

**THE ADOLESCENT GIRL; A
STUDY FROM THE
PSYCHOANALYTIC
VIEWPOINT**

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The adolescent girl; a study from the psychoanalytic viewpoint by Phyllis Blanchard

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THE
ADOLESCENT GIRL

A STUDY FROM THE
PSYCHOANALYTIC VIEWPOINT

BY
PHYLLIS ^{Mossy} BLANCHARD, Ph.D.

AUTHOR OF "PSYCHOANALYTIC STUDY OF AUGUSTE COMTE"

WITH A PREFACE BY
DR. G. STANLEY HALL



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PREFACE

Dr. Blanchard, the author of this book, was able under unusually favorable conditions to utilize some of the fundamental concepts of psychoanalysis in solving her own adolescent problems, and has since read widely in this field and had interesting and profitable experiences in helping other young women through the perturbations of post-pubertal years. During the period of my association with her, for the last three years, she has been no less but probably more interested in the philosophical implications of the work inaugurated by the Freudian school, and has been much impressed by Adler and still more by the contributions of Jung. Her life, too, has brought her into more or less contact with many young women, some of whom have been and all of whom she believes could be much helped in the development of sound views of life by wise and careful use of the new sources of light upon the unconscious factors in

the soul in its last psychical stage of development.

To my own mind the psyche of the budding girl has seemed about the very most unknown of all the great domains of psychology. We do know something, which many years ago I tried to summarize, about this crisis in a boy's life, but the corresponding changes in the soul of the young woman are far more hidden not only to herself but to others. Culture history studies of hysterical phenomena in the wide sense of Pierre Janet have shown the important rôle that these unbalanced souls have played in history from the days of the pythoness at Delphi and the sibyls down to the Fox sisters, who gave the chief momentum to spiritism in this country, and the Creery girls, whose performances were the chief theme of investigation in the early years of the English Psychic Research Society. Many men of eminence have been led far astray from the path of scientific sobriety by adolescent girls, while the "*Backfisch*" or "*tendron*" seems to represent perhaps the most generalized type of the human psyche in the world.

The time has now come in the feminist move-

ment when women should frankly recognize the sex differences in body and mind which they have hitherto so strangely persisted in ignoring. Women are more conservative in body and mind, somewhat more generalized, nearer the race, understand other women better than men understand other men, mature earlier, are more intuitive, etc. They differ widely, too, in their crimes, in their liabilities to disease, their school interests, their outlook upon society and the world. Indeed during the feminist movement of the last generation it almost seems as if the normal influence of woman as such upon the course of events and the lives of men had, to say the least, not increased.

I should like especially to commend this study to the careful attention of all women interested in the true status of their sex in the world. It is probably far harder for women to achieve true self-knowledge than for man to do so. She is more prone either to over- or underestimate herself or to take flight from reality and to misconceive what she really wants. It is because a true knowledge of

woman, as of man, must begin if it does not end in the study of the teens, when nature is trying to add a new and higher story to our being, that I am glad of an opportunity to very heartily commend this book to the attention of all who at this crisis in her history, when woman has so suddenly attained so much, are now asking what is the next step.

G. STANLEY HALL.

Clark University,
January 1, 1920.

FOREWORD

The changes in social customs and institutions which have come about as a result of the upheaval created by the World War have brought to woman new duties and grave responsibilities. It is for the wise and efficient carrying out of these that the adolescent girl must prepare herself, for no sudden inspiration can be trusted to guide her when they fall to her lot; she must have a firm, sure knowledge of herself and of her place within the cosmic order if she is to use aright the power which is being placed in her hands. With the entrance of woman into world politics, a new psychic force becomes active within the life of the group, an emotional and idealistic energy which has vast potentialities for the future of the race. In order to make this dynamic force a potent factor in the creation of a better society, it must be guided and controlled by a clear intelligence and an accurate knowledge of all that it can mean for