

Women's History Month Spotlight

ANNA FREUD

December 1895 - October 1982

Often referred to as the “founder of child psychoanalysis”, Anna Freud built on her father’s (Sigmund Freud) work by identifying different defense mechanisms such as denial, repression, and suppression. With her advocacy in introducing the concept of defense mechanisms, she contributed to an ever expanding interest in the field of child psychology. She was able to identify that children’s psychological symptoms differed from those of adults and were often related to developmental stages. With this understanding, she contributed to developing varying techniques to treat children that are still used today. Freud’s contributions in ego psychology can be further understood with clear explanations of the ego’s defense mechanisms in her book, *The Ego and the Mechanisms of Defense* (1936).

