The New Jersey Institute for Training in Psychoanalysis

#F301 - Psychoanalytic Theory of Dreams I

Via Zoom

Fall 2023

Instructor: Jodi Kosofsky, MA, LP, NJPsyA, NCPsyA

Course Description: This course presents Sigmund Freud's theory of dreams as detailed in his 1900 classic, The Interpretation of Dreams. The eight classes combine didactic instruction and candidate discussion. Each class is organized around dream research problems as identified by Freud in his original text: Sigmund Freud: The Interpretation of Dreams. The presentation of each problem is supplemented with readings and observations from contemporary research findings. Manifest and Laten Content, regression, primary process, day residue, repression, condensation, displacement, free associations of the dreamer, and so forth will be reviewed from a psychoanalytic vantage point.

Course Objectives:

(1) Candidates will identify two research endorsements indicating dreams' ubiquitous and significance across time and culture.

(2) Candidates will list and examine five steps essential to Freud's method of dream interpretation.

(3) Candidates will explain Freud's distinction between manifest and latent dream content.

(4) Candidates will identify and analyze two therapeutic gains stemming from dream work.

(5) Candidates will explain Freud's assertions linking dream formation to unconscious psychological processes including day residue, repressed wishes, censorship, condensation, displacement, symbolization, transference, and secondary elaboration.

(6) Candidates will be able to discriminate and explain two examples of the relationship between memory and dreaming.

Course Requirements: Candidates will write a final paper of at least five pages demonstrating the candidate 's application of course concepts to a dream specimen of their own or from a patient.

Required Texts:

Forrester, J. (2006). *Sigmund Freud interpreting dreams.* Penguin Modern Classic edition. Translation by Underwood, Introduction by John Forrester, and General Editor Adam Phillips. **{hereinafter Forrester, J.}**

Walker, M. (2017). *Why we sleep: Unlocking the power of sleep and dreams*. Scribner **{hereinafter Walker, M.}**

Class and Required Reading List:

Class I: Dreams have significance and are ubiquitous across time and culture. In this class, candidates will study eight problems central to dream scholarship across time and culture**.**

Readings:

Forrester, J. Chapter I. pp. 11-109.

Yu, C.K. (2016). Classification of typical dream themes and implications for dream interpretation. N*europsychoanalysis, 18 (2)* 133-146.

Class II: Psychoanalytic Method. Candidates will learn Freud's steps in dream interpretation and review one contemporary reaction to this classical method.

Readings:

Forrester, J. Chapter 2 pp. 110-end.

Cone, D.H. (2020). The courage to dream: A beginning psychotherapist encounters Bion. *British Journal of Psychotherapy, 36,* 375- 384*.*

Class III: Manifest and Latent Content. In this class, candidates learn to distinguish manifest dream content from latent dream thoughts and will learn that distorted content conceals disavowed wishes.

Readings:

Forrester, J. Chapter 5 – pp. 148-176.

YU, CK (cited above).

Class IV: Therapeutic Gains. Candidates meet multiple sources of dreams: candidates review the role of dream work in a successful contemporary case illustration.

Readings:

Forrester, J. Chapter 5 – pp. 177-285.

Orcutt, C. (2021). *The unanswered self: The Masterson approach to the healing of personality disorders* Karnac. (pp. 215-226)*.* Scanned pages will be sent to candidates.

Class V: Psychological Processes. In this class, candidates begin the study of nine psychological processes revealed by dream study.

Readings:

Forrester, J. Chapter 6, pp. 293-505.

Class VI: Dreaming and Memory. Candidates learn Freud's discoveries about the nature of memory and its role in dreaming. Candidates will explore a contemporary scholar's observations linking time, memory, thinking, and forgetting.

Readings:

Forrester, J. Chapter 7, pp. 529-626.

Brown, J. W. (2020). Time and the dream. Journal of *Neuropsychoanalysis*, *22*, 129-138.

Class VII. The Function of Dreams. Candidates deepen understanding of dream processes and return to the paradox of anxiety dreams and wish-fulfillment.

Readings:

Forrester, J. Chapter 7, pp. 526- 623.

Walker, M. pp. 232-254 & 323-339.

Class VIII: The Conscious and Unconscious: Fantasies and Dreams. Candidates explore contemporary expressions of conscious and unconscious life.

Readings:

Forrester, J. Chapter 7, pp. 526-623 continuation.

Bulkeley, K. (2020). A midsummer night's dream: Shakespeare's play of dreaming. *Dreaming*, 30, 297-316.

Fabozzi, P. (2020). Dreaming and experiencing in the potential space. *The Psychoanalytic Quarterly,* 89, 613-629.

Suggested reading:

Di Renzo, M. & Tagliacozzi, B. (2021). Dreams and COVID 19. *Journal of the Analytic Psychology, 66,* 429-442.