

Karen Horney vs. Sigmund Freud:  
Breaking Barriers in Psychoanalysis for Women as a Woman

Cate Boyette

Individual Performance

Senior Division

Process Paper: 492 words

Last summer, I was a volunteer at a coding camp for gifted, disadvantaged elementary school girls. At the camp, we used a book titled Women in Science-- 50 Fearless Pioneers Who Changed the World. After doing National History Day for two years, I knew I wanted to do it again, and I was on the lookout for topics to fit the theme of Breaking Barriers in History. After I read the excerpt on Karen Horney, I immediately knew I wanted to tell her story. The way she challenged Freudian beliefs for having both misogynistic and scientific flaws during a time when promoting such ideas could ruin one's reputation as a psychoanalyst clearly broke barriers. She also paved the way for women who wanted to pursue psychoanalysis and specialize in adult therapy.

Because my topic this year was more academic in nature, my research process differed from previous years. I immediately noticed that primary sources were easier to find, especially medical articles, journals from the time, and the works of Horney and other psychoanalysts. My most useful primary sources were the two books by Horney. I used *Feminine Psychology* to explain her counter-argument to Freud's popular theory on the castration complex in women and I used *Neurosis and Human Growth* to discuss her anti-Freudian beliefs. What was difficult to find were high-quality secondary sources. Since most of my primary sources focused on particular aspects of Horney's life, I tried looking for a biography. Surprisingly, I found A Mind of Her Own: The Life of Karen Horney by Susan Quinn in my own town's public library. This biography filled gaps in my knowledge and provided me with a substantial amount of information that helped me write my script.

Writing my script was an easier process than I expected. After researching I knew a lot more than I expected, and writing became uncomplicated. What I did run into problems with,

however, was not adding enough character to my performance. Since I had an abundance of knowledge and it was a medical topic I forgot to add the flair necessary for a performance. After noticing this, I looked into her personality more and incorporated it into my script.

After doing an NHD project based around the same time period last year, I repurposed some of my set pieces. I painted a work-bench I used last year black to make it a desk and I reused a clock stand for a coat rack. I also found a podium at my school and borrowed it for my set. I hope to include medical props for the set if I continue to the next level of competition.

Karen Horney, being the only female Neo-Freudian, immediately found both the misogynistic and scientific flaws in Freud's popular theories, and though she would threaten her career by exposing these truths, she did so in order to break barriers for women in the field of psychoanalysis and pioneer mental health care for women. Hopefully, in the future, she will gain the renown she deserves.

## Annotated Bibliography

**Primary Sources**

Abraham, Karl. Letter to Sigmund Freud. 28 Apr. 1910. This letter was written by Karl Abraham to his friend and colleague Sigmund Freud. In this letter, Abraham includes a brief description of Karen Horney, who was a patient of his at the time. This excerpt describes Horney's intelligence and potential for pursuing psychoanalysis as a career. After reading her diary and this letter, I noticed that she had an innate aptitude for observing behavioral patterns.

*The American Journal of Psychoanalysis*. Vol. 1, no. 1, 1941. *Springer Link*, [link.springer.com/journal/11231/1/1](http://link.springer.com/journal/11231/1/1). Accessed 15 Mar. 2020. This source is an article from the first edition of the American Journal of Psychoanalysis founded by Karen Horney. This article helped me better understand the purpose and audience of the journal. I also used an image of this journal from this source for my significance board.

Becker, and Maass. *Sigmund Freud, Three-Quarter Length Portrait, with His "Secret Committee" of Six Loyal Supporters*. 1922. *Library of Congress*, Congress, [www.loc.gov/item/97519831/](http://www.loc.gov/item/97519831/). Accessed 15 Mar. 2020. I used this photo on one of my boards to help show what the psychoanalytic community looked like during the early 20th century. This photo also shows how most of the esteemable psychoanalyticians at the time were loyal followers of Freud.

Beery, Annaliese K., and Irving Zucker. "Sex Bias in Neuroscience and Biomedical Research."

*US National Library of Medicine*, National Center for Biotechnology Information, 8 July 2010, [www.ncbi.nlm.nih.gov/pmc/articles/PMC3008499/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3008499/). Accessed 17 Mar. 2020. This source showed the gender imbalances in the study of neuroscience primarily concerning research and experimentation. After reading this article, I fully understood how prevalent sexism was and continues to be in this field.

"The Elementary School Teacher." *Education of Women in Germany*, vol. 7, no. 2, Oct. 1906.

*The University of Chicago*, [www.journals.uchicago.edu/doi/pdfplus/10.1086/453593](http://www.journals.uchicago.edu/doi/pdfplus/10.1086/453593).

Accessed 3 Mar. 2020. This journal article provided background about the difficulties German women faced to receive the same education as the male counterparts in the early 20th Century. This source made it much more clear as to why it was so controversial for Horney to get into medical school and break the barriers she broke for women in education.

Freud, Sigmund. "Female Sexuality." *Stanford Encyclopedia of Philosophy*, Stanford University, 1933,

[www.aquestionofexistence.com/Aquestionofexistence/Problems\\_of\\_Gender/Entries/2011/8/28\\_Sigmund\\_Freud\\_files/Freud%20Female%20Sexuality](http://www.aquestionofexistence.com/Aquestionofexistence/Problems_of_Gender/Entries/2011/8/28_Sigmund_Freud_files/Freud%20Female%20Sexuality). This source was one of the only essays Freud wrote on the psychoanalysis of women. This was also the essay Freud wrote on his popular theory of the castration complex in women better known as "penis envy". This theory led to Horney's deviation from Freudian principles and her theory of "womb envy".

Haworth, Mary. "Mary Haworth's Mail: By America's Foremost Personal Affairs Counselor."

*The Daily Record* [Dunn N.C.], 3 Oct. 1952. *Library of Congress*, [chroniclingamerica.loc.gov/lccn/sn88063132/1952-10-03/ed-1/seq-8/](https://chroniclingamerica.loc.gov/lccn/sn88063132/1952-10-03/ed-1/seq-8/). Accessed 4 Mar. 2020. This popular advice column for women appeared in American newspapers. The author of this article, Mary Haworth, repeatedly quotes Karen Horney's work showing the cultural impact of psychoanalysis and Karen Horney during the 1950s.

Hegarty, P., and C. Buechel. "Androcentric Reporting of Gender Differences in APA Journals."

*Review of General Psychology*, 2006, doi:377-389. Accessed 15 Mar. 2020. In this journal, I learned that in the history of reporting new findings in psychology, most studies would only experiment with men and apply the findings to everyone. This oversight could be harmful considering men and women have different brain structures and cultural experiences. After reading this article, I better understood the importance of experimenting with both sexes in neuroscience.

Horney, Karen. *The Adolescent Diaries of Karen Horney*. Basic Books, 1980. These diaries spanning from ages 13 to 26 helped me better understand Horney's personality which was very helpful for portraying her. These diary entries also show Karen's inherent talent in observing her behavior, the behavior of others, and finding solutions to problems.

---. *Feminine Psychology*. W. W. Norton & Company, 1973. This book is a collection of all the essays Horney wrote on the psychoanalysis of women. I used this book to write about Horney's theories on the possible castration complex in women. These essays also mention how the psychology of women could primarily be influenced by their shared cultural experiences as opposed to their sexual impulses.

---. Letter to Margaret Mead. 8 Feb. 1935. Margaret Mead: Human Nature and the Power of Culture, The Library of Congress. This letter, written by Karen Horney to the anthropologist Margaret Mead, shows Horney's interest in the effects our environment and cultural experiences have on our psyche. This was one of her most controversial theories because at the time many psychoanalysts believed primitive impulses and suppression of these impulses controlled our thinking.

---. *Neurosis and Human Growth*. W. W. Norton & Company, 1970. In these essays, Horney completely deviates from Freudian thinking and even openly criticizes them by explaining that childhood events and our environments have the most control over how our brain works. These essays began a major discussion over nature vs. nurture.

"Karen Horney." *The Karen Horney Clinic*, [www.karenhorneyclinic.org/karen-horney/](http://www.karenhorneyclinic.org/karen-horney/). Accessed 15 Mar. 2020. This website helped me better understand the purpose and mission of the Karen Horney Clinic as well as Horney's connection to it. I also used an image of the clinic from this website on one of my boards.

*Karen Horney Teaching a Class at the 66 West 12th Street Building of The New School. The New School Archives*,  
[digitalarchives.library.newschool.edu/index.php/Detail/objects/NS040101\\_001376](http://digitalarchives.library.newschool.edu/index.php/Detail/objects/NS040101_001376).  
Accessed 15 Mar. 2020. I used this image on one of my boards to show how popular Karen Horney's lectures were at institutes in New York.

*Mary Urban Correspondence with Karen Horney regarding Student Tea. The New School. The New School Archives*,  
[digitalarchives.library.newschool.edu/index.php/Detail/objects/NS030202\\_000001](http://digitalarchives.library.newschool.edu/index.php/Detail/objects/NS030202_000001).

Accessed 10 Apr. 2020. In these letters, Karen Horney's superior at the New School for Social Research asks her and the fellow women staff to pour tea for a student gathering. Horney responds to this letter by explaining that she and her professional colleagues should not be expected to do such trivial things after a twelve-hour work-day. These letters show how Horney was constantly facing difficulties being a woman in a field dominated by men and that she confronted these difficulties.

"A Meta-Analysis of Sex Differences in Human Brain Structure." *US National Library of Medicine*, National Center for Biotechnology Information, Feb. 2014, [www.ncbi.nlm.nih.gov/pmc/articles/PMC3969295/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3969295/). Accessed 4 Mar. 2020. This article explained why feminine psychology needs to exist because women and men have two distinct brains that do differ. This makes an androcentric view of psychology possibly incorrect and harmful.

"New Ways in Psychoanalysis." *The Evening Star* [Washington, D.C.], 26 Mar. 1939. *Library of Congress*, [chroniclingamerica.loc.gov/lccn/sn83045462/1939-03-26/ed-1/seq-71/](http://chroniclingamerica.loc.gov/lccn/sn83045462/1939-03-26/ed-1/seq-71/). Accessed 9 Apr. 2020. In this newspaper, Karen Horney's book New Ways in Psychoanalysis was reviewed. This review shows how later in her career, Karen Horney challenged the Freudian establishment and created her own success by diverging from typical practices despite it being controversial.

"Over Emphasis on Love." *New York Public Radio*, NYPR Archive Collections, 23 May 1950, [www.wnyc.org/story/dr-karen-horney/](http://www.wnyc.org/story/dr-karen-horney/). Accessed 17 Apr. 2020. This audio recording of a lecture given by Karen Horney to the New York Public Radio's audience demonstrated Horney's influence beyond just the members of her field. It helped me see how, though



she lacked his platform, Horney's criticisms of Freud did affect culture and mainstream media.

"People Can Stand the Shock of Air Raids Better than They Expect." *The Wilmington Morning Star* [Wilmington, N.C.], 10 Mar. 1942. *Library of Congress*, [chroniclingamerica.loc.gov/lccn/sn78002169/1942-03-10/ed-1/seq-7/](https://chroniclingamerica.loc.gov/lccn/sn78002169/1942-03-10/ed-1/seq-7/). Accessed 14 Mar. 2020. This article helped me understand the impact World War Two had on psychoanalysis and the American psyche. This article also included an excerpt from Karen Horney along with other renowned psychologists on people's morbid expectations and unreasonable fear of the war.

Ranke, Johannes. *Anatomy of the Brain*. 1886. I used this authentic German anatomical print as the focal point in my set to convey the time period and setting along with the topic of my presentation.

Schulein, Suzanne Carvallo. *Karen Horney*. 1950. *National Portrait Gallery*, Smithsonian Institute, [npg.si.edu/object/npg\\_NPG.87.286](https://npg.si.edu/object/npg_NPG.87.286). Accessed 15 Mar. 2020. I used this portrait of Karen Horney on one of my boards to show her giving a speech.

"Women and Hysteria in the History of Mental Health." *US National Library of Medicine*, National Center for Biotechnology Information, 19 Oct. 2012, [www.ncbi.nlm.nih.gov/pmc/articles/PMC3480686/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3480686/). Accessed 3 Mar. 2020. This source showed me how, before women entered the field of psychoanalysis, the diagnosis and treatment of women were incredibly harmful and unethical. This source provided most of the historic background of hysteria and focused on how the mostly male medical

establishment viewed and treated it. I learned just how important it was for Horney to join the field and break the barrier of unequal mental health care for women.

### **Secondary Sources**

Buck, Stephanie. "This Pioneering Female Psychologist Dismissed Freud's 'Penis Envy,' and Feminists Love Her for It." *Timeline*, Medium, 24 Aug. 2017, [timeline.com/karen-horney-psychology-628eeba642be](https://www.timeline.com/karen-horney-psychology-628eeba642be). Accessed 14 Feb. 2020. This website provided a short biography of Horney's life which helped me pace my script and format it in a straightforward way. I also found many good quotes from Horney on this website.

Cherry, Kendra. "Freud's Perspective on Women." *Verywell Mind*, Dotdash, [www.verywellmind.com/how-sigmund-freud-viewed-women-2795859](https://www.verywellmind.com/how-sigmund-freud-viewed-women-2795859). Accessed 8 Jan. 2020. This website helped me understand Freud's perspective in the psychoanalysis of women as well as the sexism in the field itself at this time. I also better understood the barriers Karen Horney had to break after reading this article.

Debakcsy, Dale. "Speaking Culture to Psychoanalysis: The Karen Horney Gender Revolution." *Women You Should Know*, 21 Nov. 2018, [womenshouldknow.net/psychoanalysis-karen-horney/](https://womenshouldknow.net/psychoanalysis-karen-horney/). Accessed 2 Mar. 2020. This website helped me better understand Karen Horney's feminist legacy as she led to the development of feminine psychology, feminist therapy, and even as one impetus for the second wave of feminism.

Delistraty, Cody. "Untangling the Complicated, Controversial Legacy of Sigmund Freud." *The Cut*, Vox Media, 5 Sept. 2017, [www.thecut.com/2017/09/sigmund-freud-making-of-an-illusion-book.html](http://www.thecut.com/2017/09/sigmund-freud-making-of-an-illusion-book.html). Accessed 5 Feb. 2020. After reading this article, I had more appreciation for Freud because I understood how significant the risks he took were even if they weren't completely correct. I also learned that even today Freud still has a significant following.

Deutsch, Hulton. *Sigmund Freud*. 1 Jan. 1930. *Getty Images*, [www.gettyimages.com/detail/news-photo/sigmund-freud-news-photo/613470752](http://www.gettyimages.com/detail/news-photo/sigmund-freud-news-photo/613470752). Accessed 15 Mar. 2020. I used this photo of Freud on one of my boards to show how he is still a familiar face even today.

*Dr. Karl Abraham. Freud Quotes*, [freudquotes.blogspot.com/2015/12/karl-abraham-life-and-work-biography-18.html](http://freudquotes.blogspot.com/2015/12/karl-abraham-life-and-work-biography-18.html). I used this picture of Karl Abraham on one of my boards to show the audience what he looks like if they didn't already know.

Dvorsky, George. "Why Freud Still Matters, When He Was Wrong About Almost Everything." *Gizmodo*, G/O Media, 7 Aug. 2013, [io9.gizmodo.com/why-freud-still-matters-when-he-was-wrong-about-almost-105580081](http://io9.gizmodo.com/why-freud-still-matters-when-he-was-wrong-about-almost-105580081). Accessed 15 Jan. 2020. This article explained how Freud's ambition and theories led to the development of other's theories that may have been more correct or forward-thinking. This website also included a quote from a professor that I may include in my script that is, "Arguably no other notable figure in history was so fantastically wrong about nearly every important thing he had to say."

*Female Patient with Sleep Hysteria. Wellcome Images,*

[wellcomeimages.org/indexplus/obf\\_images/9e/c0/3de7c8eeb3bee370df0f64ff7ffc.jpg](https://wellcomeimages.org/indexplus/obf_images/9e/c0/3de7c8eeb3bee370df0f64ff7ffc.jpg).

Accessed 6 May 2020. I used this photo in my presentation to give the audience a clear understanding of what hysteria was like as well as the stigma around it.

"Feminist Therapy." *Psychology Today*, Sussex Publishers,

[www.psychologytoday.com/us/therapy-types/feminist-therapy](http://www.psychologytoday.com/us/therapy-types/feminist-therapy). Accessed 9 Apr. 2020.

After reading this article I better understood Karen Horney's legacy within the founding of Feminine Psychology and Feminist Therapy. These issues valued the influence society and cultural expectations have on women's psyche and the development of mental illnesses.

Held, Lisa. "Karen Horney." *Psychology's Feminist Voices*, 2010,

[www.feministvoices.com/karen-horney/](http://www.feministvoices.com/karen-horney/). Accessed 21 Dec. 2019. While I was writing my script, I used this biographical article on Horney to refer to. This article also gave me a good foundation to build off of during the researching process and helped me look at my topic through a feminist lens.

Ignotofsky, Rachel. *Women in Science- 50 Fearless Pioneers Who Changed the World*. Berkeley, California, Ten Speed Press, 2016. This book was the first encounter I had with the name Karen Horney and made me want to pursue her as a topic. This book also explained how she broke barriers for women as a woman.

*Karen Horney. IMDb*, [www.imdb.com/name/nm10616642/?ref\\_=nmbio\\_bio\\_nm](http://www.imdb.com/name/nm10616642/?ref_=nmbio_bio_nm). Accessed 15 Mar. 2020. I used this photo of Karen Horney on one of my boards to help the audience visualize what she looked like.

Menad, Louis. "Why Freud Survives." *The New York Times*, 21 Aug. 2017,

[www.newyorker.com/magazine/2017/08/28/why-freud-survives](http://www.newyorker.com/magazine/2017/08/28/why-freud-survives). Accessed 26 Jan. 2020.

This article showed me how loyal Freud's followers were during and after his life and how hard people tried to keep his reputation afloat. I found this really interesting considering he gained so much fame and cultural significance for being a psychoanalyst which didn't really occur to anyone else in the field.

*National Association for the Advancement of Psychoanalysis*. NAAP, [naap.org/research/](http://naap.org/research/).

Accessed 25 Mar. 2020. This website helped me understand the mission of the National Association for the Advancement of Psychoanalysis as well as provide a picture of their logo for one of my boards.

Quinn, Susan. *A Mind of Her Own: The Life of Karen Horney*. Summit Books, 1987. I gained

most of my knowledge of Karen Horney's life, legacy, and work from this extensive biography. This biography helped me arrange how I wrote the script as well as providing many of Horney's quotes that I included in it. After reading this book I better understood Horney's personality and also tried to incorporate that into my script.

"Rorschach and Freudians: Crash Course Psychology #21." *YouTube*, 8 July 2014,

[www.youtube.com/watch?v=mUELAiHbCxc](http://www.youtube.com/watch?v=mUELAiHbCxc). Accessed 17 Dec. 2019. This video helped me understand the purpose of the Neo-Freudians as well as Karen Horney's role in that group. I also learned about how psychoanalysis differed from psychology and how they worked together.

Simon, Matt. "Fantastically Wrong: The Theory of the Wandering Wombs That Drove Women to Madness." *Wired*, Condé Nast., 7 May 2014,

[www.wired.com/2014/05/fantastically-wrong-wandering-womb/](http://www.wired.com/2014/05/fantastically-wrong-wandering-womb/). Accessed 11 Apr. 2020. This website gave me a better understanding of the theory of the "Wandering Womb" and its impact on the theory of hysteria. This information helped me write the background portion of my script and also helps show the barriers Horney broke for the mental health treatment of women.

Smith, Caroll Rosenberg. "The Hysterical Woman: Sex Roles and Role Conflict in Nineteenth Century America. in 'The Yellow Wallpaper.'" *Women Writers: Texts and Contexts*, by Charlotte Gilman Perkins, edited by Thomas L. Erskine and Connie L. Richards, New Brunswick, NJ, Rutgers University Press, 1993, pp. 77-104. This source helped me understand the impact society had on hysteria as well as the impact hysteria had on society. It shocked me to learn that doctors even looked down on their patients who had hysteria because they abdicated their responsibilities as a wife and mother. I used this source in my script to talk about the stigma and misogyny around hysteria and women in psychology during the late 19th and early 20th centuries.

"So This Is the Strong Sex: Women in Psychoanalysis." *Sigmund Freud Museums*, 16 Oct. 2015, [www.freud-museum.at/en/media/publication/so-this-is-the-strong-sex-women-in-psychoanalysis-119.html](http://www.freud-museum.at/en/media/publication/so-this-is-the-strong-sex-women-in-psychoanalysis-119.html). Accessed 19 Feb. 2020. This article on the Sigmund Freud Museum's website helps show how they are currently trying to present the powerful female voices in psychoanalysis and repair what difficulties they may have faced due to the sexism in the field at that time.

Zakin, Emily. "Psychoanalytic Feminism." *Stanford Encyclopedia of Philosophy*, Metaphysics Research Lab, 16 May 2011, [plato.stanford.edu/entries/feminism-psychoanalysis/](http://plato.stanford.edu/entries/feminism-psychoanalysis/).

Accessed 13 Jan. 2020. This website provided a detailed explanation of the history and future of psychoanalytic feminism and the role Karen Horney played in it being the founder and face of it.

## NHD PERFORMANCE SCRIPT COVER PAGE

**Please Note:** All text in this template must be in 12 point font.  
 Times New Roman, Arial, or Calibri fonts accepted.

PLEASE make a copy of this template before editing.

| PERFORMANCE INFORMATION    |   |
|----------------------------|---|
| <b>Project Title</b>       | Karen Horney versus Sigmund Freud: Breaking Barriers in Psychoanalysis for Women as a Woman   |
| <b>Student Name(s)</b>     | Cate Boyette  |
| <b>Division</b>            | Senior Division   |
| <b>Performance Runtime</b> | 9:56  |
| <b>Thesis</b>              | Karen Horney challenged the flawed Freudian view of what constituted effective therapy for mental illness. She broke barriers personally, becoming one of Germany's first female doctors; she broke barriers professionally, challenging psychology's all-male Freudian establishment to listen to her theories even as they shunned her, but most importantly she broke the obstacles to effective mental health treatment for women everywhere. |

| PERFORMANCE OVERALL SCENARIO   |           |
|--|-----------|
| <b>Story Setting(s)</b>  | Timeframe |
| American lecture hall  | 1885-1952 |
| <b>Story Synopsis</b>  |           |
| Karen Horney and a narrator take turns bringing Karen Horney's biographical information and accomplishments to life. The two discuss how her controversial discoveries of both the male and female brain changed psychology into what it is today. |           |

| CHARACTERS   |              |   |
|--------------|--------------|---|
| Character    | Performer    | Description/background for the character  |
| Karen Horney | Cate Boyette | Main topic/focus of the performance. Dr. Horney is a German Neo-Freudian psychiatrist and professor who challenges the medical establishment's staunchly-held views about mental illness in women and outcomes of therapy. She is portrayed during her adult years, the height of her career. |
| Narrator     | Cate Boyette | The narrator provides insight and context between Horney's monologues.  |



## OVERALL STAGE SETTING

Describe the Stage(s) of the Performance  
Add Photo of Stage (if possible)

Color Use Scheme



**Background Design**

Open background

**Props**

A small lectern, a black wooden post that holds a period-correct anatomical drawing of the human brain labeled in German and has a hood for hanging the doctor's coat, a small desk, old-fashioned needlepoint chair, black easel with four double-sided images:

- (1) Sigmund Freud
- (2) Formal portrait of Horney
- (3) Hysterical woman lying in bed
- (4) Karl Abraham
- (5) Pastel of Horney giving a speech
- (6) All-male Freudian establishment
- (7) Photo of Horney teaching
- (8) NAAP, Horney Clinic, and American Journal of Psychoanalysis

## COSTUMES & PROPS BY SCENE

Please add or remove costume & props by scene as needed. This is only a template.

Scene # 1

Costume(s) Visual(s) or Costume(s) Description(s)

Set Design & Props

The scene stays the same throughout the performance. The only items that change are the removal/donning of the narrator's white doctor's jacket and the images on the easel.

**Background Design**

Open background

**Props**

See description above.

## PERFORMANCE SCRIPT BY SCENES

Please add or remove scene pages as needed. This is only a template.

| SCENE 1 - SCENARIO   |                   |                        |
|--|-------------------|------------------------|
| Purpose of the Scene   | Key Elements      |                        |
| <b>Since this is a “one act” performance with one performer, there is only a single scene.</b> | <b>Setting</b>    | American lecture hall  |
|  | <b>Timeframe</b>  | 1885-1952              |
|  | <b>Characters</b> | Karen Horney, Narrator |
| Summary of the Scene   |                   |                        |
|  |                   |                        |

| DIALOGUE - SCENE 1   |  |
|--|--|
| Character & Action   | Dialogue   |
| <p><b>KAREN HORNEY (Cate Boyette)</b><br/> <i>She looks thoughtfully at a famous image of Sigmund Freud on easel, then faces her audience. She speaks matter-of-factly with a slight German accent.</i></p> <p><i>[Lowers voice in imitation of the male doctor.]</i></p> <p><i>[She gestures toward Freud’s portrait as she pauses.]</i></p> <p><i>[Pauses and makes eye contact with the audience as she says her name.]</i></p> | <p>How many times have you seen a therapy session portrayed in the movies? You know--the patient reclines on a couch while the doctor--usually a man wearing a suit and spectacles--asks questions like, “And how does that make you feel?”</p> <p style="padding-left: 40px;">About 45 million Americans suffered from some form of mental health problem last year, and 40% of Americans will see a therapist at some point in their lifetime. And who gets the credit for that treatment? Well-- him, of course. Most of <b>you</b> never even knew I existed, but if you go through psychoanalysis or read a self-help book, or if you are a woman seeking any kind of mental health treatment--you should know my name: Karen Horney.</p> |
| <p><b>NARRATOR (Cate Boyette)</b><br/> <i>Narrator dons white coat and faces the audience. She speaks authoritatively with no German accent.</i></p>   | <p>Karen Horney challenged the flawed Freudian view of what constituted effective therapy for mental illness. She broke barriers personally, becoming one of Germany’s first female doctors; she</p>   |

*[She walks to easel and changes the image of Freud to the image of "hysteria sufferer." During this section, the narrator moves about the stage, gesturing and sometimes standing behind the lectern as if giving a lecture.]*

*[Narrator switches image on easel to photograph of Karen Horney.]*

broke barriers professionally, challenging psychology's all-male Freudian establishment to listen to her theories even as they shunned her, but most importantly she broke the obstacles to effective mental health treatment for women everywhere. However, to truly appreciate what she accomplished, you have to understand what she was up against.

"Hysteria was one of the classic diseases of the nineteenth century," but early descriptions date back to 1600 BC in Ancient Egypt. Hippocrates gave the disease its name, linking it to the Greek word for "uterus," *hysteron*. The list of symptoms was as long and varied as the disease's history. Fatigue, pain in almost every part of the body, seizures, paralysis, loss of the senses, melancholy. We now know that hysteria probably encompassed a number of modern mental illnesses ranging from anxiety and depression to schizophrenia and borderline personality disorder. However, for nearly 4,000 years, hysteria was often linked to the female reproductive system and sexuality, especially sexual indulgence and its opposite: sexual repression. Treatments ranged from horrendous to harmless. Electric jolts, cold water sprays, purgatives, and the infamous "rest cure" that required social isolation and permitted no work of any kind, not even lifting a pencil.

In the late 19th century, Freud's theory of the Oedipus Complex offered a different explanation: hysteria arose because women could not express their unfulfilled desire for their fathers in any other way. Hysterical symptoms allowed women to release this sexual tension and manipulate their environment to suit themselves. Enter Karen Horney.

Born near Hamburg Germany in 1885 to a housewife and merchant ship captain. Karen Danielson was an intense, passionate child who observed people and kept diaries about human interactions throughout her youth. She rebelled against many of society's rules

|  |   |
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| <p><i>[ Narrator changes portrait on easel to Karl Abraham, removes white coat, hangs it on the hook, and resumes German accent for character change to Karen Horney].</i></p>   | <p>even as a teen, including expressing a strong desire to become a doctor. Which was an unlikely goal since no German medical schools admitted women at the time. However, in 1906 at the age of 21, Karen seized the opportunity to attend Freiburg University, the first German medical school to admit female applicants. During her studies, she met and married Oskar Horney and moved to Berlin. There she formed a connection with a man who would change her life: Karl Abraham.</p>   |
| <p><b>KAREN HORNEY (Cate Boyette)</b></p> <p><i>[ Horney grins a little smugly. She switches the picture of Karl Abraham on easel to pastel portrait of Horney behind lectern]</i></p> <p><i>[Horney sits on the antique chair and looks at the audience to appear more personal]</i></p> <p><i>[Gets out of chair and walks to stand behind the podium]</i></p> | <p>“Karl Abraham was a colleague and friend of Sigmund Freud, and he practiced at the Berlin neuropsychiatric clinic. My marriage was struggling, and I was suffering from what you would now call depression. My sessions with Dr. Abraham were enlightening. The more I became acquainted with Freudian-based psychoanalysis, the more I wanted to know. I avidly read the works of Freud, Alfred Adler, Carl Jung, and more. Dr. Abraham even wrote about me in a letter to Freud, describing me as “a very intelligent young woman.” And of course, he was right!</p> <p>The next decade was a busy one. I gave birth to three daughters and practiced psychoanalysis full-time. To further my interest in psychoanalysis, I began regularly attending the meetings of the Berlin Psychoanalytic Society, eventually began presenting papers.. In 1920, I also became a founding member of the Psychoanalytic Institute in Berlin and took up a teaching position there. Not bad for a 35-year-old working mother of three!</p> <p>Though I may have been a woman ahead of my time, don’t think that it was easy. I quickly noticed that my few female colleagues were steered toward specializing in child psychology. Apparently our male</p> |

*[Almost admonishing tone while shaking finger at audience]*

*[says "suitable" sarcastically]*

*[says quote and slows pace as if giving a lecture]*

*[Horney switches picture on easel to photo of Freud and his male followers.]*

*[Laughs after giving that line]*

supervisors thought it was the most "suitable" option for women; it was also seen as being an easier job. When I recognized this barrier, all I wanted to do was break it. I decided I would focus on studying women. From 1922 to 1937 I wrote a series of essays on numerous facets of Feminine Psychology. Though these essays ranged from the effects of cultural misogyny to the inherent problems of the monogamous ideal, one concept of mine became quite controversial.

I wrote on Freud's theory of a Castration Complex in Women. You probably know the less polite but more popular term: "penis envy." In my essay, I argued that most women weren't jealous of men's "genital superiority" (really, Dr. Freud!), but rather of the privilege men enjoyed of being male in a patriarchal world. Let's see...how did I put it? "The assertion that one half of the human race is discontented with the sex assigned to it and can overcome this discontent only in favorable circumstances is decidedly unsatisfying," Still, I didn't fully disregard the existence of Castration Complex. I just believed it existed only in neurotic women and therefore there would be an equivalent in neurotic men. I called this equivalent "womb envy." "After all, doesn't it make sense that men would feel loss because they are incapable of bearing a child? I even thought that more men may experience womb envy compared to women's so-called penis envy. Why? Because "men need to disparage women more than women need to disparage men." Brilliant, if I do say so myself.

Not surprisingly, the male-dominated psychoanalyst community and Freud himself lashed out. Most wrote off my ideas entirely. Others said that I was missing the point--hardly surprising for a mere woman. My personal favorites claimed I had penis envy and just didn't want to admit it.

Soon, though, I had a much bigger problem on my hands. In July 1932, the Nazi Party won 203 seats in the Reichstag and it was only a matter of time before Adolf Hitler would become an authoritarian tyrant. I was an outspoken socialist as well as working in

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| <p><i>[Pensively, then gestures toward audience with persuasive tone]</i></p> <p><i>[Authoritative and emphatic]</i></p>  | <p>a career founded and heavily influenced by Jewish people; I knew I wasn't safe. So in 1933 I moved to the United States.</p> <p>During this time, my warnings about the flaws in Freudian theory became more strident. In my book the <i>New Ways in Psychoanalysis</i> I shared how much I disagreed with the <u>fundamentals</u> of Freudian doctrine.</p> <p>Think back on your own life. Wouldn't you agree that your unconscious mind was shaped more by your childhood rather than sexual impulses? I believed that early experiences and environment produced neuroses in both men and women. Women do struggle with it more often, but it's because of society, NOT biology!</p>  |
| <p><b>NARRATOR (Cate Boyette)</b></p> <p><i>[Narrator switches picture on easel to NAAP logo, cover of the American Journal of Psychoanalysis, and Karen Horney Clinic photo]</i></p> | <p>The controversy of Horney's stance was heightened because she encouraged her students to embrace her views. She was a wildly popular lecturer inspiring jealousy among her colleagues. Once her views became widely known, the backlash from Freud and the psychoanalytic establishment was immediate, and retribution was swift. Horney was expelled from the New York Psychoanalytic Society in 1941.</p> <p>Undaunted, she and her followers established the National Association for the Advancement of Psychoanalysis three weeks after her expulsion. This group later founded the American Journal of Psychoanalysis and the Karen Horney Clinic which still serves the people of NYC to this day.</p> <p>Because of her willingness to break barriers, Horney's legacy in psychoanalysis is unrivaled. Though initially disparaged by her colleagues, Horney's theories are far more widely accepted than Freud's--most of which have been fully discredited. A strong promoter of the effect of the environment on an individual's personality, she also believed that people could be treated and cured of neurotic behavior, an opinion few supported.. Horney also wrote the first self-help book entitled, "Self Analysis" and founded feminist psychology, which broke barriers in its recognition of how gender power imbalances affect both mental health and the development of psychological theories. We can</p> |

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|                                    | <p>thank Horney for the argument that many differences between men and women arise more from culture and socialization rather than biology, an idea that stirred the beginnings of second-wave feminism. Karen Horney said it best herself,</p>   |
| <b>KAREN HORNEY (Cate Boyette)</b> | <p>“The psychology of women hitherto actually represents a deposit of the desires and disappointments of men.” While Dr. Freud broke barriers as the father of psychoanalysis, he also created new barriers, primarily for women. That’s why the next time you work with a therapist or even read a self-help book, you should remember me, Karen Horney, the forgotten woman who made therapy work better for all, not just a few.</p> |









