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### Dream Interpretation

This research paper will examine two different psychologists' approaches to interpreting dreams. In Freud's concept of dreams, they "are always disguised attempts at wish fulfillment. The wishes are unconscious motives that are unacceptable to the individual and are nearly always erotic in nature" (Ryckman, 2012, p. 42)." The manifest content of the human's dreams is one way this implicit representation is visible. The occurrences in the manifest content frequently have nothing to do with genuine desire. Jung's concept of dreams is that they "are involuntary and spontaneous eruptions of repressed materials rooted in both the personal and collective unconscious (Ryckman, 2012, p.68)." Dreams offer dreamers a way to advance their growth helpfully by offering them opportunities to find solutions to present issues. Dreams are significant in existence. They represent a variety of adjusting and personality flaws addressing efforts.

The contemporary psychoanalytic approach is credited with having its roots in Sigmund Freud and Carl Jung. Because of their work in a rapidly evolving profession, psychology is a well-liked research topic, and learners earn an unprecedented amount of online psychology credentials. For an extended period, they were close friends. Freud and Carl Jung, both psychiatrists, started corresponding in April 1906. When Jung visited Vienna in 1907, both Jung and Freud subsequently had a face-to-face encounter, and both men quickly became close. It took twelve hours to have their initial interaction. Jung praised Freud as a bright, prudent, and

remarkable person. While Freud saw Jung as a colleague, he considered him the next generation of the psychoanalytic method. In time, the connection developed fractures. Although Freud had considered Jung, the most inventive of his numerous disciples, he was not pleased with Jung's rejection of certain of his fundamental psychoanalytic principles. In Jung's opinion, Freud's unconscious conception was too narrow; Jung contended that the unconscious could be an outlet for creativity and a repository for suppressed feelings and drives. Both influenced their beliefs, even though philosophical differences ultimately caused their friendship to terminate. When it came to psychology, Jung eventually established his significant school of theory, analytical psychology. In contrast, much of Freud's psychoanalytic ideas originated from his client experience.

### **Freud's Psychoanalytic Theory**

The unconscious mind represents the portion of the brain that an individual is ignorant of, wherein memories of unpleasant events and tragedies are concealed but affect how someone feels ideas and emotions. Freud's psychoanalysis is a body of concepts and approaches dealing with this mental aspect. The core tenet of psychoanalysis is the belief that emotional disorders can be explained by the unconscious mind, which profoundly impacts an individual (Shapiro, E. R.,1996). As an illustration, psychoanalysis proposes that an individual's psychological problems may be linked to a childhood experience that they are either unaware of or may have recalled (Shapiro, E. R.,1996). The unconscious mind must be accessed to allow a therapist to bring experiences, ideas, and memories to the conscious consciousness. One of the essential methods developed by Freud was dream analysis.

### **Dream Analysis**

Freud held the opinion that reality shapes dreams. According to Freud, the characteristics of dreams represent the unconscious mind's genuine desires. Consequently, psychological anguish may be lessened by making the unconscious consciousness aware of a dream's unconscious significance (Shapiro, E. R., 1996). Freud proposed that it may be reasonable to pinpoint motifs or places that appear to be upsetting someone by analyzing their dreams. In essence, Freud thought that dreams are a covert mechanism for us to get what we want. According to Freud, this disguising was brought on by suppression, which was brought on by unpleasant past experiences.

However, Jung's application of these ideas was different from that of his instructors in several significant ways. According to Jung, dreams are uncontrollable and unplanned outbursts of suppressed content originating in the individual and collective unconscious. Their explicit material, nevertheless, is occasionally a covert effort to satisfy hostile and sexual desires (Shapiro, E. R., 1996). Dreams instead give dreamers a way to advance their growth positively and strive to resolve present issues and tensions. Jung claimed that dreams had a compensating quality. They represent attempts at modification and addressing personality flaws.

### **Methodologies**

Their methods for dream analysis were different from one another. Jung used an experimental method known as the word association test by giving clients stimulus words and asking them to answer with any words that came to mind. In order to identify potential regions of rejection and internal conflict, Jung tracked the time between the first showing of the stimulus and the final reaction. He reasoned that the wider the time gap, the more likely it was that significant complexes or regions of conflict inside the mind were being probed.

In contrast with Jung, in Freud's free association method, patients self-reported whatever memories or thoughts came to mind without self-censorship. The patients were instructed to report any thoughts, regardless of how irrelevant, inconsequential, humiliating, or nonsensical they may have looked. Freud described this endeavor as entirely uninhibited reporting as the foundational principle of psychoanalysis, used initially to describe John Locke's epistemological framework for understanding, "The term association of ideas, first coined by the physician-philosopher John Locke, refers to his epistemological theory of knowledge which gave birth to atomistic and mechanistic British associationism that included Hobbes, Hartley, and John Stuart Mill, whose latter's phrase "chain of associations" (Lothane, 2018, p.147 ). In order to avoid inducing conduct from individuals through their movements and expressions of the face, Freud would sit behind each individual throughout these sessions, out of their sight but able to observe their facial expressions and body language. He desired for the patients' reactions to be unplanned and unguided. Freud learned from the technique of free association that the difficulties of his patients generally resulted from horrific occurrences in early infancy.

### **Unconscious mind**

It is important to note that Jung and Freud felt that the unconscious substantially impacted conscious behavior, influencing how individuals conduct their daily lives. On the other hand, Jung disagreed with Freud and believed that the collective unconscious affects the human psyche at a basic level by residing in greater depths within it. The researcher believed that hereditary mental patterns and behavioral frameworks known as archetypes are the forms of this particular type of unconscious.

A comprehensive framework that describes dreams and personality is necessary to comprehend the relationship between the two. As a result of

the measurable nature of the Jungian idea of dream archetypality and its connection with the existing implemented Jungian type system, Jung's personality theory satisfies this condition. The author discusses findings that link the archetypality of remembered and articulated dreams to personality assessments that utilize Jung's typology. Scholars from McGill University, Montreal Carl Jung Society members, and non-student volunteers participated in the study as subjects. The Myers-Briggs Type Indicator (MBTI) and the EPI (also known as the Eysenck Personality Inventory) were two different personality assessments that the test respondents were required to take. Each participant was asked to write down the earliest, most vibrant, and latest dreams they have had or can recall. Their dreams had to have happened before they turned six. "The outcome of the diary study is that individuals characterized as neurotic on the EPI scale tended to report a significantly smaller proportion of archetypal dreams ( $r = -.37, p < .05$ ), and individuals characterized as intuitive tended to report a higher proportion of archetypal dreams ( $r = .42, p < .025, \text{one-tailed}$ )" (Cann & Donderi, 1986, p. 1026). Similar to the percentage of archetypal dreams, there was a relationship between the number of archetypal dreams reported each diary night and personality variables. Archetypal dreams are more frequently reported by people with strong MBTI Intuition scores and less by people with high EPI Neuroticism scores.

Conscious minds

According to Sigmund Freud's psychoanalytic view of personality, the conscious mind comprises everything we are mindful of. Humans can reason and communicate coherently about this component of our brain processing (De Sousa, 2011). It is whatever the individual is currently conscious of. Conscious sensations include our feelings and ideas and our consciousness of our immediate surroundings. Our current awareness and thoughts are both a part of our conscious mind. It has restricted storage and is similar to short-term memory (De Sousa, 2011). A component of mindfulness is an understanding of both oneself and what is going on around them.

According to Jung, during a dream, our conscious mind speaks to us by sending messages directly to the conscious mind. This allows us to achieve individuation, meaning refers to a state of complete self-awareness achieved via the integration of both our conscious and unconscious minds. According to Jung, our true feelings and thoughts, frequently hidden from our awakened consciousness, are exposed in our dreams, which provide essential details. Jung felt that each character throughout our dreams represents a distinct component of our unconscious selves or a common circumstance in our lives, although there may be many characters.

### **Manifestation**

What occurs in our dreams on the exterior is the dream's manifest content. It is frequently likened to dreams' latent meaning or symbolism, which goes beyond what the visible content indicates or denotes (Schön, 2016). According to Freud, dreams can include both latent and visible information. He thought that we suppress some feelings and drive throughout our lives. During a dream, these accumulate in our subconscious and are released. The hidden content reveals the dreamer's genuine inclinations, depicted in the manifest content.

According to Freud's manifest content hypothesis, dreams cannot be simply neurological occurrences but a manifestation of a person's unmet needs. According to Freud, the unconscious is a shadowy aspect of humans that they frequently find difficult to comprehend (Schön, (2016). Dreams might be a technique to gain insight into subconscious knowledge, which can be used to comprehend an individual's requirements and challenges better. For Freud, the first stage in dream interpretation was identifying the manifest content. Dreamers are required to remember the explicit details of their dreams in order to understand them. This top-level aspect of a dream would reveal the dreamer's objectives in a modified or concealed structure, rendering analysis without professional assistance.

Carl Jung viewed manifest content from an alternate angle. His views on this topic diverged so much from Freud's that it caused a rift between them. According to Jung, a dream's evident content does not conceal or misrepresent the dreamer's inner identity or wants (Schön, 2016). He believed that dreams could symbolize something more substantial. By Jung, the apparent meaning of dreams may help the dreamer become more aware of who they are. He also gave apparent content more weight than Freud, who was considerably more concerned with the buried meanings of dreams.

### **Transference**

Freud "started to hypothesize that interpretation of dreams' symbols was not the only important component of therapy, and came to realize that he overlooked another important and new phenomenon in therapy that he named "transference" (Falchi & Nawal, 2009, p.12). The psychological idea of transferring our emotions based on past events onto another person at this moment is known as transference. Due to the unconscious character of these processes, it is the therapist's responsibility to recognize if or when they happen and carefully employ this

information to direct the client toward their healing path (Falchi & Nawal, 2009).

Countertransference is the term for the opposite scenario. This describes circumstances in which a therapist projects feelings onto the patient depending on their prior encounters. It can be highly detrimental to the client's progression. To alleviate the issue and prevent future the process, the therapist must put this right once.

According to Freud, transference starts with the mother figure at birth and the interaction involving mother and child. Being the initial individual one has ever communicated with, this bond is crucial. According to his theory, whereas we are still young, we cannot distinguish between "mom" and ourselves. Therefore, we combine the two personas. With the help of a therapist, the client might start bringing back past events and memories that were unconscious to the level of awareness (Falchi & Nawal, 2009). Freud placed an extreme value on objectivity and the therapist serving as a conduit for the client's emotional discharge. The client and therapist have the same identity until an individual perceives the therapist as separate.

In contrast to Freud, Jung has different ideas on transference regarding how he articulates and comprehends this idea. Emphasizing the reciprocal relationship between client and therapist—both of whom are initially distinct entities—Jung advocated a more equitable and participatory understanding of transference. Eventually, this link and kinship libido develop between the patient and therapist. It is also possible to notice how Jung and Freud differed from one another in the way they organized therapy sessions—between a collaborative and a unique idea.

### **Interpreting Practices**

The theories and methodologies that both Freud and Jung developed were used and continue to be used by many psychologists and researchers. "This theory offered the rational ground for psychotherapy: if an idea provoked a symptom, it was possible to undo it by finding

and erasing this very idea. Freud developed this theory into the model of unconscious ideas and the technique of "interpreting the contents" (Bonomi, 2001, p.217). Schmidt, a clinical psychologist, considers the different factors that have influenced his specific Jungian analyst sense of self, therapeutic practice, and other aspects of his life. By sharing these insights, the entire Jungian society will be represented somehow. By focusing on the ongoing argument in the Journal regarding traditional and relational psychoanalysis, this researcher attempts to "put Jungian analysis on the couch." The debate about the essence of reality, which philosophy has continued for ages, is comparable to this. "Research into the efficacy of psychological therapies demonstrates that many therapeutic approaches work and that no specific practice is best (Schmidt, 2014). In other words, the researchers concluded that there were no conflicts in either practice.

### **Similar concepts**

Freud and Jung acknowledged their disagreements, yet both looked into related topics. Examples include the conscious and unconscious aspects of Freud's and Jung's beliefs. Jung and Freud both were curious about how to interpret dreams. According to Freud, the unconscious is an accumulation of thoughts, memories, and pictures that a person cannot understand, resulting in neuroses. The collective unconscious, a collection of familiar pictures and archetypes that connect every individual, was another concept that Jung added to this notion. These frequently surfaced from people's unconscious minds. Learning the figurative context of generally recognized symbols could aid in interpreting dreams. Furthermore, Jung's notion that the id represents the impulses and desires of humans is comparable to Freud's notions of the id. Finally, the mind and the psyche were divided by Freud and Jung.

### **Conclusion**

In conclusion, although Freud and Jung had different notions, methodologies, theories, and approaches, there were also specific points in common. Although dreams are a complex and comprehensive notion, both Jung's and Freud's views can assist people in learning more about them. People gain an understanding of the unconscious mind's operations through the analysis of dreams. The psyche uses dreams to convey significant information to the individual. The goal of dream analysis is to elucidate the significance of dreams. This aids in giving a visual representation of the dreamer's sense of self, perceptions of others, ideas about the world, and feelings of signals, restraints, and conflicts. These ideas come together to generate beliefs that eventually shape conduct. Numerous psychologists and researchers have used and still employ the theories and methodology of both Jung and Freud.

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