

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE
141 Herrick Road, Newton Centre, MA 02459

ADVANCED TRAINING PROGRAM IN PSYCHOANALYTIC PSYCHOTHERAPY
YEAR II

DREAMS

INSTRUCTOR: CORDELIA SCHMIDT-HELLERAU, PH.D.

This seminar will center on working with the patient's dream in the clinical hour as an effective tool of therapeutic treatment. We will study the ways a dream is composed, the importance of listening to the associations leading to its understanding, and the techniques of speaking to the patient about their dreams. Dream examples from the literature and the participants will illuminate the function of dreams within a psychotherapeutic process and the usefulness of working with them.

September 22, 2016: 5:30 – 7:00 p.m.

Freud, S. (1901). *On Dreams*. Standard Edition, 5, 631-686. [PEP Web Link](#)

Freud's essay *On Dreams* is a comprehensive and easily accessible summary of his big work, *The Interpretation of Dreams* (1900). Written almost immediately after having accomplished the latter, it contains all the important elements of his dream theory and technique of analyzing dreams. I will guide you through this essay and provide you with a sketch of dream formation including all the concepts involved in this theory.

At the conclusion of this session candidates will be able to describe Freud's theory of dream formation.

September 29, 2016: 5:30 – 7:00 p.m.

Freud, S. (1900). *Typical Dreams*. In: Freud S. *The Interpretation of Dreams*, SE 4, 241-276. [PEP Web Link](#)

In chapter V of *The Interpretation of Dreams* Freud provides insight in a number of typical dreams and his first formulation of the Oedipus Complex. In this context I will briefly speak about Freud's theory of sexual development and an outline of the essential challenges of the Oedipal phase as they frequently structure the dream material.

At the conclusion of this session candidates will be able to identify three themes typical dream themes.

October 6, 2016: 5:30 – 7:00 p.m.

Freud, S. (1908). *On the Sexual Theories of Children*. (1908) SE 9, pp. 205-226. [PEP Web Link](#)

Freud, S. (1915/16). Introductory Lectures on Psycho-Analysis. *XII Some Analyses of Sample Dreams*, SE 15, 184-198. [PEP Web Link](#)

Freud found that infantile sexual theories about intercourse and procreation often form a latent dream instigator. In a beautifully written essay he describes and makes sense of infantile thinking that will later be repressed and then retrieved in psychoanalytic work. The 12th lecture of Psycho-Analysis provides a number of dream examples and their analysis, which allows us to familiarize us with the specific language and imagery of dreams and their meaning.

At the conclusion of this session candidates will be able to describe three infantile sexual theories.

October 13, 2016: 5:30 – 7:00 p.m.

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

Greenson was a towering figure in American psychoanalysis. His paper provides colorful examples of how the patient's dream reveals the transference to the analyst and how it can be spoken to.

At the conclusion of this session candidates will be able to identify the patient's transference in a dream reported by Greenson.

October 20, 2016: 5:30 – 7:00 p.m.

Renik, O. (1981). *Typical Examination Dreams, "Superego Dreams," and Traumatic Dreams*. *Psychoanal. Q.* 50: 159-189. [PEP Web Link](#)

With various examples, Renik shows different levels of meaning in some of the typical dreams Freud had outlined. Renik's view deepens and broadens their understanding and allows discussing his technical approach.

At the conclusion of this session candidates will be able to identify examination-, superego-, and trauma- dreams.

October 27, 2016: 5:30 – 7:00 p.m.

McDougall, J. (1993). *Of Sleep and Dream: A Psychoanalytic Essay*. *Int. Forum of Psychoanal.*, 2:204-218. [PEP Web Link](#)

McDougall's essay provides an intimate look at the inner work of an analyst. Analyzing her countertransference dream McDougall shows the complexity of applying her personal reaction stirred by the patient to formulating her interventions in the clinical hour.

At the conclusion of this session candidates will be able to compare McDougall's countertransference dream with her patient's clinical material.

November 3, 2016: 5:30 – 7:00 p.m.

Stone, M.H. (2012). *Dream Analysis in the Psychodynamic Psychotherapy of Borderline Patients*. *Psychodyn. Psych.*, 40:287-302. [PEP Web Link](#)

Stone shows how the dreams of Borderline and psychotic patient often are characterized by crude, primitive and anxiety provoking themes and imagery, and how working with them is useful in psychotherapy.

At the conclusion of this session candidates will be able to identify a typical dream of a Borderline patient in psychotherapy.

November 10, 2016: 5:30 – 7:00 p.m.

Ferro, N. (2002). *Some implications of Bion's thought. The waking dream and narrative derivatives*. *IJP*, 83, 597-607. [PEP Web Link](#)

Ferro, N. (2008). *The Patient as the analyst's best colleague: Transformation into a dream and narrative transformations*. *Ital. Psychoanal. Annu.*, 199-205. [PEP Web Link](#)

Bion's theory of mental functioning has become a major focus in contemporary psychoanalysis. Ferro's papers introduce Bion's thinking as well as his own application of it in the clinical work with patients.

At the conclusion of this session candidates will be able to define Ferro's pictograms.

November 17, 2016: 5:30 – 7:00 p.m.

Ogden, T.H. (2003). *On not being able to dream*. *IJP*, 84, 17-30. [PEP Web Link](#)

Ogden, also coming from a Bionian background, shows with various examples how the lack of dreaming can indicate an incapacity for mental work, and how psychoanalytic work, including the analyst's reveries, helps to initiate psychic functioning and transform the raw data of the patient's experience into useful waking dream thoughts.

At the conclusion of this session candidates will be able to explain Ogden's patient's incapacity of dreaming.

December 1, 2016: 5:30 – 7:00 p.m.

Discussion of a dream example from the instructor's clinical work.

With the example of a dream from a long analysis the instructor will provide the opportunity to discuss choices of interventions and show how during the work on the dream an enactment helps reveal an important part of the transference.

At the conclusion of this session candidates will be able to explain two choices of interventions to a patient's dream.