

## **A Guide to Working with Dreams Analytically** Ron Furedy and Julie Wood (2020)

1. Listen to the dream with an open, receptive mind. Try to visualize the dream. If you can't literally "see" the dream, interpret the possible resistance: *"I think you may have avoided aspects of the dream because you feel: (Fill in the blank) anxious, ashamed, guilty, afraid of the intensity of what you might be feeling."* Or, you might just ask, for example: *"I can't quite see, understand, experience the dream---can you tell me more?"* With this statement, you are bypassing resistance. Some analysts would disagree with this approach.
2. In a relaxed manner, follow the analysand's associations to the dream (i.e. the material that follows the dream) and follow your own private associations.
3. Think back to the last session and your interpretations to explore the possibility that your interpretations are proximal stimuli (day residue) for the dream.
4. Trust the integrative aspects of your own mind, recognizing that direct unconscious communication between you and your analysand does occur.
5. Now, interpret your understanding of the dream to the analysand. Being brief is better than giving complicated explanations.
6. Trust your capacity to understand what type of interpretation the analysand is ready and capable of using.
7. If a treatment alliance has been co-created, and the analysand is comfortable with questions, ask, "Your thoughts about your dream?"
8. Finally, listen to the analysand's reaction to your interpretation: disagrees, ignores, or is emotionally responsive to the interpretation with feelings of being understood or not understood.
9. This is an exercise to help you explore different perspectives of a dream. To try to keep all these guides in your mind as you are listening to the dream, will interfere with the creative, intuitive capacity of your mind. You want to experience the dream in a fresh open manner.