

The New Jersey Institute for Training in Psychoanalysis

#F301 - Psychoanalytic Theory of Dreams I

Via Zoom

Fall 2024/2025

Instructor: Jodi Kosofsky, MA, LP, NJPsyA, NCPsyA

Course Description: This course presents Sigmund Freud's theory of dreams as detailed in his 1900 classic, *The Interpretation of Dreams*. The eight classes combine didactic instruction and candidate discussion. Each class is organized around dream research problems as identified by Freud in his original text: *Sigmund Freud: The Interpretation of Dreams*. The presentation of each problem is supplemented with readings and observations from contemporary research findings. Manifest and Latent Content, regression, primary process, day residue, repression, condensation, displacement, free associations of the dreamer, and so forth will be reviewed from a psychoanalytic vantage point.

Course Objectives:

- (1) Candidates will identify two research endorsements indicating dreams' ubiquitous and significance across time and culture.
- (2) Candidates will list and examine five steps essential to Freud's method of dream interpretation.
- (3) Candidates will explain Freud's distinction between manifest and latent dream content.
- (4) Candidates will identify and analyze two therapeutic gains stemming from dream work.
- (5) Candidates will explain Freud's assertions linking dream formation to unconscious psychological processes including day residue, repressed wishes, censorship, condensation, displacement, symbolization, transference, secondary elaboration, and temptation anxiety.
- (6) Candidates will be able to decode, decipher, and explain two examples of the relationship between memory and dreaming in the mutative role of dreaming.

Course Requirements: Candidates will write a final paper of at least five pages demonstrating the candidate's application of course concepts to a dream specimen of their own or from a patient.

Required Texts:

Forrester, J. (2006). *Sigmund Freud interpreting dreams*. Penguin Modern Classic edition. Translation by Underwood, Introduction by John Forrester, and General Editor Adam Phillips. {hereinafter Forrester, J.}

Schneider, J. (2023). *Dreaming and being dreamt-The psychoanalytic function of dreams*. Routledge. {hereinafter Schneider, J.}

Freud, S. (1998) The interpretation of dreams -translated from the German. Ed. by James Strachey. Avon {hereinafter Freud, S}

Class and Reading List:

Class I: Dreams have significance and are ubiquitous across time and culture.

Readings:

- Forrester, J. Ch. 1, pp. 11-109.
- Freud, S. Chapter 1: The scientific literature dealing with the problems of dreams, pp. 55-127
- Ackerman, S. (2019). "I May Allow Myself to do This" Conflict in Freud's writing of the Interpretation of Dreams: *Journal of the American Psychoanalytic Association*, 67, 767-787.
- Di Renzo, M. & Tagliacozzi, B. (2021). Dreams and COVID 19. *Journal of the Analytic Psychology*, 66, 429-442.
- Freud, S. (1950). Project for a scientific psychology. *Standard Edition.*, 1, 281-391.

Optional readings:

- Gauchat, A (2021). Association between recurrent dreams, disturbing dreams, and suicidal ideation in adolescents. *American Psychological Association Dreaming*, 31, 1, 32-43.
- Roitman, Y. (2023). Abolishing the captivity of a tyrannized woman: Evidence of Bion's concept-barrier as manifested in dreams. *The Psychoanalytic Review*, 110, 3, 295-319.
- Schneider, John (2023) Introduction (1-8) Ch. 2, pp. 9-28.
- Solace, Claudio (2022). *The dreams of a child: A case study by Claudio Solace*. (Routledge).

Class II: Psychoanalytic Method. Candidates will learn Freud's steps in dream interpretation. The Method of dream-interpretation of a Specimen Dream

Readings:

- Forrester, J. Ch. 2. pp 110.
- Freud, S. pp. 128- 155.

Optional readings:

- Bryon, D. (2021). Processing trauma in psychoanalysis in real time and in dreams: the convergence of past, present, and future during Covid 19. *Journal of Analytical Psychology*, 66, 3, 399-410.

- Mariani, R., Monaco S., & Bincoletto, A.F. (2023). Referential processes in dreams: A brief report from Covid -19 dream analysis. *Psychoanalytic Psychology*, 40, 109- 114

Class III: The Material and Sources of Dreams of Manifest and Latent Content. In this class, candidates learn to distinguish manifest dream content, latent dream thoughts, and distorted content which conceals disavowed wishes.

Readings:

- Forrester, J. Ch .5. pp. 148-285.
- Freud, S. pp. 196-307.

Optional readings:

- Bulkeley, K.P. (2023). The spirituality of dreaming: Unlocking the wisdom of our sleeping selves. *Broadleaf Books*.
- Schneider, J. (2023). Dreaming and being Dreamt. Ch. 5. Working with pathological and Healthy Forms of Splitting pp. 64-78.

Class IV: Therapeutic Gains. Candidates meet multiple sources of dreams and review the role of dream work in a successful contemporary case illustration.

Readings:

- Forrester, J. Ch.5. pp. 177-285
- Freud, S. pp. 197- 648.
- Orcutt, C. (2021). *The unanswered self: The Masterson approach to the healing of personality disorders* Karnac. (pp. 215-226). Scanned pages will be sent to candidates.

Optional readings:

- Schneider, J. (2023). Ch. 7. Janus-faced resilience in the analysis of a severely traumatized Patient. pp 93-106.

Class V: Conceptualizing Dreams from the Perspective of Psychosis.
An Overview of Wilfred Bion, Hanna Segal, and Sigmund Freud.

Readings:

- Angeloch, D. (2023). Thinking the dream: Dream and dream thinking in Sigmund Freud, Hanna Segal, and Wilfred Bion. *The American Journal of Psychoanalysis*, 83, 178-209.
- Forester, J. Ch. 6, pp. 293-505.
- Freud, S. pp. 119- The Relations between Dreams and Mental Diseases

Optional readings:

- Bryon D. (2021). Processing trauma in psychoanalysis in real time and in dreams. The convergence of past, present, and future during Covid-19. *Journal of Analytical Psychology*, 66, 3, 399-410.
- Schneider, J. 2023. Ch 4 pp. 48-63

Class VI: The Current Psychoanalytic Conception of Dreams, Empirical Dream Research and The Psychology of the Dream Processes

Readings:

- Forrester, J. Ch 7. pp. 529-626.
- Roesler, C. (2023). Dream Interpretation and empirical dream research –an overview of research findings and their connections with psychoanalytic dream theories. *International Journal of Psychoanalysis*, 104, 2, 301-330.
- Solms, M. (2001). The Interpretation of Dreams and Neurosciences. *Psychoanalysts and History*, 3, 79-91.

Optional readings:

- Monaco S. (2022). Dreams drawer: Analysis of dreams during Lockdown in the Italian population *American Psychological Association*, 32, 2, 111-123.
- Marcus E. (2022). The adaptation function of dreams and the waking work. A modern ego psychology view. *Psychoanalytic Inquiry*, 42, 3, 194-203.

Class VII. The Function of Dreams. Candidates deepen an understanding of dream processes and return to the paradox of anxiety dreams and wish-fulfillment.

Readings:

- Forrester, J. Ch. 7, pp. 526- 623.

Optional reading:

- MacDougall, A.A. (2021) *Pulling it all together*. The relational Interpretation of dreams: When it's about more than your mother. Ch 6. Routledge.

Class VIII: The Conscious and Unconscious: Fantasies and Dreams. Candidates explore contemporary expressions of conscious and unconscious life in dream thinking according to Freud, Hanna Segal, and Wilfred Bion.

Readings:

- Forrester, J. Ch 7. pp. 526-623 continuation.
- Angeloch, D. (2023). Thinking the dream: Dream and dream thinking in Sigmund Freud, Hanna Segal, and Wilfred Bion. *The American Journal of Psychoanalysis*, 83, 178-209