

Jada Hamilton

Professor Maret

PSY411

March 31, 2023

APA Paper Outline

I. Introduction

Dreams can be terrifying but also a pleasant escape from reality. Dreams have been studied and interpreted for thousands of years. In this essay I want to highlight and compare Sigmund Freud and Carl Jung's interpretations of dreams. Sigmund Freud believed that dreams signified a person's deepest desires. Carl Jung also believed that dreams could identify someone's deepest desires but it could also explore the underdeveloped parts of the mind. These two theories are very similar but are obviously different.

II. Sigmund Freud

A. Summary of Sigmund Freud's theory

-Involve information and facts about his book, "The Interpretation of Dreams".

B. Dream Work

-Explain Condensation, Displacement, Symbolization, and Secondary Revision.

How this relates to me and my interpretation of my dreams.

III. Carl Jung

A. Summary of Carl Jung's theory

B. Archetypes

-There are four archetypes (The Anima, The Shadow, The Animus, and The Persona) that Jung believed are certain symbols that can be in dreams to represent

repressed emotions. How accurate I think these are and if I have any personal experiences to support.

IV. My Beliefs

A. How these two philosophers were different and similar in their interpretations of dreams.

How these two philosophers were accurate and incorrect in my opinion.

B. What I personally think about dreams based on Freud and Jung.

V. Conclusion

In conclusion, Sigmund Freud and Carl Jung were able to make a difference studying dreams and the mind. Because of them and so many others like Calvin Hall and G. William Domhoff we are able to have a better understanding of our unconscious minds. After a surreal moment asleep, a simple internet search can provide someone some comfort. I think that Freud and Jung were great because they made people look inward and get to know themselves on a deeper level.