

Emory University Psychoanalytic Institute

PSYA 340 SYLLABUS AND SCHEDULE

The Clinical Use of Dreams

Teacher: Kendle Jenkins, MS, LPC

OVERVIEW

This class is intended to provide candidates with a deeper understanding of Freud's term primary process and how to view and work with dreams, day dreams, Freudian slips, intrusive thoughts, hallucinations, and symptoms in terms of manifest and latent content. It will explore Freud's original ideas, the divergent ideas of Carl Jung, and the development of contemporary dream theory after Freud. We will explore the application of classic analytic technique as well as other styles of working with dreams that can be applied in a psychotherapy treatment.

In addition to the readings, this class requires keeping a dream journal and writing a reflection paper.

Learning Objectives: Candidates will learn several approaches to understanding dreams and primary process material, and develop skills for applying this understanding clinically through reading, writing and class exercises.

READINGS

Class 1

Freud, S. Introductory Lecture on Dreams (1916). Introductory Lectures on Psychoanalysis. The Standard Edition the Complete Psychological Works of Sigmund Freud, Vol XV (1915-1916): Introductory Lectures on Psychoanalysis, pages 81-227

Class 2

Breger, L. "The Manifest Dream and Its Latent Meaning". (1980) The Dream in Clinical Practice. New York, Chapter 1, pp 3-27.

Robbins, M. (2004). "Another Look at Dreaming: Disentangling Freud's Primary and Secondary Process Theories". *Journal of the American Psychoanalytic Association.*, 52: 355-384.

Class 3

Jung, C. (1964) Man and His Symbols. Doubleday, New York.

"The Importance of Dreams" pp 20-31

"The Analysis of Dreams" pp 55-58

"The Archetype in Dream Symbolism" pp 67-82

Bosnak, R. (1986) A Little Course on Dreams. Boston, Mass., pp 1-5

Class 4

Gillman, R. "Dreams as Resistance". Rothstein, Arnold, (1987) The Interpretation of Dreams in Clinical Work. Madison, Conn. Chapter 2, pp 27-36.

Szajnberg, N.M. (2010) "Dreaming and Development: Early, Mid and Late Phase Shifts in Associative and Interpretive Processes" *The Psychoanalytic Review.*, 97:633-656

Quinodoz, J.(1999) "Dreams that Turn Over a Page: Integration Dreams with Paradoxical Regressive Content." *International Journal of Psychoanalysis.*, 80:225- 238.9

Class 5

Reflection Paper Due - Students will write a 2-3 page paper discussing one personal dream, client dream, or dream taken from literature. The paper is expected to demonstrate an understanding of the main perspectives on dreams that were discussed in class and in the readings. The paper must include an exploration of possible transference implications. The paper also must convey the students personal attitudes towards interpreting dreams. Papers will be read in class.

OPTIONAL READING:

Brakel, L.A., Shervin, H. (2005) "Anxiety, Attributional Thinking and the Primary Process". *International Journal of Psychoanalysis.*, 86:1679-1693.

Dorpat, T.L. (2001). "Primary Process Communication". *Psychoanalytic Inquiry.*, 21:448-463

Goldberger, M. (1995). "The Clinical Use of Daydreams in Analysis". *Journal of Clinical Psychoanalysis.*, 4:11-21.

Jung, C (1961) *Memories, Dreams, Reflections*. Vintage Books, New York. "Confrontation with the Unconscious" pp 170-199.

Charles, M. (2015). "Fragmenting Foundations". Anderson J. and Stern, J. (2015). Psychoanalysis and Dreams. IP Books, New York. pp. 105-118.

Spiwak, A. (2009). "The Role of Dreamwork in Contemporary Psychoanalysis". *Journal of the American Psychoanalytic Association.*, 57: 1217–1223.

Levin, F. "What Neuropsychology Teaches us about Dreaming". Anderson J. and Stern, J. (2015). Psychoanalysis and Dreams. IP Books, New York. pp. 131-141.

Blechner, J. "Dreams: How Neuropsychology and Clinical Psychoanalysis Can Learn from Each Other". Anderson J. and Stern, J. (2015). Psychoanalysis and Dreams. IP Books, New York. pp. 142-155.

Rangell, Leo. "Historical Perspectives and the Current Status of the Interpretation of Dreams in Clinical Work". Rothstein, Arnold, (1987) The Interpretation of Dreams in Clinical Work. Madison, Conn. Chapter 1, pp 3-24.

