

Summer 2008, Fall 2008, Spring 2009 Syllabus

Course Title:

Sleep, Dreams, and Dream Interpretation, PSY 348/648

Course Description:

This course is designed to be a scientific introduction into the research and theories of sleep, dreaming, and dream interpretation. It begins with the physiological basis for sleep and dreams and includes an overview into the physiological structures of the brain that are thought to be responsible for sleep and dreams. The evolutionary theories of sleep and dreaming are also reviewed, including Winson's recent work on the evolution of the REM state and theta rhythm research. Also reviewed are the numerous other theories of the purposes of sleep and dream states.

The second major part of the course is a review of the cultural, religious, and historical significance of sleep and dreams beginning with the oldest extant written record of dreaming (the Sumerian cuneiform writings dating to about 3,100 BCE), the Assyrian Gilgamesh dream-directed epic (circa 2,000 BCE), and Egyptian papyri dating from about 2,000 BCE to about 700 BCE. Also reviewed are the Hindu, Jewish, Buddhist, Christian, Islamic, and Mormon religious works that incorporate sleep and dreams and the role that sleep, dreams, and dream interpretation have played in these religious texts.

The third major part of the course is a review of the modern psychological theories of dream interpretation of three major figures: Sigmund Freud and his book *The Interpretation of Dreams*, Carl Jung's *Man and His Symbols*, and Fritz Perls' *Gestalt Therapy Verbatim*. Original passages in these books will be investigated in order to develop a comprehensive understanding of modern psychotherapeutic dream interpretation.

The fourth and last section of the course is an original synthesis of various dream interpretation techniques by Frederick L. Coolidge, PhD, the instructor of the course. His synthesis is replete with actual psychotherapy examples of how dreams may be used psychotherapeutically in an active listening paradigm.

Instructor:

Frederick L. Coolidge, PhD
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Instructor's Biography:

Frederick L. Coolidge, PhD, is a Full Professor of Psychology in the Psychology Department at the University of Colorado at Colorado Springs where he has taught for the past 19 years. He received his BA, MA, and PhD in Psychology from the University of Florida, and he completed a two-year Postdoctoral Fellowship in Clinical Neuropsychology at Shands Teaching Hospital, Gainesville, Florida. During Dr. Coolidge's undergraduate and graduate school experience he worked for three years in a NASA sponsored EEG sleep laboratory. He then built and directed his own EEG sleep laboratory for four additional years. Dr. Coolidge has published a number of empirical investigations of sleep and dreams in the *Australian Journal of Psychology*, *Physiological Psychology*, *Omega: The Journal of Death and Dying*, and presented other sleep and dream research papers to national and international conventions. In his University of Colorado at Colorado Springs (UCCS) career he has received the Outstanding Teaching Award (1984), the Letters, Arts, and Sciences Teaching Award (1987), and the University of Colorado system-wide Presidential Teaching Scholar Award (1990). He has published over 50 journal articles, presented over 100 convention papers, written eight book chapters, and a statistics textbook. Dr. Coolidge has also twice been awarded Fulbright Fellowships to live and teach in India (1987, 1992).

How to Contact the Instructor:

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Text:

Dream Interpretation as a Psychotherapeutic Technique, Publisher: Radcliffe, Inc.
 by Frederick L. Coolidge, Ph.D.
 ISBN: 1846190177
 The text is available from the UCCS Bookstore, www.uccsbookstore.com, or from www.Amazon.com

How to Proceed with the Course:

Read the course requirements listed below. Next, read the textbook from the beginning to the end with these course requirements clearly in your mind. Call or contact the instructor if you are unsure about the course requirements.

Course Requirements, Grading, and Time Limit:

There are two alternatives. Please choose only one. Your grade will depend on how clearly you have expressed your ideas in your written assignment, how well you have integrated and understood the concepts in the textbook (as expressed in your written assignment), perfect English grammar, and perfect spelling. You have six months to complete the written assignment beginning from the time you registered for the class.

(1) Keep a daily journal of your dreams for two weeks while reading Coolidge's text. Analyze each of these dreams (only in accordance with Coolidge's dream interpretation principles). Each dream should be a minimum of 25 to a maximum of 100 words. Each analysis should be a minimum of 100 to a maximum of 250 words. The entire journal must be typed or word-processed and double-spaced. All journals will remain absolutely confidential with Dr. Frederick L. Coolidge.

(2) Two separate five page, double-spaced, typed (or word-processed) reaction papers are required after reading the entire text. These reaction papers should incorporate what you have learned from reading the text, yet it should not merely repeat or plagiarize the text. The reaction papers should center on the following ideas:

Reaction Papers Ideas (Choose two)

1. How has evolution shaped the development of dreaming?
2. How would you argue against the hypothesis that dreams are random or meaningless?
3. Discuss the concept of God and dreaming.
4. Why do you think dreams have played such a prominent role in religious beliefs?
5. Discuss the issue of the interpretation of the latent content of dreams.
6. Develop an argument for the greater importance of manifest content over latent content, or vice versa.
7. Argue with or against Freud's idea that every dream is a wish-fulfilling dream.
8. What issue or issues do you think Freud faced in writing about his own dreams in the book, *The Interpretation of Dreams*?
9. Argue for or against a glossary of meaning in dreams.
10. How did dreams provide a psychological balance for the dreamer?
11. Discuss how archetypes may have become culturally universal in dreams.
12. Discuss how archetypal dream analysis may be useful in psychotherapy.
13. How may inanimate objects in dreams represent the dreamer?
14. How does Perls use dreams in psychotherapy?

15. How can dreams tell the future according to Coolidge?
16. Summarize Aristotle's view of the meaning of dreams.
17. Discuss the importance of recurring dreams.
18. Discuss Coolidge's contention of the function of dreams as an unconscious priming mechanism.
19. Summarize Coolidge's synthesis of dream interpretation.
20. Read *Siddhartha* by Herman Hesse and develop an argument for or against the idea that the river in this book is actually a metaphor for dreams.
21. Make up a question of your own. The value (intellectually challenging, thoughtful, etc.) of your question will be graded as well as your answer.