CPPNJ Spring 2019
Dreams. Symbolism and Unconscious Process
01/30/19, 2/6/19, 2/13/19, 2/20/19, 2/27/19, 3/6/19, 3/13/19, 3/27/19, 4/3/19, 4/10/19,
4/17/19, 4/24/19, 5/1/19, 5/8/19 and 5/15/19
Wednesdays, 9:30am-11:00am
Harlene Goldschmidt, PhD
Livingston, NJ

Instructor Bio

Dr. Harlene Goldschmidt became certified as a psychoanalyst and faculty member at the Institute of Psychoanalysis and Psychotherapy of New Jersey in 2000. As a faculty member she has taught topics including dreams, unconscious process and the brain. In 2007 she and Dr. Debi Roelke co-authored an article, “Dreams and the Unconscious Through the Lens of Neuro-Psychoanalysis: A Look at Unconscious Motivational Systems Within the Brain.” Dr. Goldschmidt has led several workshops on how dreams can be understood as a way to use creative problem solving for dysfunctional emotional patterns. She has been interviewed about the language of dreams by an online radio station.

Course Description

Clients often present dreams to the therapist in both an agency and private practice setting. The purpose of this course is to give the therapist a thorough knowledge of theoretical views of dream interpretation and of unconscious process as reflected in the dream (Freudian, ego psychology, self and relational psychology). The therapist will also gain, through case vignettes, the ability to approach the psychoanalytic interpretation of dreams. The therapist will also be able to identify and articulate symbolism and unconscious process in creative productions (art, literature, etc.) Open to licensed mental health professionals with basic knowledge of psychodynamic concepts who are currently seeing patients.

Learning Objectives

Students will be able to:
  Explain and identify the history of Freudian theory of dream interpretation
  Communicate about the development of and changes in dream theory from Freud until present.
  Identify the following concepts: day residue, manifest and latent dream content and dream work (symbolism, condensation, displacement, etc.) and will be able to use them in their clinical work with client's dreams.
  Articulate how the dream reflects client's conflict.
  Communicate the meaning of dreams in different phases of analysis.
  Master the technique of dream interpretation and apply it to their work with clients.

Target Audience/Content Level
This workshop is appropriate for social workers at the intermediate level.
Course Syllabus

Syllabus

Class 1 - Introduction/History
Introduction to course materials/expectations. A brief history of dream theory will be discussed.

Class 2: Intro to Dream Theory
The components of dream interpretation and dream theory (manifest and latent dream content; dream work) will be discussed. The instructor will provide clinical examples to help students better understand and apply the concepts to their work.

References
Blechner – Chpt.2-5
Fonagy – Chpt 1

Classical Theory
Class 3: Discussion of the history and development of Freud’s Classical theory of Dream interpretation

References
Freud, The Interpretation of Dreams, chpt. 2
Sandler, “Dream Processes”
Birksted-Breen, ‘Reverberation Time,’ Dreaming and the Capacity to Dream

Developments in Classical Theory
Class 4
In this class we will learn how dream theory and analysis of dreams developed and was applied by post Freudian classical psychoanalytic practitioners.

References
Brenner, “Dreams in Clinical Psychoanalytic Practice”
Weiss, “Dreams and their Various Purposes.”
Fosshage, “The Psychological Function of Dreams: A Revised Psychoanalytic Perspective.”
Grotstein, “Dreaming as a Curtain of Illusion: Revisiting the “royal road” with Bion as our Guide”

Continuation of Developments in Classical Theory
Class 5 –
In this class we will look at examples of how post Freudian classical analysts interpreted dreams. We will begin to look at examples of dreams from our own clinical practice and utilize the concepts in our own work.

References
Blechner, Chapter 10
Fonagy – Chpt 3

Class 6
In this class we will learn about further developments in dream theory and apply these developments to our clinical work.

References
Technique - Blechner – Chpts. 11-14
Rosenbaum, “Dr. Thorndike’s Dreams”

**Developments in Dream Theory**

Class 7: Object Relations
In this class we will learn how Object Relations Theorists view and apply Dream Interpretation and discuss the difference between their theory and classical dream theory. Examples from our own clinical work will be used to illustrate the learning

References
Blechner – Chpt 15

Class 8: Ego
In this class we will learn how Ego Psychology Theorists view and apply Dream Interpretation and discuss the difference between their theory and classical dream theory. Examples from our own clinical work will be used to illustrate the learning

References
Blanck & Blanck, “The Use of the Dream In Psychotherapy”

Class 9 –Self
In this class we will learn how Self Psychology Theorists view and apply Dream Interpretation and discuss the difference between their theory and classical dream theory. Examples from our own clinical work will be used to illustrate the learning

References
Livingston, “Dreams, the Understanding – Explaining Sequence and the Facilitation of Curative Process.”
Topin, “Self Psychology and the Interpretation of Dreams”
Livingston Powell, “Dreams, the Forward Edge and the Intersubjective Context.”
Class 10 - Intersubjectivity/Interpersonal/Relational
In this class we will learn how Intersubjective and Interpersonal Theorists view and apply Dream Interpretation and discuss the difference between their theory and classical dream theory. Examples from our own clinical work will be used to illustrate the learning

References
Lippman, “On dreams and interpersonal psychoanalysis.”
Stolorow & Atwood, “Psychoanalytic Phenomenology of the Dream.

Dreams in the Clinical Situation
Class 11
We will begin to look at special analytic aspects of Dream Analysis and how we should approach the analysis of dreams in our clinical work

References
Beratis, “The first analytic Dream: Mirror of the Patient’s Neurotic conflicts and Subsequent Analytic Process.”
Ferruta, “The Reality of the Other: Dreaming of the Analyst”
Kessler, “Nothing Happens Unless First a Dream.”
Galit, “Eat Pray Dream: Contemporary Use of Dreams in Psychoanalysis.”

Class 12 - Transference/Countertransference and resistance
We will discuss the concepts of transference and countertransference and how to understand it as it appears in patients’ dreams.

References
Altman, chpt. 6
Blechner, chpt 16
Blechner, chpt 1

The Dream in Different Phases of Analysis –
Class 13
In this class we will discuss and understand the analysis of dreams in the different phases of treatment.

References
Omreland, “Dream and Termination.”
Fonagy, chpt 4

Other Topics
Class 14 – Contemporary concepts of Dream Analysis
In this class we will discuss more contemporary viewpoints on using dreams in the clinical situation.

References
Fonagy – chpts 7, 8

Class 15 – The science of Dreams
We will discuss and understand recent developments in the science of dream theory.

References
Blechner, Mark, “What are Dreams Like and How Does the Brain Make the Brain Make Them That Way.”
Eisner, “Dreaming, Psychoanalysis and Neurobiology: A Different Perspective.”
Hobson, “Ergo Sum Ergo: Toward a Psychodynamic Neurology”

Course Approval Statement and Expiration Date
This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program Provider #66 Course #1643 from 01/12/2018 to 01/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice: 22.5

Course Completion Requirements/How Certificate will be Awarded
Students are required to complete the course requirements in order to receive credit – attend class, signing in and signing out of each session, complete the required paper, participate in class and complete the course evaluation. CE credit will be allotted on the basis of actual number of classes attended. Certificates will be mailed after the last class is held.

CONTINUING EDUCATION CREDIT HOURS
For Social Workers: This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #66 Course #1643 from 01/12/2018 to 01/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 22.5.

SPECIAL ACCOMMODATIONS NEEDED
ADA accommodations available upon request. (Required at least 14 days prior to course start date.)

COURSE REFUND POLICY
Up to one month before a course starts there will be a full course refund less a $50 administrative fee. Less than one month before a course starts there will be a $50 administrative fee and the payment will be applied to a future course. Once a class starts, there will be no refunds. Extraordinary circumstances will be reviewed on an individual basis.
INSTRUCTIONS

1- Fees:
   • $400 course fee
   • Annual Candidates’ Organization fee is $40

2- Register online at www.cppnj.org