

**CONTEMPORARY PERSPECTIVES ON DREAMING:  
THEORY, RESEARCH AND PRACTICE**

James L. Fosshage, Ph.D.  
Suite 501  
250 West 57<sup>th</sup> Street  
New York, NY 10019  
(212) 765-2578  
[JLF@jamesfosshage.net](mailto:JLF@jamesfosshage.net)  
[www.jamesfosshage.net](http://www.jamesfosshage.net)

*NYU Postdoctoral Program in Psychoanalysis, Relational Track  
Course Offered Every Fourth Year-Next Offering, Fall, 2018*

Wednesdays: 8:30 AM – 10:10 AM

"A dream which is not explained is like a letter which has not been read." Talmud

**Course Description**

Dreaming, in my view, is best considered to be the continuation of thinking during sleep. Accenting the imagistic-symbolic encoding and processing of the right-brain, dreaming, especially REM dreaming, continues the organizing, affect regulating, conflict resolving processes necessary to maintain our psychological balance and developmental trajectory.

Our models of dream formation substantially shape our exploration and understanding of dreams. In this course, we will compare models of dream formation and dream interpretation, providing a historical perspective on the evolution of thought and practice within the various psychoanalytic approaches. We will then focus on the organizing functions of dreaming, and, specifically, on what I have formulated as the organizing model of dreams and corresponding guidelines for working with dreams. We will review ongoing contributions of REM sleep, dream content and neuroscience research. Through theoretical explorations and clinical presentations by candidates and

instructor, the central aim of the course is to facilitate candidates' competence and confidence in exploring and understanding dreams within the clinical encounter.

### **Class Schedule and Readings**

Those readings that have an asterisk in front of its listing I will email to you. Where articles are available on PEP, I so indicate. You will need to buy a used copy (very cheap on Amazon) of my book, Fosshage, J. and Loew, C. (1987). Dream Interpretation: A Comparative Study, Revised Edition. Costa Mesa, CA: PMA Publications. I have listed many optional readings just for you to have. The full references begin on page 6.

#### **Class One: Introduction to Dreams and Freud's Model**

We will begin with a discussion of your operating assumptions about dreams. This is not a test and there is not a right and wrong answer. I want each of you to reflect on how you think about and work with dreams. Some of the questions you might focus on are: What functions do you believe dreams serve? How is dreaming similar to and different from waking thought? How do you approach a dreamer and his/her dream in the analytic arena to understand the meanings of a dream?

Freud (1900): *The Interpretation of Dreams*. James Strachey translation. Read Freud's Irma dream and his interpretation of it. (PEP)

Freud (1923): Remarks on the theory and practice of dream interpretation. Standard Edition XIX. (Also in Collected Papers, New York, Basic Books, Chapter XII; and in Theory and Technique, Collier Paperback). (PEP)

#### **Optional Readings:**

Freud (1900): Chapters II, III, IV (I am sure you have read this. if you have time, you might wish to re-read some of this material.)

Ellman (1991): Part III

Sloane (1979): Chapter 2

Sharpe (1961): Chapter IV

Altman (1969): Chapter 9

Rycroft (1979): Chapter I

#### **Class Two: Freud's Theory and Implications of Structural Theory for Dreams**

Fosshage and Loew (1987). Introduction. Chapter I. In *Dream Interpretation, A Comparative Study, Revised Edition*.

\*Ellman, S. (In press): A Contemporary Freudian Perspective. In *Variations on a Dream*. Ed.s J. Fosshage and C. Loew.

Greenson (1970), The exceptional position of the dream in psychoanalytic practice. *Psychoana. Quart.*, 29:519-549. (PEP)

Optional Readings:

Garma, A. (1987). Freudian Approach. Chapter II. In *Dream Interpretation, A Comparative Study, Revised Edition*. Ed.s J. Fosshage and C. Loew.

Arlow and Brenner (1964): Chapter 9

Blanck and Blanck (1974): Chapter 13

**Class Three: Jung's Theory of Dream Formation and Technique of Dream Interpretation**

\*Jung, C.G. (1954). The practical use of dream-analysis. In: *The Practice of Psychotherapy, The Collected Works of C.G. Jung*. New York: Pantheon Books, Volume 16, 1960, pp.139-162.

\*Whitmont, E. (1987). Jungian Approach. In *Dream Interpretation, A Comparative Study, Revised Edition*. Ed.s J. Fosshage and C. Loew.

Optional Readings:

Jung (1960)

Whitmont and Perera (1989)

**Class Four: Neo-Freudian or Culturalist and Contemporary Interpersonal Perspectives: First Clinical Presentation**

\*Bonime, W. (1987). Culturalist Approach. In *Dream Interpretation, A Comparative Study*. Ed.s J. Fosshage and C. Loew.

\*Lippmann (In press): A Contemporary Interpersonal Perspective. In *Variations on a Dream*. Ed.s J. Fosshage and C. Loew.

Optional Readings:

Bonime (1962): Foreword by Ullman, Introduction  
and Chapter 7  
French and Fromm (1964)  
Fromm (1951)  
Lippman (2000)  
Bleckner (2001)

**Class Five: Object Relational and Phenomenological Approaches; and  
Comparison and Synthesis: Second Clinical Presentation**

\*Padel, J.(1987). Object Relational Approach. In *Dream  
Interpretation, A Comparative Study, Revised Edition*.  
Ed.s J. Fosshage and C. Loew.

\*Boss, M. and Kenny, B. (1987). Phenomenological or Daseinsanalytic  
Approach. In *Interpretation, A Comparative Study, Revised  
Edition*. Ed.s J. Fosshage and C. Loew.

Optional Readings:

Fairbairn (1944)

**Class Six: Conceptual Revisions and The Organizing Model of Dreaming**

Fosshage, J. (1983). The psychological function of dreams: a revised  
psychoanalytic perspective. *Psychoanalysis and Contemporary  
Thought*, 6:641-669. (On my website and PEP). Also in *Essential  
Papers on Dreams (1992)*, Ed. M. Lansky. New York: New York  
Univ. Press.

Fosshage, J. (1988). Dream interpretation revisited. In: *Frontiers in Self  
Psychology, Progress in Self Psychology*, Vol 3, ed. A. Goldberg.  
Hillsdale, N.J.: Analytic Press, pp.161-175. (On my website and  
Pep)

Optional Readings:

Holt (1967)  
Noy (1969)

Erikson (1954) (Also in Lansky, 1992)  
Breger (1980)

### **Class Seven: The Organizing Model of Dreaming**

Fosshage, J. (1987), A Revised Psychoanalytic Approach. In  
*Interpretation, A Comparative Study, Revised Edition.*  
Ed.s J. Fosshage and C. Loew.

Fosshage, J. (1989). The developmental function of dreaming mentation:  
clinical implications. Reply In: *Dimensions of Self Experience,*  
*Progress in Self Psychology, Vol. 5,* ed. A. Goldberg. Hillsdale,  
N.J.: Analytic Press, pp. 3-11; 45-50. (PEP)

Stolorow, R. (1989). The dream in context. In *Dimensions of Self*  
*Experience, Progress in Self Psychology, Vol. 5,* ed. A. Goldberg.  
Hillsdale, N.J.: Analytic Press, pp. 33-39. (PEP).

#### **Optional Readings:**

Ornstein (1987)

### **Class Eight: The Interpretation of Dreams: A Centennial Celebration and Third Clinical Presentation**

R. Sand, R. Greenberg and C. Pearlman, M. Kramer, and E. Hartmann  
(1999). *Psychoanalytic Dialogues,* Vol. 9, 6: 721-778. (PEP)

### **Class Nine: REM and Dream Content Research and Fourth Clinical Presentation**

\*Fiss, H. (1990). Experimental strategies for the study of the function of  
dreaming. In: *The Mind in Sleep: Psychology and*  
*Psychophysiology,* ed. S. Ellman. New York: John Wiley and  
Sons.

\* Levin, R. (1990). Psychoanalytic theories on the function of dreaming: a  
review of the empirical dream research. In: *Empirical Studies of*  
*Psychoanalytic Theories, Vol. 3.* ed. J. Masling. pp. 1-54.

#### **Optional Readings:**

Fiss, 1979, 1986, 1989)  
Greenberg (1987)  
Bucci (1985)

### **Class Ten: Continuation of the Organizing Model, and Fifth Clinical Presentation**

Fosshage, J. 1997), The organizing functions of dreams. *Contemporary Psychoanalysis*. Vol. 33, No. 3, 429-458. (On my website and PEP)

\*Fosshage, J. (1999), Forms of relatedness and analytic intimacy. The 22<sup>nd</sup> Annual International Conference on The Psychology of The Self, Toronto, October 29, 1999.

### **Class Eleven: Neuroscience and Dreaming; and Sixth Clinical Presentation**

Hobson (1999) and Commentaries by Solms, Braun, and Reiser and Response by Hobson and Pace-Schott in *Neuro-Psychoanalysis*, Vol. 1, 2: 157-224.

#### **Optional Readings**

Winson (1985): Chapters 1, 2, 9 & 10  
Reiser (1990): Chapter 11  
Solms (1997): Chapter 26

### **Class Twelve: Additional Contemporary View and Seventh Clinical Presentation**

\*Blechner, M. (2001). Chapter 9. *The Dream Frontier*. Hillsdale, NJ: The Analytic Press.

### **Class Thirteen: Additional Contemporary View and Eighth Clinical Presentation**

\*Ogden, T. 2001), Chapter 1. *Conversations at the Frontier of Dreaming*. Northvale, NJ: Jason Aronson.

### **Class Fourteen: Dream Symposium Series**

H. Ipp, J. Fosshage, E. Levenson, J. Adams, and S. Ellman,  
*Psychoanalytic Dialogues*, (2000), Vol. 10, 1: 89-167. (PEP).

### **Class Fifteen: A Constructivist Perspective of the Unconscious and Discussion**

\*Stern (2005), Unformulated experience: A brief introduction. IARPP  
Annual Conference, Rome, Italy, June 19, 2005.

\*Fosshage (2005), The organization of unconscious experience: A  
discussion of Donnel Stern's "Unformulated Experience." IARPP  
Annual Conference, Rome, Italy, June 19, 2005.

### Guidelines for Case Presentation

The guidelines for the clinical presentation are as follow:

- 1) Brief description of the patient including reasons for seeking treatment, personal history, and present life context.
- 2) Brief summary of treatment and of the session preceding the session with the dream.
- 3) Process notes of the session with the dream.
- 4) Brief summary of the session following the dream.

### References

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Aron, L. (1989), Dreams, narrative, and the psychoanalytic method. *Contemporary Psychoanalysis*, 25:108-127.

Bucci, W. (1985). Dual coding: a cognitive model in psychoanalytic research. *Journal of American Psychoanalytic Association*: 33:571-607.

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- Blanck, B. and Blanck, R. (1974). *Ego Psychology: Theory and Practice*. New York: Columbia University Press.
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- Breger, L. (1980). The manifest dream and its latent meaning. In: *The Dream in Clinical Practice*, ed. J.M. Natterson. Northvale, N.J.: Jason Aronson, pp.s 3-28.
- Ellman, S. (1991). *Freud's Technique Papers*. Northvale, N.J.: Jason Aronson.
- Ellman, S. (in press), A contemporary Freudian perspective. In Fosshage, J. and Loew, C. *Variations on a Dream*
- Erikson, E. (1954). The dream specimen of psychoanalysis. *Journal of American Psychoanalytic Association*: 2:5-56.
- Fairbairn, W.R.D. (1944). Endopsychic structure considered in terms of object-relationships. In: *Psychoanalytic Studies of the Personality*. Boston: Routledge & Kegan Paul LTD, pp.s 82-136.
- Fiss, H. (1979). Current dream research: a psychobiological perspective. In: *Handbook of Dreams*, ed. B.B. Wolman. New York: Van Nostrand Reinhold Co., pp.s 20-75.
- Fiss, H. (1986). An empirical foundation for a self psychology of dreaming. *Journal of Mind and Behavior*, 7: 161-191.
- Fiss, H. (1990). Experimental strategies for the study of the function of dreaming. In: *The Mind in Sleep: Psychology and Psychophysiology*, ed. S. Ellman. New York: John Wiley and Sons.
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