

The Wisdom of Dreams

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Accreditation Statement


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Conflict of Interest Disclosures for Speakers

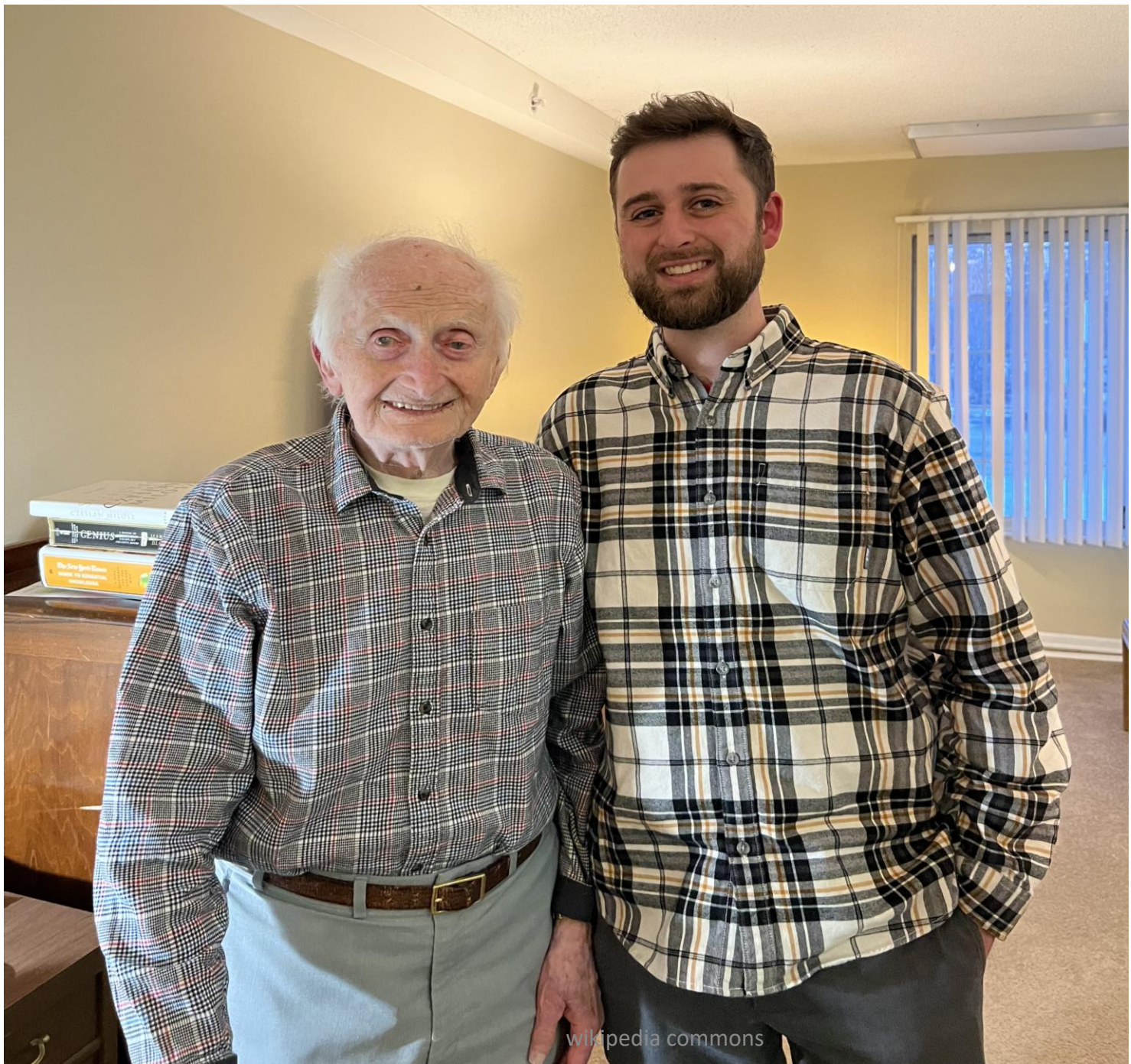
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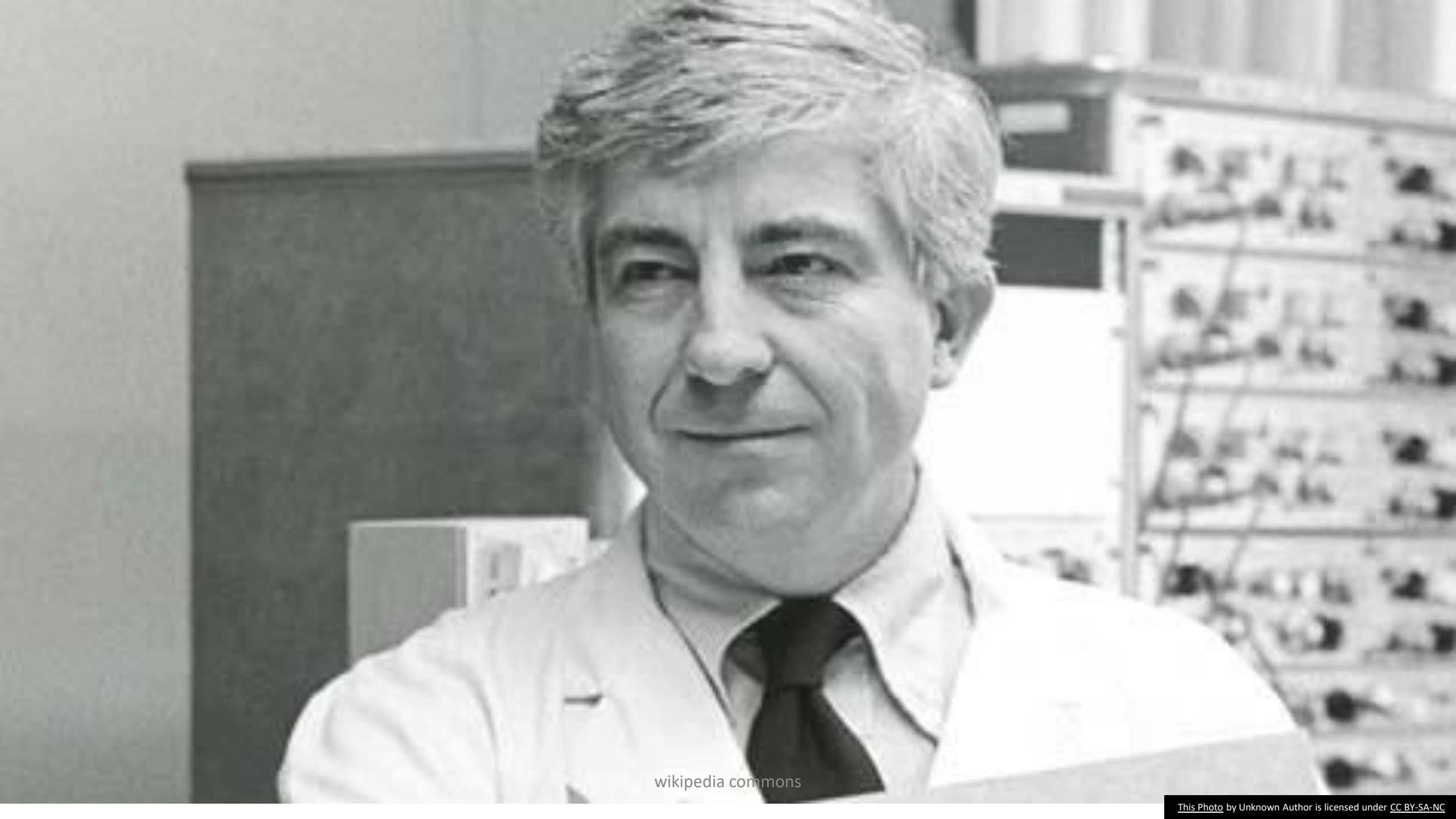
Learning Objectives

- Upon completion of this course, attendees should be able to...
 - Understand the potential importance of dream content
 - Understand the clinical features of nightmares
 - Understand the relationship between nightmares and trauma



Do dreams
matter?





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Cultural and historical aspects

Bible

The Temple

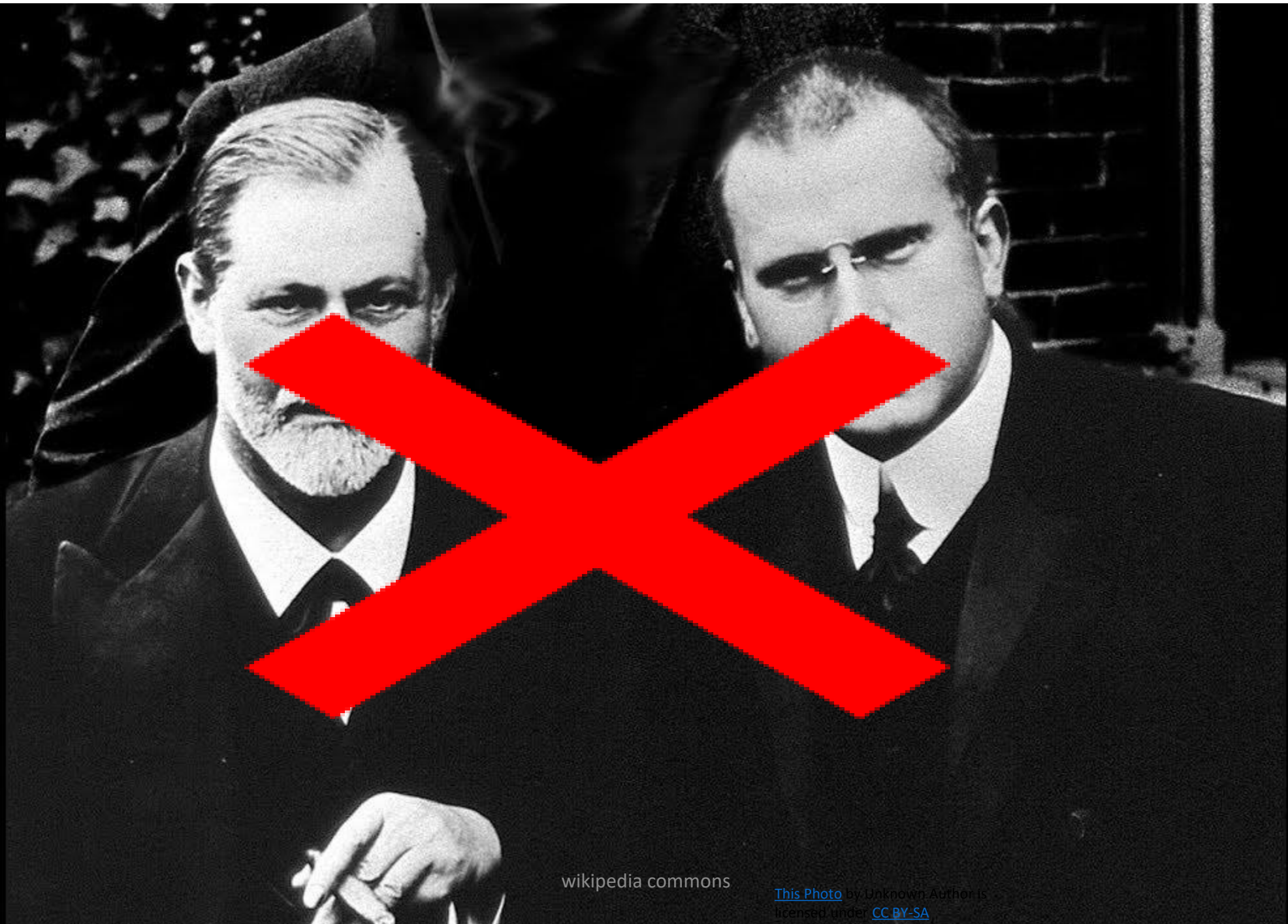
Ishtikara

Tibet

Duke of Zhou



We are the outliers!



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Creative discoveries from dreams

Paul McCartney

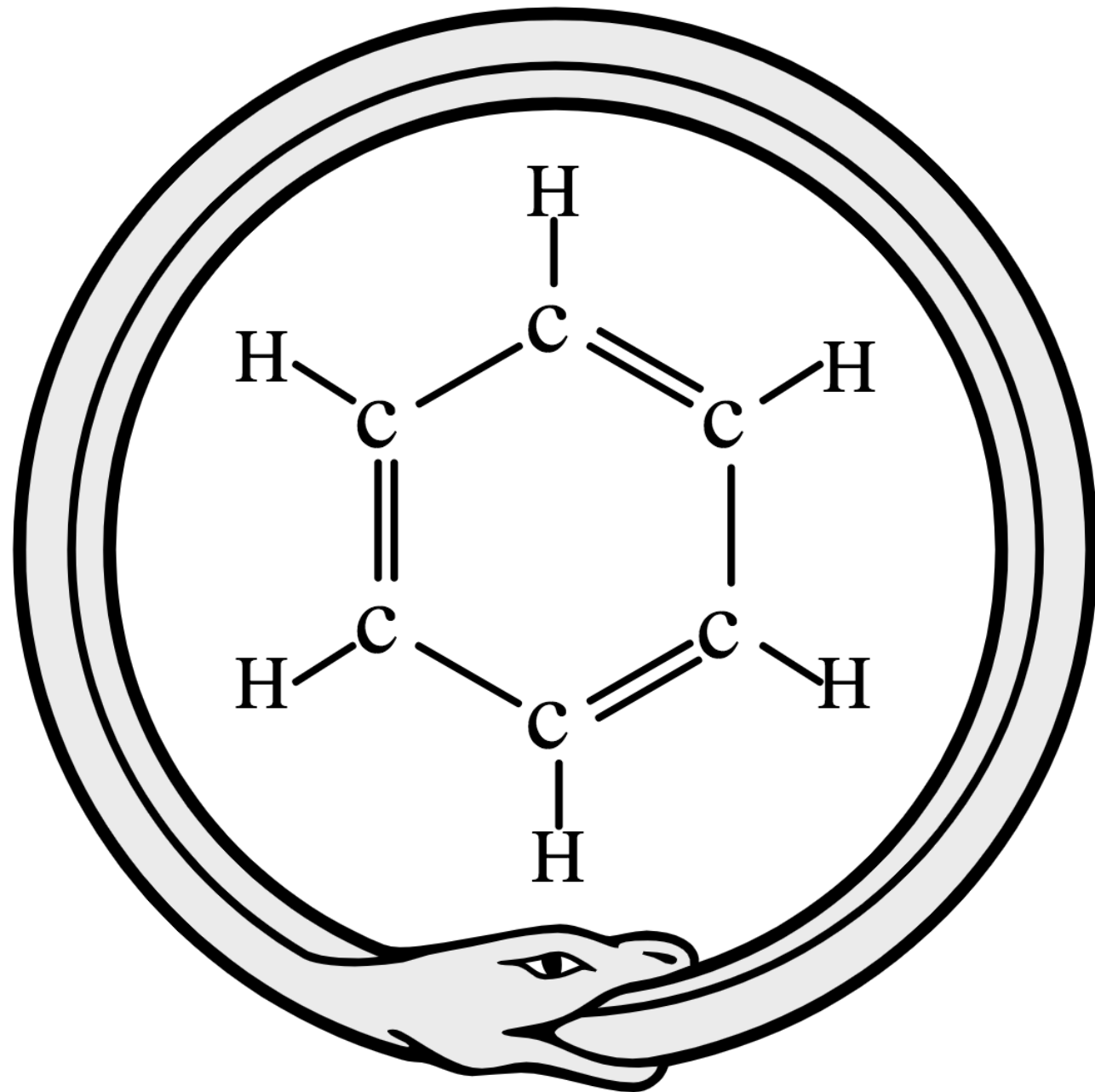
Keith Richard

Mary Shelley

Kekule

Mendeleev

Einstein



The UNiTED Study

Understanding
Nightmares after
Traumatic
Experiences in
Detroit



What is Trauma?

Acute trauma versus posttraumatic stress

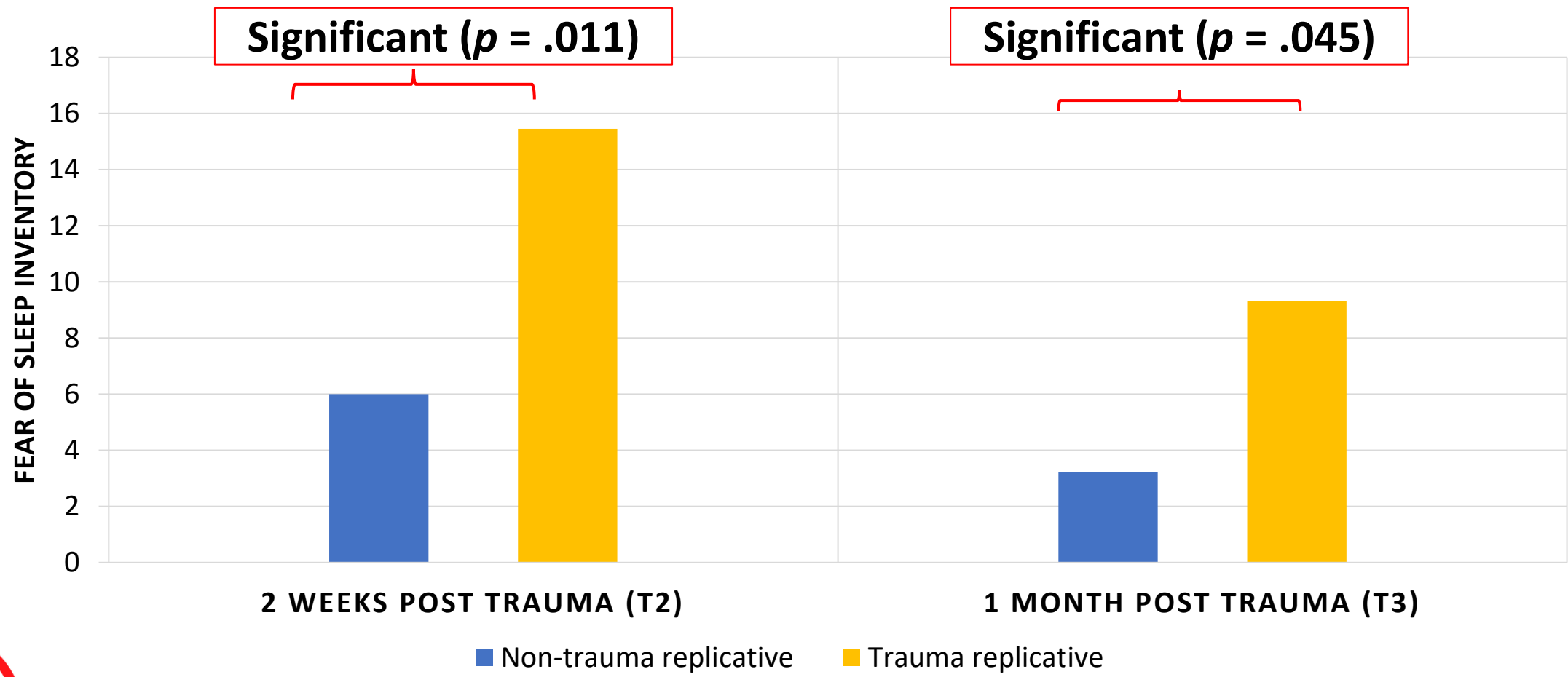
Event vs experience

That which cannot be processed

“an event in the subject’s life defined by its intensity, the subject’s incapacity to respond adequately to it, and by the upheaval and long-lasting effects it brings about in the psychical organization.” (LaPlanche and Pontalis)



More severe FoS after trauma replicative nightmares



Community violence (T1)

Violence exposure (past 3 months)	% of sample
Heard gunshots	75%
Had a gun pulled on me	27.6%
Got into a serious physical fight	27.5%

Nightmares

- Disturbing, dysphoric, well-remembered dreams that involve threats to life or security
- More emotionally intense than “bad dreams” and lead to awakenings
- Common in general population (up to 6.8% of individuals report 1/week) (Janson et al., 1995)
- Nightmares are a common consequence of traumatic experiences (up to 50% of trauma exposed adults) (Campbell et al., 2016)

Importance of studying nightmares

Recurring nightmares never fit well into traditional Freudian dream theories

Nightmares might be part of the problem

Or part of healing

Or like an autoimmune disease, be part of the healing that becomes a problem

Understanding nightmares might help elucidate the purpose of dreaming

the purpose of nightmares

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What does
trauma
replicative mean?

Exact replication less common and
may suggest nocturnal flashbacks
rather than true dreams

The differences between the
dream and the trauma are often
important

Spontaneous IRT?

Narrative interventions

- Arthur Franks
- 3 types of illness narratives: chaos, restitution and quest
- Countertransference wish for restitution narrative, usually a quest narrative needs to be written
- Does the dream help rewrite the story