ADVANCED TRAINING PROGRAM IN PSYCHOANALYTIC PSYCHOTHERAPY
YEAR II

DREAMS

INSTRUCTOR: Rachel McBride, Psy.D.

In ancient times, our ancestors saw dreams as signs from the Gods or a portal into another world. They took their dreams to 'dream priests' and along the way, cultures developed their own systems of dream interpretation. In this class, we will take our modern seats in a long lineage of dream interpreters; learning the function of dreaming and the dream's role in psychotherapy, with an eye on what dreams reveal about the unconscious, the human psyche, and the ancient powers working within.

December 13: 5:30 – 7:00 p.m.
Freud, S. (1901). On Dreams. In *Standard Edition* (Vol. V, pp. 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.

December 20 5:30 - 7:00 p.m.
Freud, S. (1900). Typical Dreams. In *Standard Edition* (Vol. IV, pp. 241-276). PEP Web Link

Optional: Reik, T. (1931). The Puberty Rights of Savages. In *Ritual Psycho-Analytic Studies* (pp. 91-112). London: Hogwarth Press. [Available in the library: check the reading folder or request from library@bpsi.org]

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. We will review a nursery rhyme and one patient's symptoms to highlight the ways dreams reveal much about the human psyche.

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

January 3: 5:30 – 7:00 p.m.
Freud, S. (1908). On the Sexual Theories of Children. In *Standard Edition* (Vol. IX, pp. 205-226). PEP Web Link

The Wolf and the Seven Kids [Linked Here]

Freud, S. (1915/16). Lecture XII: Some Analyses of Sample Dreams. In *Standard Edition* (Vol. XV, pp. 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 and we will explore this in an example from the instructor's clinical work.

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

January 10: 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. We will look at an example of a transference dream in class.

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

January 17: 5:30 – 7:00 p.m.
Ferro, N. (2002). Some implications of Bion's thought: the waking dream and narrative derivatives. *International Journal of Psycho-Analysis, 83*(3), 597-607. PEP Web Link

Ferro, N. (2008). The Patient as the analyst's best colleague: Transformation into a dream and narrative transformations. *The Italian Psychoanalytic Annual, 2,* 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, and we will explore one patient's dream in this way.
At the conclusion of this class students will be able to name one way a patient's dream can help the analyst in the present clinical moment.

January 24: 5:30-7 p.m.
McDougall, J. (1993). Of Sleep and Dream: A Psychoanalytic Essay. *International Forum of Psychoanalysis, 2*(4), 204-218. PEP Web Link

Lippman, P. (2000). When the Analyst's Neurotic Style Meets the Dream. In *Nocturnes: On Listening to Dreams* (Chapter 8, pp. 99-115). Hillsdale: The Analytic Press. [Available in the library: check the reading folder or request from library@bpsi.org]

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. Lippmann offers a tour of how our own characters affect our reactions to dreams and how we work with them.

At the conclusion of this session, students will be able to identify a countertransference dream and identify one way the analyst's character influences how they hear a dream.

January 31: 5:30-7 p.m.
Stone, M.H. (2012). Dream Analysis in the Psychodynamic Psychotherapy of Borderline Patients. *Psychodynamic Psychiatry, 40*(2), 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. We will look at one such dream together.

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

February 14: 5:30-7 p.m.
Sharpe, E.F. (1937). "Analyzed" Persons and Their Dreams. In *Dream Analysis: A Practical Handbook for Psycho-analysts* (Chapter 9, pp. 192-199). NY: W.W. Norton & Co. [Available in the library: check the reading folder or request from library@bpsi.org]

Quinodoz, J. (1999). 'Dreams that Turn Over a Page': Integration Dreams with Paradoxical Regressive Content. *International Journal of Psychoanalysis, 80*(2), 225-238. PEP Web Link

Sharpe and Quinodoz contradict Stone in these papers. They note that dreams of analyzed persons may appear *more bizarre* in that they need less disguise (Sharpe), or that primitive previously projected material is being reintegrated (Quinodoz). We will discuss this method in understanding how a patient's dreams over time may indicate progress.

At the conclusion of this session, the candidates will be able to discuss how Sharpe and Stone's perspectives differ and where they may converge.

February 21: 5:30 – 7:00 p.m.

Ogden, T.H. (2003). On not being able to dream. *International Journal of Psycho-Analysis, 84*(1), 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.

February 28: 5:30 – 7:00 p.m.
Sharpe, E.F. (1937). A "Last" Dream. In *Dream Analysis* (Chapter 10, pp. 200-201). NY: W.W. Norton & Co. [Available in the library: check the reading folder or request from library@bpsi.org]

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

With the example of a dream from an analysis the instructor will provide the opportunity to discuss choices of interventions.

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