



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.

**September 24: 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.

**October 1: 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. 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.

**October 8: 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 12<sup>th</sup> 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. We will look at an example of a dream and a symptom which helps to elucidate these theories.

**October 15: 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.

**October 29: 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, and we will explore one patient's dream in this way.

**November 5: 5:30-7 p.m.**

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

Lippman, P. (2000). *When the Analyst's Neurotic Style Meets the Dream. In Nocturnes: On Listening to Dreams* (pp. 99-115). New Jersey: The Analytic Press, Inc. [Available in the library: Check the reading folder or request from [library@bpsl.org](mailto:library@bpsl.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 character's affect our reactions to dreams and how we work with them.

At the conclusion of this session candidates will be able to compare McDougall's countertransference dream with her patient's clinical material and to identify one character type and how it approaches the dream.

**November 12: 5:30-7 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. 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.

**November 19: 5:30-7 p.m.**

Sharpe, E.F."Analyzed" Persons and Their Dreams. In: *Dream Analysis: A Practical Handbook for Psycho-analysts* (pp. 192-199). New York: Bruner Marzel. [Available in the library: Check the reading folder or request from [library@bpsl.org](mailto:library@bpsl.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.

**December 3: 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 10: 5:30 – 7:00 p.m.**

Sharpe, E.F. (1937). One Last Dream. *Dream Analysis* (pp. 200-201). New York: Brunner/Mazel. [Available in the library: Check the reading folder or request from [library@bps.org](mailto:library@bps.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 two choices of interventions to a patient's dream.