

Ishwerya Prabha - 24MPLC18

The chords in my throat strangle me
My voice rather captive than unheard
The pace of my pulse surging through
Faux versions and insecure laughter
"The normal amount of pain is no pain at all"
I collect shattered shambles of myself
To try and redefine what it is to be normal
My family heirlooms now taking the shape of poison
I look up to the ones before me with rage for betrayal
Only to be welcomed by sad and tired eyes
Like she'd been trying to dispose it too
And the one before her having to search through the
Deepest of cupboards and the farthest of shelves
Helplessness seeping through torn seams of my skin
I reach for her trembling hand to set her free
Only to be disregarded by them all very strongly
Although hurt and limping, still set in their ways
Generational trauma in every pump of their blood
Pushing back at me to pull me into the loops of this chain
And I remain, the odd bead out.



Maria Abraham - 23PSYA32



Mariam Thomas - 23PSYA33



Sahana A.P - 23PSYB48



Andrea Abraham - 23PSYA08

"We shouldn't teach great books; we should teach a love of reading. Knowing the contents of a few works of literature is a trivial achievement. Being inclined to go on reading is a great achievement." —B.F. Skinner

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