

3 days

**THE FUNDAMENTALS OF PSYCHOANALYTIC
THEORY AND THERAPY**

Day 3
9:00 a.m.
12 p.m.

**Dreams, Fantasies and Other Portals to the
Unconscious**

1. Working with Dreams & the Ucs
2. Clinical Application

Day 3
2:00 p.m.
4:30 p.m.

**Psychic Transformations: Theory & Technique,
Then and Now**

Dreams, Fantasies and Other Portals to the Unconscious

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The *Royal Road* to the Unconscious

"The Interpretation of Dreams...contains, even according to my present-day judgment, the most valuable of all the discoveries it has been my good fortune to make. Insight such as this falls to one's lot but once in a lifetime."

Sigmund Freud, *The Interpretation of Dreams*, 3rd. Ed (1931)

Multiple Avenues to the Ucs

- Dreams
- Transference & Countertransference
- Resistance
- Nonverbal behavior
- Play Narratives

What does a dream represent?

- A childhood wish?
- Fears?
- Conflicts?
- The metabolizing of trauma?
- The Past, Present and the Transference

Uses of Dreams

- Diagnosis
- Prognosis
- Window into Past history
- Vision of the Future
- Current Conflicts
- Tracking Transference
- Shifts in Personality Structure

Two Layers of Dream Content

- Manifest Content
 - the dream's surface concealing the latent content
 - Egyptian hieroglyphics (Freud)
- Latent Content
 - Ucs wishes, thoughts and core conflicts hidden by specific defence mechanisms
 - unearthed by free association

Dreamer's Defence Mechanisms

- **Primary Process**
 - Condensation
 - Displacement
 - Symbolic Representation
- **Secondary Process**
 - Secondary Revision

Condensation

- The shorthand of the dream
- A concentrated dose of Ucs material
- A wish, feeling or impulse condensed into one image
- The fusion of past life, current life & therapeutic life
- dream image-person looks like A, talks like B & feels like C

Displacement

- Diverting intensity of feeling from one person to a separate person
- Working in the Displacement (therapy & dream work)

Symbolic Representation

- A simple, concrete sensory image w/metaphorical meaning
- Universal Symbols vs. Idiosyncratic symbols
- The essential role of free association to unlock unique meaning

Secondary Revision

- Secondary process cognitive activity
- Converts the irrational into the reasonable
- Produces an edited version of the dream

The Role of Affect

In the dark mystery of the dream, affect is the beacon that brings the light of reality into the world of fantasy.

Technique of Dream Interpretation

- Communicate your interest in patient's dreams
- Day Residue
- Free association
- Let yourself dream and freely associate along with the dreamer
- Tune into affect
- Decoding latent content: be mindful of dreamer's defences

Fantasy

*"We like to think we live in daylight
but half the world is always dark;
and fantasy, like poetry, speaks the
language of the night."*

Ursula Le Guin

Conscious and Unconscious Fantasies

- Conscious
 - Daydreams
 - Reveries
- Unconscious : Phantasy
 - Dreams

Working With A Dream

Freud

- Dreams interpreted in context
- Attend to coherence or incoherence
- Use of associations
- Patient retells dream
- Revisit Dreams in future

Function of Dreams

Greenson

- Protects sleep and allows regression
- Uncovers hidden meanings w/interpretation
- Leads to affect
- Offers access to childhood memories
- Gives access to the most free associations

Psychic Structure Revealed

- A compromise between wish and reality (Freud)
- Structure of dream reveals personality (Fairbairn, Segal)
- *Working through* (Segal)

References

- Glen Gabbard, M.D. (2004) Long-term Psychodynamic Psychotherapy- A Basic Text. U.S.A., American Psychiatric Publishing, Inc.
- Jill Scharff, M.D. (2011) Master Speaker Series of the International Psychotherapy Institute.

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