Repression, Defence and the Cognitive Unconscious

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Two views of the unconscious: wholesome vs scary

Consciousness as arousal: consolidation and reconsolidation

Life’s problems: soluble and insoluble

Making the best of a bad job: childish predictions

“Special characteristics of the system Ucs.”

“Thing presentations” and “Reconstruction”

Prediction error: our patients suffer mainly from feelings

“Return of the repressed”: repression vs. defence
As you know, I am working on the assumption that our psychical mechanism has come into being by a process of stratification: the material present in the form of memory traces being subjected from time to time to a *rearrangement* in accordance with fresh circumstances – to a *retranscription*. What is essentially new about my theory is the thesis that memory is present not once but several times over, that it is laid down in various kinds of indications.

Freud, Letter to Fliess dated Dec 6, 1896
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The id is conscious and the ego aspires to be unconscious (needs) (learning how to resolve needs)
“Consciousness arises instead of a memory-trace”

Freud, 1920, p. 25
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To sum up: exemption from mutual contradiction, primary process (mobility of cathexes), timelessness, replacement of external by psychical reality – these are the characteristics which we may expect to find in processes belonging to the system $Ucs$.

Freud, 1915, p. 187
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Note that you cannot see the Globus Pallidus in this view, as it is located medial to the Putamen.
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