

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE, INC.

141 Herrick Road, Newton Centre, Massachusetts 02459

Telephone: 617.266.0953 | Fax: 857.255.3253 | www.bpsi.org

DREAM SEMINAR

Seminar Year III, 2015-16

Instructors: Patricia Wright, M.D.

Jane Hanenberg, Ed.D.

“Don’t open that door,” she said. “The hallways are full of difficult dreams.” And I asked her: “How do you know?” And she said to me, “Because I was there a moment ago and I had to come back when I discovered I was sleeping on my heart.” - Gabriel Garcia Marquez

Welcome!

This seminar will explore the ways in which our understanding of dreams shapes our clinical experiences of them. We’ll look at various models of dream formation and interpretation, from **The Interpretation of Dreams**, to contemporary views of the dream as part of analytic field.

Each week, we’ll provide a brief background for the readings, and then, we hope you will raise questions or relate experiences that can clarify or elucidate the readings. Each week we’ll also have a clinical presentation. We hope that this combination of theoretical and clinical discussion will create animated conversations that will inform our dream work.

I. February 11, 2016: Telling dreams, hearing dreams. How does our theory inform our clinical approaches to dreams?

Readings:

Kantrowitz, Judy (2003) Tell Me Your Theory. Where is it Bred? A Lesson from Clinical Approaches to Dreams. *Journal of Clinical Psychoanalysis*. 12:151-17. [PEP Web Link](#)

Lippmann, Paul (2002) Nocturnes: On Listening to Dreams. The Analytic Press, NY; Chapter 14, pp 183-201. [Available in [Library](#)]

Learning Objective: At the completion of this session, the candidate will be able to discuss two major trends from the historical evolution of theories of dreams and their clinical use.

II. February 18, 2016: Freud’s theories

Readings:

Freud, S., (1900) An analysis of a Specimen Dream, Chapter 2, *The Interpretation of Dreams*. S.E. 4:96-121. [PEP Web Link](#)

Freud, S. (1911) The Handling of Dream Interpretation in Psychoanalysis. S.E. 12:89-96. [PEP Web Link](#)

Freud, S. (1923) Remarks on the Theory and Practice of Dream Interpretation, S.E. 19:109-126 ([PEP Web Link](#)); Some Additional Notes on Dream Interpretation As a Whole, 127-134 ([PEP Web Link](#)).

Fraiberg, Selma. (1987) The Magic Years. Simon and Shuster, New York, pp 202-209. [Available in [Library](#)]

Learning Objective: At the completion of the session, the candidate will be able to characterize Freud's understanding of the function of dreams and his process of uncovering the latent meaning as it is both represented and disguised in the manifest content.

III. February 25, 2016: Ego Psychology and Dream Analysis.

Readings:

Erikson, Erik (1954) The Dream Specimen of Psychoanalysis, JAPA: 2:5-56. [PEP Web Link](#)

Sharpe, Ella (1937) Analysis of a Single Dream, in Sharpe, Ella, in Dream Analysis, Bruner Mazel 1937, pp125-148. [Available in [Library](#)]

Learning Objective: At the completion of this session, the candidate will be able to articulate and apply Ella Sharpe's and Erik Erikson's theories and technique of dream interpretation.

IV. March 3, 2016: Defense Analysis and Dream Technique

Readings:

Goldberger, Marianne. (1989) On the Analysis of Defenses in Dreams. Psychoanalytic Quarterly 58:396-417. [PEP Web Link](#)

Gray, Paul. (1992) Memory and Resistance and the Telling of a Dream. JAPA 40:307-326. [PEP Web Link](#)

Learning Objective: At the completion of the session, the candidate will be able to describe two approaches to the analysis of defenses in dreams.

V. March 10, 2016 The Significance of the Dream

Readings:

Greenson, Ralph. (1970) The Exceptional Place of the Dream in Psychoanalytic Practice. Psychoanalytic Quarterly.39:519-549. [PEP Web Link](#)

Presentation: Dream Images in 20th Century Art

Learning Objective: At the completion of this session, the candidate will be able to name the reasons that Ralph Greenson believed in the exceptional role of dreams in psychoanalysis; and to delineate several reasons the dream image is used in 20th century art.

VI. March 17, 2016: Dreaming with Donald Winnicott and Heinz Kohut

Readings:

Winnicott, Donald. (1971) *Playing and Reality*, London. Tavistock. Chapter 2; pp 26-37 ([PEP Web Link](#)), Chapter 10; 119-129 ([PEP Web Link](#)).

Kohut, Heinz. (1971) *Psychoanalytic Study of the Child*. Monograph 4. The Analysis of the Self. IUP, NY pp 159-161;168-169;243-245;320-324. [Available in the [Library](#)]

Learning Objective: At the completion of the session, the candidate will be able to characterize Winnicott's conceptualization of dreaming, and to identify self-psychological concepts represented in dreams.

VII. March 24, 2016: A Trauma Dream in a Relational Context

Readings:

Bromberg, Phillip (2006) "One need Not Be a House to Be Haunted: a Case Study" in "Awakening the Dreamer: Classical Journeys." London: The Analytic Press, pp153- 173. [Available in the [Library](#)]

Learning Objective: At the completion of this seminar, participants will be able to describe and delineate Phillip Bromberg's ideas about working with trauma through dreams.

VIII. March 24: Playing with Dreams

Readings:

Ogden, T.H. (2007). On talking-as-dreaming. *Int. J. Psycho-Anal.*, 88:575-589. [PEP Web Link](#)

Lippmann, Paul. (2002) *Nocturnes* Chapter: On Listening to Dreams. Analytic Press. Chapter 8 "When the Analyst's Neurotic Style Meets the Dream." pp 99-116. [Available in the [Library](#)]

Learning Objective: At the completion of the session, the candidate will be able to describe Ogden's "talking-as-dream" concept, and be able to describe what analysts' personal styles contribute to dream analysis.