Preface
When searching for criticism of Freud and psychoanalysis in DiVA I have found next to nothing. Therefore I have asked docent emeritus in educational psychology Max Scharnberg, who has a solid knowledge in this area, to make up a list of book references according to his extensive knowledge and good judgement, that can be useful for those who search for critical books about Freud and psychoanalysis.
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Criticism of Freud and psychoanalysis

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Introduction

Modern criticism of Freud and psychoanalysis are generally thought to have started in the 1990s. It is correct that this decade exploded with a sudden and noticeable increase of quantity. But a few critical writings of the highest quality had been published from 1960 onwards.

Common to the modern critics is that they are more familiar than the psychoanalysts with Freud’s writings and life. Two approaches are prominent: historical documentation and textual criticism. Both can be applied alone, and both can combine in numerous ways.

As for the historical approach, many hitherto unknown documents have been disclosed, inter alia case-notes written for the same patient but by other doctors. Such documents may reveal that many of Freud’s claims are deliberately false.

The first rule of textual analysis is to read a text correctly as it stands. This is by no means an elementary capacity that is automatically mastered by every scientist. For almost a century the academic community was blind of almost all features of Freud’s writings. The objective facts are (a) that there are extremely few observations in these writings; (b) that these observations are unusually shallow; (c) that no specific observational situation and no specific training are needed for perceiving such observations; (d) that these observations provide no evidential support of Freud’s interpretations or theories; (e) that Freud had shown no interest
in obtaining many observations which would probably be important; (f) that Freud’s interest was by and large limited to observations he could use or misuse as ground for his interpretations.

Instead most scholars fancied that they had perceived the following characteristics of these writings:

“Freud was a confirmed empiricist. He was also a careful, keen observer, and some of his work is a delight to read because of his careful reporting of observations and the generalizations derived from them. […] The observations were extensive. […] There is little question about the brilliance of Freud’s observational skills. […] He started with data, and inductively developed the theory […]” (Ford & Urban: Systems of Psychotherapy, 1963:148, 174)

A whole library could be written about Freud’s errors or lies. And the list below is definitely not exhaustive even as regards books that have been published by now (2009).

Occasionally I shall merely say about a title that it is an excellent book combining historical facts with textual analysis. Such a limited comment must not be taken to mean that the book is not of great value, or not very original in its content.

Book List


This is first book I would recommend for a beginner. In only 270 pages all Freud’s writings are subjected to textual analysis, and a wealth of serious errors are pointed out.


This is my recommendation no. 2. Twenty chapters or articles by 18 writers are collected. They are about numerous topics, and they reveal that whatever feature is examined, psychoanalysis will collapse.

This paper comprises only 14 pages, but is nevertheless of great importance. It could be said to have started the *textual analysis approach* to Freud's writings. And yet, W&R do little more than reading the text correctly as it stands. In the case-study of Little Hans and his horse phobia, what observations did Freud make – or overlook? What interpretations did he make, and were they justified?

This paper has been reprinted several times, in:


The first edition was published in 1991 by North Holland in Amsterdam. Without any doubt Macmillan is the most competent Freud researcher during the entire 20th century. He is equally excellent as a textual analyst and as a historian.


This book comprises 932 pages and it justly reckoned as one of the most important ones. The prehistory of psychodynamic therapy and theories (Janet, Freud, Jung, Adler) is followed from exorcism. Franz Anton Mesmer’s teacher was literally an exorcist. Mesmer’s own contribution is little more than having constructed a secular theory (“animal magnetism”) about the same phenomena. But his own students made genuine results and discovered hypnotism. Ellenberger traces the development of the psychodynamic ideas through romantic philosophers and romantic psychiatrists. The 20th century had a great interest in dreams and unconscious phenomena, and Bachofen gave the Oedipus myth a central place.

We are through with little more than one third of the book when the four great psychodynamic theories by Janet, Freud, Adler and Jung are describes. But because Ellenberger’s point of departure is very unusual, his description of these four persons is also very unusual.

Many of us have heard the following story. Freud had been in Paris and hat learned that not only females but also males might get hysteria. He told this at
an expert meetings of psychiatrists in Vienna on October 15, 1886. But the Austrian psychiatrists refused to believe it. Their argument was that the Greek word “hysteron” means the uterus. Hence it is an absurd idea that a male could have hysteria. However, Ellenberger has found the case-notes of this meeting. The first commentator actually said that Freud’s claim was nothing new; he himself had published two cases of male hysteria 16 years earlier. And this was typical of the objections Freud really encountered at that meeting.

Frank J. Sulloway (1979): *Freud, Biologist of the Mind*. New York: Basic Books. 612 pages, but since the size of the letters is less, there is probably more text than in the preceding book. The human foetus in the uterus will from the conception onwards undergo the same stages as the biological evolution. But Freud was not the originator of the theory as regards psychic development the human child will from the birth onwards repeat the biological evolution. Some animals have only one hole, which is used for eating, excretion, and sexual contact.

It has often been claimed that Freud had to abandon the seduction theory and Fliess’s ideas before he got room for his own ideas of psychoanalysis. Sulloway shows that, on the contrary, psychoanalysis became more like Fliess’s ideas. Sulloway also exposes a large number of psychoanalytic myths, e.g. that Freud was lonely during a protracted period; that his self-analysis led to his retraction of the seduction theory; and many more myths.


In 1993 three books or articles were published by writers, who provided very similar results, although they had not known about each other. One of them is Esterson’s book which was placed first on this list. Israëls & Schatzman wrote a long article about the seduction theory.

It is the unanimous conclusion of Esterson, Israëls, Schatzman and Scharnberg that little more than deliberate lies are found in Freud’s three seduction papers of 1896. Scharnberg’s analyses are the most extensive and reveal that Freud
did not recall his own lies from one page to the next. While the articles primarily consist of persuasive tricks, now and then an observation or a concrete conclusion is presented. Scharnberg collected these fragments into biographies. And then it turned out that for 14 patients out of 18 there was no information at all. And for no patient were we told both their symptoms at adult age and the causal events during preschool age.

Scharnberg (vol. II) proves that Freud stole the anal character from astrology. In addition, Felix Gattel was the first psychoanalyst trained by Freud. In 1898 he published 100 very brief case-studies, e.g. the following. At the age of 12 a girl fell on her head and had since this accident suffered from sleep disturbance, headache and general anxiety. Gattel met her when she was 20. She was a virgin and did not masturbate. From these few facts Gattel concluded that want of sexual orgasm was the cause of her three symptoms. He paid no attention to the fact that her menstruation began one year after the symptoms.

The important aspect is Freud’s reaction to these patient biographies, and what this reaction tells about Freud’s claim that he had gathered a wealth of clinical observations about each patient. In patient biographies of this kind, he saw a plagiarism of his own results. He was very angry when he was in Gattel’s book not indicated as co-author.

All biographies which Gattel gave the diagnosis “hysteria” are translated into English, and so is the case-notes of a psychoanalytic treatment by Gattel probably performed in 1897.


In both books Wilcocks (whose primary subject is French literature) applies both the historical and the textual analytic approach. The Irma dream is a corner stone in the official account of the discovery of psychoanalysis. But Wilcocks reveals that Freud is lying about the time of this Irma dream, and also about his interpretation of it.

Psychoanalysis must be able to stand on its own feet, before it can be applied to novels and poetry. In his selection of some of Freud’s writing for highlighting a certain question, his selection is very different from those of Esterson, Israëls and Scharnberg – a clear demonstration of the comprehensive need of this approach.

But Wilcocks also supplies other facts that we can hardly find elsewhere. For instance, Flaubert left an unfinished satirical novel about the widespread habit of the bourgeois class during the 19th century, viz. to see penis symbols almost everywhere.

An excellent book combining historical facts with textual analysis, but also with philosophical analysis. Cioffi is particularly keen when attending to causal relations. A man has privileged access to many psychic phenomena, e.g., that he is not really in love with a certain girl but is merely pretending to be so. However, many psychoanalytic interpretations are of such a nature that, even if they were true, it would be in principle impossible that the patient could ever feel that they are true. Hence, if the patient eventually comes to believe in them, it is in principle impossible that his belief could have emerged in a rational way.


An excellent book combining historical facts with textual analysis. But RW also emphasises a further aspect: much of the content of psychoanalysis was so closely related to widespread pre-psychoanalytic thinking, that we may sometimes encounter an excerpt and be unable to decide whether or not the originator of this quotation was or was not influenced by psychoanalysis.


Sorry, I have limited proficiency in French. But several of the other writers claims that Bénesteau provides a more exhaustive account of all criticism levelled against Freud and his followers, than any other book. But what he wrote is not a catalogue but a genuine synthesis. He himself has also obtained important results. It is astonishing how frequent suicide was among the patients of the first generation of psychoanalysts. The record was achieved by Anna Freud and Paul Federn. The explanation cannot be that the early patients were particularly ill. As late as 1957 the Swedish psychoanalyst (thrice chairman of the Swedish section of the Freudian organisation IPA) stated in public print that nervous breakdown and suicide attempts are completely normal outcome of psychoanalytic treatment.


Grünbaum’s friendly attitude to psychoanalysis has not prevented him from unearthing some of its great flaws; nor from the fact that no one has even a vague idea of to how to redeem them.
All interpretations by Freud and his followers are causal postulations. But around 1960 hermeneutic psychoanalysis emerged, and claimed that interpretations are not supposed to be true. Instead they are “meaningful relations”, and the patient may be helped by believing in them. Grünbaum has so effectively refuted the hermeneutic conception that it may by now have completely disappeared.

However, Grünbaum’s main contribution is to prove that it is in principle impossible to prove or support psychoanalytic interpretations and theories by clinical observations. Grünbaum gives Freud and his followers every opportunity to show themselves from their best side (e.g., supposing them to be honest and to do their best to avoid influencing the patient). But Grünbaum’s generosity does not make the impossible less impossible.

(The original book was in German and was published two years earlier.)
The wolf man was allegedly Freud’s greatest triumph as a therapist. Not only was he completely cured. The case-study also became a corner stone for subsequent theory, in particular for the ego-analysts. But Obholzer managed to identify the patient, and her book consists of little more than audio-recorded interviews. It turned out that he was not cured at all.

Mahony is a psychoanalyst, and in some of his books he will admit no more than the minimum of errors by Freud which it would be vainly to conceal. I am strongly inclined to suppose that Obholzer’s interviews are responsible for the fact that Mahony’s book on the wolf man is so much better than his previous books. He uses historical facts, and applies the best textual analysis to the case-study. Although the book on Dora could also receive much praise, it is strange. After having used much labour to establish that Freud’s interpretations were false, on pp. 143-145 Mahony suddenly retracts his own results and claims that Dora “did learn the history of her desire” from Freud. He invents that Dora’s symptoms improved because of the psychoanalytic therapy. And he includes among the positive effects of Freud’s treatment that Dora married.


In 1917 Freud claimed that psychoanalysis is free from the shortcomings of other approaches, viz. that less than 100% of the patients will be cured, and that some of the cured patients will later relapse. Instead psychoanalysis will give a life-time guarantee against relapse. – It is by no means easy to suggest at what time (if any) these claims have been retracted. Still today (A.D. 2009) some claims that psychoanalysis is the most effective approach for many ailments. – Anyway, 1960 is a very important year, and so was Eysenck’s book. He had not invented the name “behaviour therapy”, but it was due to him that it was accepted as a common name of all techniques based on learning therapy. In one volume he collected many paper describing many different techniques that could be applied to many different ailments. Eysenck had also a special gift for saying things in such a way that they were perceived. Since 1960 it was no longer possible to conceal the existence of behaviour therapy – an approach whose therapeutic effect is immensely superior to that of psychoanalysis.

*It was the doubt on the therapeutic effect of psychoanalysis that slowly led to doubt on the truth of the theory.*

Consequently, the book by Rachman & Wilson is very important. These writers examine many studies on the efficacy of several approaches. They do not take the outcome of any published study at face value, but thoroughly examine its evidential value.

Eysenck’s book on the decline is a survey of all criticism that has been levelled against psychoanalysis. Today it is difficult to understand the large amount of labour, which only a few decades ago were devoted to prove that psychoanalytic predictions are supported by experiments. And it is even more difficult to understand that such experiments were taken seriously by so many scholars. According to psychoanalysis asthma is a psychogenic, and the anal instincts have a central aetiological role, because an asthma attack may be released by bad air, and a fart is an instance of bad air.

Eysenck & Wilson examine those 18 experiments to which Paul Kline (1972): attributes particularly strong evidential power in *Fact and Fantasy in Freudian Theory*. But Kline’s proof of the anal character of asthma consists merely of the fact that asthmatic attacks are primarily released by odours that are also unpleasant to non-asthmatics: dirt, and substances for removing dirt. – But how reasonable is it to think of rotten fish as emitting “anal” odour?

There are few books I would more strongly recommend. Haley is by no means a critic. His aim is only to give a correct description of the technique actually applied. And he praises psychoanalysts for applying these techniques. – It could be wise to start with the last chapter called “The Art of Psychoanalysis”. (This chapter is deleted from the Swedish edition, and could well be so also from translations into many other languages.)

In a two-person group one person is often one-up and the other is one-down. Haley (1963:197) writes: “In his training the young analyst learns the few rather simple rules that he must follow. The first is that it is essential to keep the patient feeling one-down while stirring him to struggle gamely in the hope that he can get one-up (this is called ‘transference’).”


Another book by Crews was mentioned as the second title on this list. – In 1993-1994 Crews wrote four review chronicles in *New York Review of Books*, two about recent books criticising Freud and psychoanalysis, and two about recent books criticising recovered memory therapy. All four chronicles plus the following debate and Crews’s final answer, were published in this book.


[Originally published in Italian in 1974]

Timpanaro is a linguist. It is natural to start with the quotation from Virgil’s *Aeneid*: “Exoriare aliquis nostris ex ossibus ulti.” A man had a false recollection of this sentence: he forgot the word “aliquis”. Free association to the missing word revealed that he feared that he has made a “forbidden” woman pregnant. Freud concludes this fear was the cause why he had forgotten this single word. – But ST notes that it is a common phenomenon that people who have learned a sentence by heart may later produce it with some error. Moreover, Virgil’s sentence is artificial in Latin, while it will be normal if the word “aliquis” is deleted. In addition, associations to any of the words could easily have yielded the same outcome. “Nostris” could have let to “Pater Noster” and, in turn, to an undesired fatherhood.


Based on letters, this is the story of the domestic life of the Freud family. The most intelligent of the daughters was Mathilde. Since she was a female, the father decided that her mind must not be strained. Hence, she was not permitted to be concerned with intellectual work for more than one hour a day. This regulation made her a neurotic. – Mrs. Freud was allergic to dogs,
but her husband took no consideration of that. – The reason why Anna Freud
was permitted to be concerned with intellectual matters much more than
Mathilde was that the father needed her. His heavy smoking produced cancer
in his mouth and he eventually felt pain when speaking. Therefore Anna
would read his manuscripts at congresses. – It is not easy to understand how
Anna managed to obtain an elementary-school teacher’s certificate, since
singing was one of the subjects, and her father hated music. – Both the father
and the daughter took great trouble in concealing that Anna was homosexual.
She retained her high position in the Freudian organisation despite the rule
that homosexuals could not be members of this organisation. – In 1938
Gestapo permitted the Freud family, including Freud’s four sisters, to leave
Austria. But Freud would not have his sisters in England, so all four died in
concentration camps.

Freud’s early patients
and I think foremost on those whom he had treated before he invented the
seduction theory in 1896. Mikkel Borch-Jacobsen and Peter Swales deserve to
be mentioned first among those researchers who have dug out case-notes and
other important documents about these patients.


Three patients who describe their own experience with psychoanalysis.

Edward Erwine (1996): A Final Accounting: Philosophical and Empirical Issues in

Stanley Fish (1989): Doing What Comes Naturally: Change, Rhetoric, and the
Practice of Theory in Literary and Legal Studies. Durham, NC: Duke University
Press.

New York: Oxford University Press.

David Stannard (1980): Shrinking History: On Freud and the Failure of

Common to the last four books is that I have not read them. But much praise
is bestowed upon them in several of the books mentioned above. – Stannard is
particularly concerned with Freud’s interpretations about historical persons,
among other things with his interpretation of Leonardo da Vinci.


Dolnick’s book traces closely the attempts (finally abandoned) to cure schizophrenia, autism, and obsessive-compulsive disorder by psychoanalysis. – The other book is about the invasion of psychoanalysts into Hollywood, where every important movie man or woman had to have his own analyst. – These analysts transgressed almost all psychoanalytic rules. They strongly interfered with their patients’ professional life. The main female part in John Houston’s movie on Freud was especially written for Marilyn Monroe, and it had probably given her the breakthrough as a serious actress that she desired so much. But Anna Freud did not like this combination. She influenced Marilyn’s psychoanalyst, who in turn influenced Marilyn. It is at the very least possible that MM would not have taken her live if she had got this breakthrough. – Some psychoanalysts reported directly to the committee for un-American activity if their patients had leftist sympathies. Others persuaded their patients to testify for the committee.


Masson has done an invaluable service to science by publishing all Freud’s letters to Fliess. They reveal his low capacity for clinical observation and his low degree of empathy, but also his intentional lies. His interpretations were primarily governed by his private desire. Fliess had performed a clumsy and completely unnecessary surgical operation on Emma Eckstein. She very nearly died from bleeding. But Freud constructed many interpretations in order to shift the blame away from his friend. He stated that the bleeding had nothing to do with the surgery. It was exclusively a symbolic reaction caused by her love of the doctor.

In Freud’s three seduction papers of 1896 it is clearly stated that none of the 18 patients told that they had been sexually abused. It was exclusively Freud’s interpretation that they had experienced such events, and that these events had taken place when the patients were 2-4 years old. And one third of the patients
were male. But according to Masson’s course distortion the seducer was an adult male, and the victim was a female of 8-15. And all 18 patients told entirely on their own that they had been abused. Freud’s third seduction paper was included in Masson’s book, and the book started an intensive debate over many years. But all debaters agreed that the patients had own their own initiative recounted about the abuse. The only point on which the disagreed was whether the early Freud was gullible when he believed his patients, or whether the later Freud was a coward when he rejected their recounts as fantasies. Masson’s book was soon translated into numerous languages. More than a million persons must have read it, including the appendix. Yet none of the debaters had detected the contradiction. Scharnberg (1993) has suggested one hypothesis why Freud’s seduction papers came into honour again shortly after 1960. This hypothesis is by no means proven. But it is so far the only one that has been formulated, that is not grossly discrepant with the facts. 1960 was the year when it was no longer possible to conceal the existence and efficacy of behaviour therapy. Psychodynamic therapists experienced an immense reduction of their practice. They tried to remedy this by leaning toward Marxism, existential philosophy or occultism. All in vain. The solution was not found until they threw their eyes on the incest clinics. They dug out Freud’s three seduction papers, and distorted their content completely. They plagiarised the story of Galileo’s retraction of the Copernican system. It was a reason for engaging such therapists at incest clinics, if their theoretical leader had been almost 100 years ahead of his age, and had already in 1896 discovered that children may be abused – and, had invented methods for distinguishing true and false allegations, and had invented other methods for curing injury caused by sexual abuse. The oldest paper I have found in which it is suggested that Freud’s early patients had really been seduced, is The Parents as Sphinx by Leonard Shengold (1963). Children Who Were Raped by Anny Katan (1973) also pre-dates Masson and Alice Miller. One of the “rapes” was that the father had bathed naked with his three-year-old daughter. But the risk was not that the father might become sexually aroused by the little naked woman. The risk was that the daughter might become sexually aroused by the sight of the father – and might masturbate while imagining that she castrated the father.


Whether or not we accept Scharnberg’s hypothesis as to why recovered memory therapy started around 1970, the roots of this treatment is unambiguously Freud’s early writings. This cannot be seen from every book on recovered memory therapy. But it is apparent in the three books by Ofshe, Watters, and Pendergrast that are listed here.

Scharnberg’s 1996 book blends many case-studies with theoretic analyses. One of the reasons why it deserves its place on this list is that it documents many cases in which psychoanalytic interpretations are used as legal evidence. A psychoanalytic framework may also be taken as the point of departure in investigations of families by the social agency.


The book by Danielsen was originally published in Danish in 2000, and in Swedish in 2005. It is a popular survey of almost all critics that has been levelled against Freud.

Two popular and brief articles in Swedish are....

Billy Larsson: Var Freud vetenskapsman? *Folkvett, 2002* no. 4


## Internet Articles

One site is trilingual (English, French, German), and may most easily be found under the following names:

International Network of Freud Critics (INFC) /// Réseau international des critiques du Freudisme /// Internationales Netzwerk der Freud-Kritiker.

Articles on this site will be marked “(INFC)”.

The two articles by Richard Webster are found on his own Web-site.

Robert Wilcocks: *1893-1895-1897-1899*. (INFC)
Max Scharnberg: *Tales from the Vienna Woods. Psychoanalysts’ Postulations About Scientific Verification of Their Interpretations.* (INFC, 2007)

Max Scharnberg: *Injuries from Psychoanalytic Treatment – Accidents at Work or Intentional Effects?* (INFC, 2007)

Max Scharnberg: *The Seven Corner Stones of Psychoanalytic Methodology.* (INFC, 2008)

Richard Webster: *Lacan goes to the Opera.*


Wilcocks is (among other things) concerned with Freud’s dream of Irma’s injection and his associations to this dream. Both were fundamental events in the creation of psychoanalysis, and Freud even supplies the date of the dream. However, Wilcocks pays close attention to some established and firmly dated circumstances, and thereby proves that an interval of two years must have intervened between the dream and the associations.

The point of departure of Scharnberg’s Vienna Woods article is a pattern of coarse lies by L. S. Kubie who claims that each and every interpretation is based on such an immense wealth of observations that non-analysts cannot even imagine such large quantities, and that such interpretations can sometimes be verified in the scientific sense. He goes on to present the best example he has found during 60 years, viz. that Freud discovered that princess Marie Bonaparte had before the age of two witnessed her wet-nurse and her uncle practicing fellatio in full daylight. Since all these claims are presented on the very same page, Kubie is intentionally lying. Each of Freud’s interpretations was based on 1-4 observations (And this is a feature that is repeated by all psychoanalysts.) The “scientific verification” was that the princess, after having been completely convinced by Freud, went to her now 82-year-old uncle and hammered on him until he confessed.

In psa. literature we can occasionally find the admission that nervous breakdown and suicide attempts are perfectly normal outcomes of psa. treatment.

Only one corner-stone will be mentioned: the principle of similarity. Dora suffered from cough attacks of the duration of 3-6 weeks. Cough attacks are rhythmic like sexual intercourse, and they are also related to the mouth. Hence, the cause of the coughing was Dora’s (unconscious) wish to practice fellatio on her father’s mistress’s husband.