

# THE NEW JERSEY INSTITUTE FOR TRAINING in PSYCHOANALYSIS

## #S304 - PSYCHOANALYTIC THEORY of DREAMS II

SPRING 2024

Via Zoom

**INSTRUCTORS: Burton Norman Seitler, PhD**

**COURSE DESCRIPTION:** Multiple Models of understanding dreams from different theoretical positions will be explored. This course will review the language of dreams- condensation, distortion, reversal, and symbolic communication as well as include the readings of Freud, Blechner, and Fosshage.

### **COURSE OBJECTIVES:**

By the end of the course candidates will be able to:

1. Restate and differentiate concepts that are part of the language of dreams- condensation, distortion, reversal, and symbolic communication.
2. Recognize the manifest content and the communicative function of the dream.
2. Describe dream interpretation from multiple theoretical models.
3. Show examples of their written dreams of patients, or their own dreams, or choose from an anonymous dreamer's journal.

**COURSE REQUIREMENTS:** Candidates will present case material through the use of multiple theoretical models applied to dreams using readings to enhance the discussion. There is no paper due for this course.

**Class Material:** Instructors will send via email or PEP all articles to candidates

**PLEASE NOTE:** In addition to the readings listed for each class, instructors will assign readings from this list as needed/relevant.

Solace, C. (2022). *The dreams of a child: A case study*. Routledge.

Perelberg, R.J. (2019). *Dreaming and thinking (The psychoanalytic ideas series)*. Routledge.

Mac Dougall, A.A. (2021). Pulling it all together (chapter six). *The relational interpretation of dreams: When it's about more than your mother*. Routledge.

Blanck, G. & Blanck, R. (1974). The use of the dream in psychotherapy. *Ego psychology theory and practice* (Chapter 13). Columbia University Press.

### **Class and reading materials:**

#### **Class I: This class posits on Freud's model of Drive Theory in Dreams**

Yu.C.K.(2003). Neuroanatomical correlates of dreaming III: The frontal –lobe controversy (Dream Censorship). *Neuropsychanalysis*, 5(2), 159-169.

#### **Class II: This class will focus on where the lesion lies from an ego psychology point of view.**

Lansky,M.R.(1990). The screening function of post-traumatic nightmares. *British Journal of Psychotherapy*, 6, 384-400.

Marcus, E. (2022). The adaptation function of dreams and the waking work: A modern ego psychology view. *Psychoanalytic Inquiry*, 42(3), 194-203.

#### **Class III: This class will demonstrate the fixation points of the dreamer from an Object Relations point of view.**

##### **Required Readings:**

Slochower, J. (2015). An erotic dream, an erotic collision. *Annals of Psychoanalysis*, 38, 87-104.

Moses, I. (1989). Relinquishing idealizations and false memories of the unempathic parent – therapeutic dilemma. *Contemporary Psychoanalysis*, 25(1), 63-75.

Gauchat, A. (2021). Association between recurrent dreams, disturbing dreams, and suicidal ideation in adolescents. *American Psychological Association Dreaming*, 31(1), 32-43.

Morse, G.S. (2020). I hear you in my dreams. *Studies in Gender and Sexuality*, 21, 85-87.

#### **Class IV: This self-psychology class will focus on self-state dreams which serve to restore the self when the self is under threat of dissolution.**

##### **Required Readings:**

Charles, M. (2015). Fragmenting foundations. *Annals of Psychoanalysis*, 38, 105-118.

Strozier, C.B. & Behar, A. (2021). Kohut's dreams. *Psychoanalysis, Self, and Context*, 16, 390-400.

Kuchuk, S. (2021) To a promised land: Viral dreams and collective trauma in the era of Covid19. *Psychoanalytic Perspectives*, 18, 178-188.

##### **Optional Reading:**

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

**Class V: This class will focus on daydreams as a mixture of dereistic and realistic thinking.**

**Required Readings:**

Lussheimer, P. (1959). On day dreams, *American Journal of Psychoanalysis*, 14, 83- 92.

Debrot, M. (2019). Day dreams: Concealed and revealed in analysis. *Psychoanalytic Review*, 106, 559-572.

**Class VI: This Class will focus on Integrating Multiple Psychoanalytic Models of Dream Theory**

**Required Readings:**

Alperin, R. (2004). Toward an integrated understanding of dreams. *Clinical Social Work Journal*, 32(4) Winter, 451-469.

Fosshage, J.L. (1983). The psychological function of dreams: A Revised psychoanalytic perspective. *Psychoanalysis and Contemporary Thought*, 6, 641-669.

Fosshage, J.L. (2007). “The organizing function of dreaming: Pivotal issues in understanding and working with dreams” *International Forum of Psychoanalysis*, 16, 213- 221.

Gilman, R. D. (1987). Dreams as resistance. In A. Rothstein (Ed). *The Interpretation of dreams in clinical work*, Chapter 2. International University Press.

Meadow,P.W. (1984). The royal road to preverbal conflicts (using dreams to mature). *Modern Psychoanalysis*, 9, 63-92.

**Optional Reading:**

Ferguson, H. (2020). Dreaming the field: The analyst’s dreams as a co-creative act. *Psychoanalytic Inquiry*, 40, 243-252.

**Class VII: This class will focus on how Psychoanalysis and Neuropsychoanalysis can learn from each other.**

**Required Readings:**

Blechner, M. (2013). What are dreams like and how does the brain make them that way? *Contemporary Psychoanalysis*, 49, 165-175.

Blechner, M. (2013). New ways of conceptualizing and working with dreams. *Contemporary Psychoanalysis*, 49, 259-275.

Blechner, M. (2015). Dreams: How neuropsychoanalysis and clinical psychoanalysis can learn from each other. *Annual of Psychoanalysis*, 38, 142-155.

Blechner, M. (2018). Data, dreams, and drives. Interpersonal and relational innovations in perspective *Psychoanalytic Dialogues*, 28, 670-678.

**Class VIII: This Class will focus on the reconstruction of trauma in dreams**

**Required Readings:**

Barahona, R. (2020). Living the non-dream: An examination of the links between dreaming, enactment, and transformations in hallucination. *The Psychoanalytic Quarterly*, 89(4), 689-714.

Byron, D. (2021). Processing trauma in psychoanalysis in real time and in dreams: The convergence of past, present, and future during Covid-19. *Journal of Analytical Psychology*, 66(3), 399-410.

D'Amato, B. (2010). Aggression in dreams: Intersecting theories: Freud, modern psychoanalysis, threat simulation theory. *Modern psychoanalysis*, 35, 182-224.

Dowling, S. (1987) Chapter 4: The interpretation of dreams in the reconstruction of trauma. *The Interpretations of Dreams in Clinical Work*, 78, 47-56.

Monaco, S. (2022). Dreams drawer: Analysis of dreams during lockdown in the Italian population. *American Psychological Association Dreaming*, 32 (2), 111-123.

Pagel, J.F. (2019). Indications that a northern New Mexico Petroglyph was inspired by traumatic nightmare. *American Psychological Association Dreaming*, 29(2), 196-209.