

The structural approach to the empirical investigation of the meaning of dreams - Findings from the research project „Structural Dream Analysis“

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Summary: The structural approach to the investigation of the meaning of dreams is described, which is also the foundation for the research method Structural Dream Analysis (SDA). The method focuses especially on the relationship between the dream ego and other figures in the dream and the extent of activity of the dream ego. Research with this approach has produced new insights on the connections of dream content with the personality of the dreamer. Five major dream patterns were identified which accounted for the majority of the dreams. These patterns are closely correlated with the psychological problems of the dreamers and their development in the course of psychotherapy. Additionally, typical changes in the dream series' patterns could be identified which corresponded with therapeutic change. The usability of the structural approach is exemplified with the famous specimen case of psychoanalysis, Amalia X, and its 98 dreams. The implications for different psychoanalytic theories of dreaming and dream interpretation are discussed as well as implications for the continuity hypothesis.

Keywords: Dreams in psychotherapy, empirical dream research, psychoanalytic dream theories, typical dream patterns, psychotherapy process

1. Introduction

In empirical dream research, a number of research approaches have been developed to investigate the meaning of dreams. The term "meaning of the dream" refers to the idea, not only in psychoanalytic theories of dreaming, that dreams convey additional (unconscious) information about important topics for the person which are not accessible to waking life consciousness. Often these methods which investigate the meaning of dreams involve the coding of content elements in the dreams, e.g. the occurrence of certain symbols. In this paper we would like to argue for a different approach to understanding and analyzing the meaning of dreams which we call structural. We assume that the meaning of dreams is not so much transmitted by the elements or symbols in the dream but more by the relationship between elements in the dream, especially the relationship of the dream ego to other figures and elements in the dream and the extent of agency of the dream ego. This takes up an idea first formulated by C. G. Jung, who named this approach the interpretation on the subjective level. Structural Dream Analysis was developed as a formalized research method, which applies this approach to the interpretation of dream series from analytical psychotherapies. Analytical psychotherapies, in which usually dreams are interpreted, provide excellent material for a systematic analysis of the meaning

of dreams, since here dreams are systematically documented, and additionally a lot of information on the person and his/her psychological life is available.

1.1. Jung's view of the dream

Jung (1971) sees the psyche as a self-regulating system and the dream as a spontaneously produced picture of the current situation of the psyche in the form of symbols. Jung differentiates between a "subjective" level and an "objective" level to the interpretation of dreams. In the first perspective, the figures and elements of the dream are interpreted as representing parts or qualities of the dreamer's personality (especially conflictual parts, i.e. complexes), whereas in the objective perspective, they are seen as representing persons or entities existing in reality. In dreams, the unconscious psyche attempts to support ego consciousness and foster a process of personality integration by pointing to parts of the psyche not yet integrated into the whole of personality - these parts can appear personified in the dream. Through dreams, the unconscious, because it contains a more holistic knowledge about the development and integration of personality, brings new information to consciousness, which can then be integrated if a conscious understanding of the information is possible. So the term "meaning of the dream" in the context of Jungian psychology is identical with this new information brought to consciousness by way of the symbols and imagery of the dream, since it aims at correcting the attitude of consciousness; this is also the function of dreaming, as it is part of the self-regulating capacity of the psyche. To bring this about is the aim of dream interpretation in psychotherapy. So Jungian dream interpretation focuses on the relationship of the dream ego (i.e. the figure in the dream which experiences the dreamer as "myself", psychoanalytically representing ego consciousness) to the other figures in the dream, which gives an indication through the imagery of the capability of the ego to cope

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Submitted for publication: November 2019

Accepted for publication: February 2020

DOI: 10.11588/ijodr.2020.1.67600

Research Papers Dreams

D. Kerr



Research Papers Dreams:

Dream Research Milton Kramer, Myron L Glucksman, 2015-05-01 This edited volume shows the relationship between dream research and its usefulness in treating patients Milton Kramer and Myron Glucksman show that there is support for searching for the meaning of dream as experiences extended in time Dreaming reflects psychological changes and is actually an orderly process not a random experience Several chapters in this book explore interviewing methodologies that will help clients reduce the frequency of their nightmares and thus contribute to successful therapy

Dreams Robert J. Hoss, Katja Valli Ph.D., Robert P. Gongloff, 2019-01-11 This two volume set examines dreams and dreaming from a variety of angles biological psychological and sociocultural in order to provide readers with a holistic introduction to this fascinating subject Whether good or bad and whether we remember them or not each night every one of us dreams But what biological or psychological function do dreams serve What do these vivid images and strange storylines mean How have psychologists religions and society at large interpreted dreams and how can a closer examination of our dreams provide useful insights Dreams Understanding Biology Psychology and Culture presents a holistic view of dreams and the dreaming experience that answers these and many other questions Divided thematically this two volume book examines the complex and often misunderstood subject of dreaming through a variety of lenses This collection is written by a large and diverse team of experts and edited by leading members of the International Association for the Study of Dreams IASD but remains an approachable and accessible introduction to this captivating topic for all readers

Children's Dreams Claudio Colace, 2018-04-17 This book aims to present a study on the actuality and empirical value of Freuds dream theory even if through the analysis of a specific part of it the hypotheses about childrens dreams It provides a systematic description of Freuds observations on child dreaming and presents the results obtained from four empirical studies on childrens dreams that the author conducted during the span of a decade These studies two conducted in school settings one in a home setting and one based on a questionnaire completed by parents allow an empirical judgment on Freuds main hypotheses on child dreaming the hypotheses on formal aspect of childrens dreams the relationship between dream bizarreness and development of the superego functions and the issue of wish fulfilment dreams The author concludes that it is possible to test empirically Freuds hypothesis on the early forms of dreaming and that this test is not irrelevant for an empirical judgment of certain more general statements of Freuds dream theory e g the dream censorship hypothesis

Working with Dreams in Transactional Analysis Anna Emanuela Tangolo, Francesca Vignozzi, 2024-04-11 This unique book incorporating both theory and practice provides an invaluable guide to the assessment of dreams in transactional analysis TA Grounded in the latest neuroscientific research it offers both neophyte and experienced TA practitioners a pathway to incorporate a client s dreams within individual and group therapy exploring key issues including trauma dissociation and nightmares dreams of change and transformation dreams of healing and transference and countertransference in dreams It will support therapists through the

very first steps toward the analysis of more complex interpersonal dynamics and dream analysis in a group setting Also discussing the direction of future research in the area as well as an overview of an experiment on dream analysis during the recent pandemic this will be key reading for anyone working in the field [Finding Meaning in Dreams](#) G.William Domhoff,2013-06-29 Distinguished psychologist G William Domhoff brings together for the first time all the necessary tools needed to perform quantitative studies of dream content using the rigorous system developed by Calvin S Hall and Robert van de Castle The book contains a comprehensive review of the literature detailed coding rules normative findings and statistical tables **Dreams and Professional Personhood** Mary Dombeck,1991-07-03 Two community mental health centers in the Northeastern United States form the setting for this ethnographic study of dreams dream telling and dream interpretation To gather information about American attitudes toward dreams and dream telling the author observed and interviewed employees of these centers social workers psychologists nurses psychiatrists secretaries and medical technicians The issues that emerge from the interviews are analyzed and clarified by exploring Western understandings of the concepts of person and self and of professional personhood the capacities and responsibilities ascribed to you by yourself and others in your milieu as professionals The book also contains a comprehensive literature review of the research on dreams and an appendix of narrative statements made by informants on their dreams their work and their relationships **China's Many Dreams** D. Kerr,2016-04-30 China s new leader Xi Jinping has announced that the China Dream of great rejuvenation of the Chinese nation is now closer than ever This book discusses the meaning and progress of Chinese national rejuvenation from multiple perspectives It discusses critically China s progress towards becoming a strong prosperous and well governed country **Extraordinary Dreams and How to Work with Them** Stanley Krippner,Fariba Bogzaran,Andre Percia de Carvalho,2012-02-01 From visions of a past life to glimpses of the future history is full of accounts of unusual dreams This fascinating book explores historical scientific and cross cultural research on these sorts of extraordinary dreams and offers practical suggestions on how to work with them either individually or as a member of a dream group to enhance one s intellectual emotional and spiritual health Each chapter is devoted to a particular type of dream and presents a summary of research data on their nature Specific categories of dreams discussed include creative lucid out of body pregnancy healing collective telepathic clairvoyant precognitive past life initiation and spiritual visitation dreams as well as dreams within dreams Entertaining and instructive this book points the way to an expanded conception of human potential for the twenty first century **Encyclopedia of Sleep and Dreams** Deirdre Barrett,Patrick McNamara Ph.D.,2012-06-12 This fascinating reference covers the major topics concerning dreaming and sleep based on the latest empirical evidence from sleep research as well as drawn from a broad range of dream related interdisciplinary contexts including history and anthropology While many books have been written on the subject of sleep and dreams no other resource has provided the depth of empirical evidence concerning sleep and dream phenomena nor revealed the latest scientific breakthroughs in the field Encyclopedia

of Sleep and Dreams The Evolution Function Nature and Mysteries of Slumber explores the evolution nature and functions of sleep and dreams The encyclopedia is divided into two volumes and is arranged alphabetically by entry Topics include nightmares and their treatment how sleep and dreams change across the lifetime and the new field of evolution of sleep and dream While this book includes ample material on the science of sleep and dreams content is drawn from a broad range of disciplinary contexts including history and anthropology Working with Dreams in Psychotherapy Clara E. Hill,1996-05-03 Working with dreams in therapy can help clients establish a focus and reach core issues quickly and can play an important clinical role in both brief and long term therapeutic relationships This accessible volume integrates the latest research on sleep and dreaming with a cognitive experiential psychotherapeutic perspective providing a comprehensive guide to dream interpretation In clear jargon free prose elucidated by extensive case material the author presents a three stage model of dream interpretation based on the premises that dreams reflect waking life that their meaning is best understood in a collaborative effort between client and therapist and that both cognitions and emotions are important in this process An Appendix contains a reproducible self guided manual on dream interpretation featuring step by step instructions and worksheets This Appendix is an ideal resource for therapists to use with clients China's Road and China's Dream Angang Hu,2018-02-01 This book defines China s road towards modernization with Chinese characteristics by systematically examining a typical Chinese political process the National Congress of the Communist Party of China CPC during which diverse opinions are collected and a unified political consensus is formed The author provides a detailed introduction to the background of and preparations for the 18th National Congress of CPC as well as his personal experience of it as an attending representative In addition the book addresses a key problem namely how China s leadership handover procedure gradually evolved into the current collective handover procedure by analyzing its developmental history The question of how to implement China s leadership handover is particularly meaningful as it reflects the development of China s political system and is also essential to the CPC flourishing and China s long term prosperity The author s personal experiences at the 18th National Congress made it possible to fully investigate the leadership handover procedure between Hu Jintao and Xi Jinping Lastly the book provides a detailed description of one highlight of the 18th CPC National Congress the focus on ecological culture and green development and discusses China s dream and its implications for history and the world **Dream Singers** Anthony Shafton,2010-03-08 Advance Praise for Dream Singers You will find a great storehouse of folk and literary treasures in this ambitious book that speaks to anyone who has ever thought about his or her dreams It s a wonderful adventure and I highly recommend it Clarence Major author of Configurations and Juba to Jive Acclaim for Dream Reader also by Anthony Shafton A book so unique in its combination of scholarship clarity and down to earth feeling about dreams that I find it hard to fully express the excitement and satisfaction I felt on reading it Montague Ullman M D Clinical Professor Emeritus of Psychiatry Albert Einstein College of Medicine Author of Working with Dreams and Dream Telepathy

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SIGMUND FREUD Ultimate Collection: Psychoanalytic Studies, Theoretical Essays & Articles Sigmund Freud, 2024-01-10 In the comprehensive compilation titled SIGMUND FREUD Ultimate Collection Psychoanalytic Studies Theoretical Essays Articles Freud offers an exhaustive examination of the human psyche through the lens of psychoanalysis The collection spans various key themes including the interpretation of dreams the structure of the mind and the intricacies of human behavior Freud's literary style is characterized by a methodical yet profound psychological inquiry that merges scientific rigor with philosophical reflection His revolutionary ideas emerged during a time when the understanding of mental health was undergoing a pivotal transformation making this collection both historically significant and timelessly relevant Sigmund Freud widely regarded as the father of psychoanalysis has profoundly influenced not only psychology but also literature art and modern culture His groundbreaking concepts such as the unconscious mind defense mechanisms and the importance of childhood experiences were informed by his own experiences and the broader societal changes of the late 19th and early 20th centuries Freud's intellectual pursuits and determination to explore the depths of human consciousness serve as a backdrop to this essential collection drawing readers into the complexities of their own minds This ultimate collection is highly recommended for scholars students and anyone intrigued by the mysteries of the mind Those seeking to delve into the foundations of psychoanalytic theory and its vast implications will find this compilation an indispensable resource Readers will gain a deeper understanding of themselves and the world around them as Freud's insights continue to resonate across disciplines making this work a timeless literary and intellectual treasure

The Collected Works of Sigmund Freud: Psychoanalytic Studies, Theoretical Essays & Articles Sigmund Freud, 2024-01-10 In The Collected Works of Sigmund Freud Psychoanalytic Studies Theoretical Essays Articles Freud offers a comprehensive compilation of his pioneering contributions to the field of psychoanalysis This meticulous anthology delves into the intricacies of human psychology exploring themes such as the unconscious dreams and the dynamics of human relationships Written in Freud's distinctive and engaging prose the collection presents theoretical essays and studies that contextualize psychoanalytic thought within the broader landscape of early 20th century intellectual currents making it an indispensable resource for both scholars and enthusiasts alike Sigmund Freud often referred to as the father of psychoanalysis emerged from a diverse background of medicine and philosophy His innovative ideas stemmed from a blend of scientific inquiry and a deep understanding of human behavior shaped by cultural influences and personal experiences Freud's unique position allowed him to challenge conventional thought and lay the groundwork for modern psychology addressing the complexities of mental health and human motivation This compelling anthology is highly recommended for anyone seeking to understand the profound impact

of Freud's work on psychology literature and the humanities. By engaging with these collected writings, readers will gain invaluable insights into the development of psychoanalytic theory and its relevance in contemporary discourse. Writing and Growing Timothy Horan, 2022-07-11. In this book, Dr. Timothy Horan presents an original and highly effective writing program whose major goal is to transform high school students into accomplished writers and mature young adults. This writing program is innovative, rigorous, and engaging and was designed with high school students in mind. This volume contains a total of twenty original writing projects that represent creative and innovative interpretations of Common Core Writing Standards. These projects focus on the worlds of contemporary secondary students exploring such topics as technology, literature, goals for the future, and potential careers. Each assignment in this book is full and complete and includes a reproducible outline that presents the assignment to students in a simplified graphical format. As students progress through this program, they will encounter engaging writing projects that foster growth and anticipate the changes occurring in students' lives during this time of development and transition. It will also prepare students for the rigors of writing in college, career, and the unwritten future that awaits all of them. Finally, Dr. Horan issues a call for every secondary school in the United States to create and implement courses singularly devoted to the craft of writing, and this book contains the curriculum for that course.

Handbook of Sleep Research, 2019-06-21. Handbook of Sleep Research, Volume 30, provides a comprehensive review of the current status of the neuroscience of sleep research. It begins with an overview of the neural, hormonal, and genetic mechanisms of sleep and wake regulation, before outlining the various proposed functions of sleep and the role it plays in plasticity and in learning and memory. Finally, the book discusses disorders of sleep and waking, covering both lifestyle factors that cause disrupted sleep and psychiatric and neurological conditions that contribute to disorders. Emphasizes a comparative and multidisciplinary approach to the topic of sleep. Covers the neurobiology and physiology of sleep, stages, mechanisms of waking, and dreaming. Discusses in detail the proposed functions of sleep, from health and rest to memory consolidation and synaptic plasticity. Examines the current state of research in mammalian and non-mammalian species, ranging from primates to invertebrates.

Knowing the Facts about Dream Work John Ankerberg, John Weldon, 2012-08-14. Dream work claims that our dreams powerfully reflect or influence spiritual, psychological, and even physical realities. Dreams can be explored for psychological insight in psychotherapy, for spiritual insight in Christian dream work, or manipulated for occult revelations or spiritual growth. Dream work may also be used as an adjunct to physical healing. The authors expose the occult potential and examine the major problems and dangers, as well as give a biblical evaluation.

Managing Stress Brian Luke Seaward, 2013. Study Guide, Questions, References, and Resources. 4. Stress and Disease: Theoretical Models. The Borysenko Model, The Pert Model, The Lipton Model, The Gerber Model, The Pelletier Premodel, Target Organs and Their Disorders, Nervous System Related Disorders, Immune System Related Disorders. Summary, Study Guide, Questions, References, and Resources. PART 2. The Mind and Soul. 5. Toward a Psychology of Stress.

Freud and the Egg Jung and the Iceberg Elisabeth K bler Ross The Death of Unmet Expectations Viktor Frankl A Search for Life s Meaning Wayne Dyer Guilt and Worry *When Brains Dream* Antonio Zadra,Robert Stickgold,2021-01-12 A truly comprehensive scientifically rigorous and utterly fascinating account of when how and why we dream Put simply *When Brains Dream* is the essential guide to dreaming Matthew Walker author of *Why We Sleep* Questions on the origins and meaning of dreams are as old as humankind and as confounding and exciting today as when nineteenth century scientists first attempted to unravel them Why do we dream Do dreams hold psychological meaning or are they merely the reflection of random brain activity What purpose do dreams serve *When Brains Dream* addresses these core questions about dreams while illuminating the most up to date science in the field Written by two world renowned sleep and dream researchers it debunks common myths that we only dream in REM sleep for example while acknowledging the mysteries that persist around both the science and experience of dreaming Antonio Zadra and Robert Stickgold bring together state of the art neuroscientific ideas and findings to propose a new and innovative model of dream function called NEXTUP Network Exploration to Understand Possibilities By detailing this model s workings they help readers understand key features of several types of dreams from prophetic dreams to nightmares and lucid dreams *When Brains Dream* reveals recent discoveries about the sleeping brain and the many ways in which dreams are psychologically and neurologically meaningful experiences explores a host of dream related disorders and explains how dreams can facilitate creativity and be a source of personal insight Making an eloquent and engaging case for why the human brain needs to dream *When Brains Dream* offers compelling answers to age old questions about the mysteries of sleep **Weaving Dreams Into the Classroom** Curtiss Hoffman,Jacqueline E. Lewis,2014-03 *Weaving Dreams into the Classroom* is an extraordinary anthology which combines the seasoned experience of ten educators at all educational levels to provide the reader with practical hands on models for bringing the subject of dreams and dreaming to students It also includes the perspective of a teenage student who has been embedded in a dream centered education program since early childhood The authors come from diverse backgrounds including academic and clinical psychology anthropology and religious studies Their home institutions range from small private colleges and institutes to large research universities both in the United States and Great Britain

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