

PSYCHOLOGY 106: THE PSYCHOLOGY OF DREAMS SYLLABUS

BOOKS

A Reader: Available at Copy Central on Bancroft.

Delaney, Gail (Ed.) *New Directions in Dream Interpretation*, SUNY, 1993.

La Berge, Stephen & Howard Rheingold *Exploring the World of Lucid Dreaming*, Ballantine Books, 1990.

COURSE REQUIREMENTS

Two in-class exams (Oct. 16 and Dec. 6) (There will not be a 3-hr. final in the Exam Group.)

Three very brief (2 paragraph - 2 pages) and 1 brief (4 paragraphs - 2 pages) dream analyses using different dream analysis methods from topics in the class. These should be done during the semester as the topics are covered, not afterwards. At least one of these must be turned in prior to the midterm. All must be turned in by Dec. 8.

One 5 page term paper due Dec.11.

(Papers to be described further in your discussion section.)

CONTACT INFORMATION

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GSI's:

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3rd GSI ?

Topic 1: Introduction and Overview

Lecture: August 28

Reading: Reader I: Instructions for remembering dreams and keeping a dream journal.
From Delaney *Breakthrough Dreaming*

Topics 2: Biology of Sleep and Dreams: Evolutionary and Physiological Perspectives on Sleep, REM sleep, and Dreams

Lectures: August 30, Sept 6, Sept 11, Sept 13, Sept 18

(Note: Sept. 18 is Special guest lecture: Ilana Hairston on latest research)

Readings: Reader: 2. A student's story about sleep. Cohen from Harvard Magazine
3. Why we sleep. Gorman from Time
4. Sleep Debt. From Dement *The Promise of Sleep*
5. Physiology, evolution, life course development, etc. of sleep and dreams.
From Hobson *Sleep* Delaney: Chapter 8

Topic 3: Views of Dreaming across History and Culture

Lecture: Sept 20: *Special guest lecturer Kelly Bulkeley*

Readings: Reader: 6. Intro to dreaming. From Van de Castle *Our Dreaming Mind*

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Topic 4: Freud

Lectures: Sept 25, Sept 27

- Readings: Reader:
7. Freud from Shafton Dream Reader
 8. The Irma Dream. From Freud Interpretation of Dreams
 9. Critique of Freud. From Foulkes Grammar of Dreams

Topic 5: Jung

Lectures: Oct 2, Oct 4

- Readings: Reader:
10. Jung from Shafton Dream Reader
 11. Jung on Dreams from Jung Dreams
 12. A modern Jungian. From Johnson, R. Inner Work
 13. Archetypal analysis. From Estes Women Who Run with the Wolves Delaney, Chapter 3

Topic 6: Phenomenological/Existential

Lecture: Oct 9

- Readings: Delaney, Chapter 4

Topic 7: Gestalt (and a review)

Lecture: Oct 11

- Readings: Reader:
14. Gestalt from Shafton Dream Reader
 15. Dialoging with dream figures

Midterm Exam: Oct 16

Topic 8: Hillman: non-interpretive depth dream work

Lecture: Oct 18

- Readings: Reader: 16. From Hillman The Dream and the Underworld

Topic 9: Non interpretive artistry dream work

Lecture: Oct 23

- Readings: Reader: 17. Dreams as art from Mellick The Natural Artistry of Dreams

Topic 10: Dreaming as cognition

Lectures: Oct 26, Oct 30

- Readings: Reader:
18. Content analysis from Van de Castle Our Dreaming Brain
 19. Critique of content analysis. Kramer, M. What's in a dream?
 20. Cognitive approach.
From Foulkes Dreaming: A Cognitive Psychological Analysis
 21. Binding in dreams. Revenuso & Tarko from Journal of Consciousness Studies
 22. More cognitive. From Cavallero & Foulkes Dreaming as Cognition

Topic 11: Practical dream work -- respect for the individual: The Delaney Method

Lecture: Nov 1:

Special guest lecture and workshop: Gayle Delaney

- Readings: Delaney, Chapter 6, 7

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Topic 12: Practical dream research: the meeting of physiology and clinical
Lecture: Nov. 6 special guest lecturer Allison Harvey

Readings: Reader: 23. Cartwright et al paper from Psychiatry Research

Topic 13: Social/cultural and beyond: the wisdom in the group
Lecture: Nov 8 special guest lecturer Jeremy Taylor

Readings: Reader: 24. Dreams and culture. From Tedlock Dreaming: Anthro & Psych
25. Dreams and society. From Ullman & Limmer Varieties of Dream
26. More... From Taylor Where People Fly and Water Runs Uphill
Delaney, Chapter 1

Topic 14: Awake while dreaming: lucidity
Lectures: Nov 13, Nov 15
(Nov 15 Special guest Joy Andrews)

Readings: Reader: 27. Gackenback "Frameworks for understanding lucid dreaming"
La Berge (whole book - use what most interests you)

Topic 15: Dreaming while awake: incubation, dream re-entry, active imagination, dream tasks
Lecture: Nov 20

Readings: Reader: 28. Incubation from Shafton Dream Reader
29. Dream incubation traditions, Sungy
30. Dream re-entry and dream tasks, Kaplan-Williams Dreamworking
31. Dream rituals and active imagination from Johnson Inner Work

Class Discussion: Instead of lecture
Nov 23 (pre-Thanksgiving Day)

Topic 16: Dreaming and Religions
Lecture: Nov 27
Special guest lecture Kelly Bulkeley

Readings: Reader: 33. Dream and conversion & dreams and myth from Bulkeley Visions of the Night

Topic 17: Eastern Traditions on Dreaming and Dream Yogas
Lecture: Nov 29

Readings: Reader: 34. Introduction to Eastern approaches, Rosch
35. The Bo-tree principle from Shafton Dream Reader
36. Meditation dream yogas, quotes from teachings collected by Rosch

Topic 18: Review, Summary, Thoughts About It All
Lecture: Dec. 4

Last Exam: Dec 6