

THE NEW JERSEY INSTITUTE FOR TRAINING in PSYCHOANALYSIS

#S304 - PSYCHOANALYTIC THEORY of DREAMS II

SPRING 2025

Via Zoom

INSTRUCTOR: Jodi Kosofsky MA, LP, NJPsyA, NCPsyA

COURSE DESCRIPTION: Multiple Models of understanding dreams from different theoretical positions will be explored. This course will review the language of dreams- condensation, distortion, reversal, and symbolic communication as well as include the readings of Freud, Blechner, and Fosshage.

COURSE OBJECTIVES:

By the end of the course candidates will be able to:

1. Restate and differentiate concepts that are part of the language of dreams- condensation, distortion, reversal, and symbolic communication.
2. Recognize the manifest content and the communicative function of the dream.
2. Describe dream interpretation from multiple theoretical models.
3. Show examples of their written dreams of patients, or their own dreams, or choose from an anonymous dreamer's journal.

COURSE REQUIREMENTS: Candidates will present case material through the use of multiple theoretical models applied to dreams using readings to enhance the discussion. There is no paper due for this course.

Class Material: Instructors will send via email or PEP all articles to candidates

PLEASE NOTE: In addition to the readings listed for each class, instructors will assign a reading from this list as needed/relevant.

Solace, C. (2022). *The dreams of a child: A case study*. Routledge.

Biagrove, M, & Lockhart, J. (2023). *The science and art of dreaming*. Routledge

Mac Dougall, A.A. (2021). Pulling it all together (chapter six). *The relational interpretation of dreams: When it's about more than your mother*. Routledge.

Blanck, G. & Blanck, R. (1974). The use of the dream in psychotherapy. *Ego psychology theory and practice* (Chapter 13). Columbia University Press.

Class and readings:

Class I: This class posits on Freud's model of Drive Theory in Dreams

Brown, J.W. (2020). Time and the dream. *Journal of Neuropsychoanalysis*, 22, 129-138.

Fabozzi, P. (2020). Dreaming and experiencing in the potential space. *The Psychoanalytic Quarterly*, 89, 613-629.

Yu, C.K. (2003). Neuroanatomical correlates of dreaming III: The frontal-lobe controversy (Dream Censorship). *Neuropsychoanalysis*, 5, 2, 159-169.

Class II: This class will focus on where the lesion lies from an ego psychology point of view.

Lansky, M.R. (1990). The screening function of post-traumatic nightmares. *British Journal of Psychotherapy*, 6, 384-400.

Marcus, E. (2022). The adaptation function of dreams and the waking work: A modern ego psychology view. *Psychoanalytic Inquiry*, 42(3), 194-203.

Class III: This class will demonstrate the fixation points of the dreamer from an Object Relations point of view.

Slochower, J. (2015). An erotic dream, an erotic collision. *Annals of Psychoanalysis*, 38, 87-104.

Moses, I. (1989). Relinquishing idealizations and false memories of the unempathic parent – therapeutic dilemma. *Contemporary Psychoanalysis*, 25, 1, 63-75.

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.

Class IV: This self-psychology class will focus on self-state dreams which serve to restore the self when the self is under threat of dissolution.

Charles, M. (2015). Fragmenting foundations. *Annals of Psychoanalysis*, 38, 105-118.

Strozier, C.B. & Behar, A. (2021). Kohut's dreams. *Psychoanalysis, Self, and Context*, 16, 390-400.

Kuchuk, S. (2021). To a promised land: Viral dreams and collective trauma in the era of Covid19. *Psychoanalytic Perspectives*, 18, 178-188.

Optional Reading:

Di Renzo, M. & Tagliacozzi, B. (2021). Dreams and Covid-19. *Journal of Analytic Psychology*, 66, 429-442.

Schneider J. (2023). *Dreaming and being dreamt*. Routledge

Class V: This class will focus on daydreams as a mixture of dereistic and realistic thinking.

Required Readings:

Lussheimer, P. (1959). On day dreams, *American Journal of Psychoanalysis*, 14, 83- 92.

Roesler, C. (2023). Dream Interpretation and empirical dream research- overview of research findings and their connections with psychoanalytic dream theories. *International Journal of Psychoanalysis*, 104, 2, 301-330.

Rosen, M. (2024). *The dreaming mind: Understanding consciousness during sleep*. Routledge

Class VI: This Class will focus on Integrating Multiple Psychoanalytic Models of Dream Theory

Alperin, R. (2004). Toward an integrated understanding of dreams. *Clinical Social Work Journal*, 32(4) Winter, 451-469.

Angeloch, D. (2023). Thinking the dream: Dream and dream thinking in Sigmund Freud, Hanna Segal, and Wilfred Bion. *The American Journal of Psychoanalysis*, 178-209

Fosshage, J.L. (1983). The psychological function of dreams: A Revised psychoanalytic perspective. *Psychoanalysis and Contemporary Thought*, 6, 641-669.

Fosshage, J.L. (2007). “The organizing function of dreaming: Pivotal issues in understanding and working with dreams” *International Forum of Psychoanalysis*, 16, 213- 221.

Gilman, R. D. (1987). Dreams as resistance. In A. Rothstein (Ed). *The Interpretation of dreams in clinical work*, Chapter 2. International University Press.

Meadow,P.W. (1984). The royal road to preverbal conflicts (using dreams to mature). *Modern Psychoanalysis*, 9, 63-92.

Optional Reading:

Grotstein, J. (2023). *A dream of intense darkness: Wilfred Bion’s legacy of psychoanalysis*. Routledge.

Class VII: This class will focus on how Psychoanalysis and Neuropsychanalysis can learn from each other.

Blechner, M. (2013). What are dreams like and how does the brain make them that way? *Contemporary Psychoanalysis*, 49, 165-175.

Blechner, M. (2013). New ways of conceptualizing and working with dreams. *Contemporary Psychoanalysis*, 49, 259-275.

Blechner, M. (2015). Dreams: How neuropsychanalysis and clinical psychoanalysis can learn from each other. *Annual of Psychoanalysis*, 38, 142-155.

Brown, J.W. (2020). Time and the dream. *Journal of Neuropsychanalysis*, 22, 129-128

Class VIII: This Class will focus on the reconstruction of trauma in dreams

Byron, 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.

Cone, D.H. (2020). The Courage to Dream: A beginning psychotherapist encounters Bion. *British Journal of Psychotherapy*, 36 375-384.

D'Amato, B. (2010). Aggression in dreams: Intersecting theories: Freud, modern psychoanalysis, threat simulation theory. *Modern psychoanalysis*, 35, 182-224.

Dowling, S. (1987) Chapter 4: The interpretation of dreams in the reconstruction of trauma. *The Interpretations of Dreams in Clinical Work*, 78, 47-56.

Monaco, S. (2022). Dreams drawer: Analysis of dreams during lockdown in the Italian population. *American Psychological Association Dreaming*, 32, 2, 111-123.

Optional

Baudry, F. (2023). From behavior to fantasy, a complex road. *Open Peer Review and Debate*, 9, 1-27.

Bergstein, M. (2021). Eros in Vienna: Dreams/archeology/photography/film. *American Imago*, 78, 307-339.