

‘Dreams to Dreaming: A Psychoanalytic Approach’  
SPSI Psychoanalytic Psychotherapy Program  
Winter 2019-20

Instructor: Caron Harrang, LICSW, FIPA

Block 2: November 4, No class on Nov 11 Veteran's Day, 18, 25; December 2, 9, 16  
(Winter Holidays December 23 & 30); Jan 6, 13

Classes in Block 2 meet from 8:00 to 9:15 pm.

All readings are provided by the instructor.

**SESSION ONE: Course Introduction and Overview of Freud’s theory of dreams.**

Freud Begins to Dream: This chapter from Adam Phillip’s book sets the mood and provides historical context for our investigation of Freud’s theory of dreams as the ‘guardian of sleep’ and a brief overview of his approach to interpreting dreams.

Phillips, A. (2014). ‘Freud Begins to Dream’ in *Becoming Freud: The Making of a Psychoanalyst*, p. 99-121. New Haven and London: Yale University Press.

Freud, S. (1901). On Dreams. The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume V (1900-1901), 629-686. [\[Read highlighted sections of PDF\]](#)

**SESSION TWO: How a devoted Freudian (Klein), and—for a time—a loyal Kleinian (Bion) radically shifted psychoanalytic understanding of dreaming.**

Meltzer, D. (1984). ‘The Klein-Bion Expansion of Freud’s Metapsychology’ in *Dream Life: A Re-examination of the Psychoanalytic Theory and Technique*, p. 36-50.

**SESSION THREE: Dreaming and unconscious phantasy: a clinical example from infant observation.**

Meltzer, D. (1984). ‘Dreaming as Unconscious Thinking’ in *Dream Life: A Re-examination of the Psychoanalytic Theory and Technique*, p. 51-70.

**SESSION FOUR: Whose dream are we interpreting? Changes in analytic technique stemming from an evolving theory of dreaming.**

Ogden, T.H. (1996). Reconsidering Three Aspects of Psychoanalytic Technique. *Int. J. Psycho-Anal.*, 77:883-899. [Discussion will focus on the last section of the paper pertaining to dreams and dream analysis]

Clinical Exercise: Examining one of the dreams presented in a paper we’ve discussed from a Freudian, Kleinian, Bionian, Intersubjective theoretical perspective.

**SESSION FIVE: When patients don't dream—then what? Cultivating a container for being, thinking, and dreaming.**

Ogden, T.H. (2003). On not being able to dream. *Int. J. Psycho-Anal.*, 84(1):17-30.

Ogden, T.H. (2007). On talking-as-dreaming. *Int. J. Psycho-Anal.*, 88(3):575-589.

**SESSION SIX: Dreaming in the body: somatic reverie as part of the analyst's tool kit.**

Civitarese, G. (2013). Embodied Field, Somatic Reverie and Patients with Blocks to Symbolization, IPA Congress – Panel #92.

**SESSION SEVEN: Transformations in dreaming—the work of Antonino Ferro and post-Bionian Italian field theory.**

Ferro, A. (2011). Shuttles to and from the Unconscious: Rêveries, Transformations in Dreaming, and Dreams. *Ital. Psychoanal. Annu.*, 5:89-106.

**SESSION EIGHT: Wrap-up and course evaluation through an exercise in 'social dreaming'**

Lawrence, W.G. (1991). Won from the void and formless infinite: Experiences of social dreaming. *Free Associations*, 2(2):259-294.

**About the instructor:**

Caron Harrang, LICSW, FIPA is a board-certified IPA training and supervising psychoanalyst in full time private practice in Seattle (Bellevue). She is a Past President of Northwestern Psychoanalytic Society and Institute and current Secretary of the North American Psychoanalytic Confederation (NAPsaC). Current projects include co-directing with Joseph Aguayo the Regional Bion Symposium in Los Angeles (April 2020) and co-editing with Drew Tillotson and Nancy Winters the forthcoming *Body as Psychoanalytic Object: Clinical Applications from Winnicott to Bion and Beyond* (Routledge).