

SUMMARIES IN ENGLISH

Ole Vedfelt: An Outline to a Theory on the Nature of Dreams

In my book *Dimensions of Dreams* I scrutinized all major theories and practices of dream interpretation and concluded that dreams reveal a multiplicity of meanings and functions.

As a consequence of this the present paper discusses the possibility of breaking up original theoretical frameworks, laid out by Freud, Jung, and others, and to use the empirical data, that still remain, to create a more complex and dynamic theory on the nature of dreams.

The dream is conceived as fundamentally untranslatable and its contents are seen as fluctuating patterns in an undivided stream of consciousness/unconsciousness.

Among the principles that are presumed to govern the dream process are psychic intensity, essentiality, hypermnesia, artistic expression, time-space relativity, defense mechanisms, and channelling processes.

Two new important ways of information processing in dreams are suggested to be »holographic distribution« and »multidimensionality«. The latter is defined as a cognitive principle (not a defense mechanism) that makes it possible for the dream process to condense many experiential connotations in the same symbol or pattern within the dream, as well as maintaining a graduated distribution and balancing of the different energetic charges related to each connotation.

The theory is claimed to be more in tune with contemporary thinking in the theory of science than the older theories.

Reimer Jensen: Interpretation of Dreams in Psychoanalysis

In Sigmund Freud's Psychoanalysis dreams were used as very important tools to uncover the origin of neurotic symptoms.

Intrapsychic conflicts and unsatisfied impulses and wishes were included in a latent dream hidden in the unconscious part of the psyche.

Through the dreamwork the latent dream was exposed to processes of different kinds so it could be completely changed before it became a manifest dream we could experience and report.

The manifest dream had to be interpreted in order to disclose the latent content.

Freud let his patients associate to elements in the manifest dream and even if these associations could take the dreamer far away from the starting point they usually formed a pattern which revealed aspects of the latent dream.

Dreams have been important during the whole development of psychoanalysis. Originally necrotic symptoms were supposed to disappear when the causes were exposed to consciousness. Later on ego-functions came more in focus.

From the middle of the century Freud's ego-concept were differentiated between »ego« and »self« and narcissistic psychic disturbances became obvious.

Now the dynamic interaction between a person and important objects in the environment are stressed, but dreams and the interpretation of them are still very important roads to understanding the roots of normal as well as deviating development.

Pia Skogemann: Dreams and the Problem of Interpretation

Theories about dreams as well as about human psyche rest on conflicting but in practice effective assumptions. A meta-theoretical problem is thus raised. The basic epistemological dilemma is seen as a choice between understanding the interpretation as a mean to uncover an objectively existing truth »behind« the dream, or (as the author) as a verbal way of deriving significant patterns of meaning during a communication process in and between two psychic systems which include much more than verbal communications. The interpretation is seen as a higher form of metaphor, an »as-if«-language, both emotionally and cognitively satisfying, and inscribed in a self-organizing process, which on the most intense level transforms the »Umwelt«-interpretation itself. The inheritance from the philosophy of consciousness with its distinctions between subject/object and inner/outer is criticized. It is f.i. expressed in the Jungian criteria for choice between objective (relations to the outer world) and subjective (relations to the inner world) dream interpretation. These are self-contradictory; they cannot be derived from the »dream-text« and it is often possible to work in both directions on the same dream. The self-contradictions disappear, if an implicit »as-if« is accepted as common denominator.

Bo Møhl: Metaphors in Psychotherapy

This article describes two types of language, that is 1) An unambiguous, literally mode of expression, which is primarily associated with the secondary processes, and 2) the »other language« – a language of imagery and metaphors, which is related to primary process activity. It is pointed out that these two types of languages are extremes in a continuum. This article concentrates on the »other language«. Different conceptions of metaphors and symbols are developed, concluding that the metaphor has a special place in psychotherapy, because it builds a bridge over concrete and abstract, conscious and unconscious, cognitive and emotional, and primary- and secondary processes. This article advocates for a »symbolic attitude« in psychotherapy, which in its proper meaning is a hermeneutic attitude to the patient's story and way of telling it.

Thomas Nielsen: Dream-sleep in biological perspective: Phenomena, functions, and purpose

»Dream-sleep« in the human species is concomitant with so-called REM sleep (Rapid Eye Movement) which occurs in almost all mammals. The article reviews the biology of REM sleep in three sections. First, fifteen phenomena which characterize REM sleep are described; second, the neurophysiological research concerning REM sleep controlling centres in the brain stem is reviewed, and in the third section, ten modern theories of nature's »meaning« with REM sleep are presented and evaluated. The theories are divided into three groups concerning REM sleep's postulated importance for 1) the cellular conditions of the central nervous system, 2) the individual's adaptation to its environment, and 3) memory or forgetting.

Lars Hem: On Dreams, General Psychology and Psychotherapy

It is asserted from the outset that we do not know why we dream or why we dream as we do. This ignorance is based on vast amounts of empirical material brought forward

since the discovery in 1953 of the connection between REM-sleep and the dreams we remember. The uncertainty is derived both from the biological research on REM-sleep and the more psychological studies of dream content. Hobson & McCarley's model of the biomechanics of REM-sleep and Engelsted's theory of the phylogenetic development of REM-sleep is commented upon. Evans & Newman's and Crick & Mitchison's computer based theories of the function of dreams are summarised and discussed. The research efforts of Foulkes is presented and some of his main points in understanding dreams as cognition is highlighted. The article concludes with some remarks on the use of dreams in psychotherapy. A distinction is made between analysis of the dream material in the sessions and the experiential use of it. The difficulty with connecting experiences from work with dreams in psychotherapy and the conceptualisations of general psychology is pointed out. The difficulty is understood as a necessary consequence of the fact that psychotherapy essentially is a practical skill. A tale of a therapeutic session working with a dream is told, as an illustration of the experiential use of dreams in therapy. Two requests, based on experiences from therapy, is presented to the cognitive psychologists. The first request is for more clarified notions of how metaphors function in the human cognition. The second request is for a model of memory that recognises the basic organising function of affects and feelings.

Erik Schultz: Dream Interpretation and Realistic Hermeneutics

In traditional psychodynamic literature the art of dream interpretation is often described in a much too rough language. You can say that we in interpreting a dream find the meaning, the sense, the symbolic meaning and so on. Such terms carry the same information and are only used as stylistic variation.

The article elaborates distinctions between »meaning«, »sense« and »symbolism« based on the hermeneutical tradition. In addition it makes an effort to describe these terms from a realistic activity theoretical viewpoint. The first part of the article deals with interpretation of general human activity and the products that is the result of this activity. The second part of the article shows how dream interpretation is a special case of this general method; - a special case with some distinct problems in the relation between »sense« and »symbolism«.

Torben Kragh Grodal: Dreams and visual media

The article deals with the devices, by which dreams and subjective states are simulated in visual media. Theories which find a strong connection between dream states and visual fiction in general are criticized. The article gives a brief description of cognitive theories of dreams and points out how dream states are only special cases of subjective states. It further analyzes how dreams and subjective states are simulated in visual fiction, by distortion of normal perception, by highlighting networks of associations, by fragmentation of the possibility of constructing unambiguous time and space, by freining the possibility of re-acting on stimuli and by blocking higher level control connected with phenomena like will and intention. The paper discuss the affective impact of the hindrances made for the cognitive processing of the media dream input. Some of the points are illustrated by an analysis of an dream sequence in Ingmar Bergman's film *Wild Strawberries*.

Annikki Kaivola-Bregenhøj: Our Important Dreams

In the article three important themes in popular dream interpretation are analysed: premonitory dreams, repeated dreams and realistic dreams. The basic materials are contemporary letters received through a questionnaire published in two papers (a newspaper and a women's weekly magazine) plus answers to the questionnaire received from folklore students. Folk belief material from the Folklore archive of the Finnish Literature Society is also drawn upon. The relation between premonitory dreams and realistic dreams is analysed and it is shown how popular symbols and their frequency have changed from the early 20th century till today. Dreams and dream telling can be regarded as any other folklore genre containing both idiosyncratic and culturally dependent, stereotyped and almost formulaic elements, transmitted orally. However, in a literate society premonitory dreams play an ever diminishing role. On the other hand in some subcultures, especially among women, it is still natural to have and interpret premonitory dreams.

Stig Dankert Hjort: Some problems concerning the history of Danish psychoanalysis

Four problems with reference to the study of the history of Danish psychoanalysis are discussed: The problems concern *delimiting*, *acknowledgement*, *source* together with *ethics*. These problems are closely related. It is the main hypothesis of this article that students of the history of Danish psychoanalysis should be aware of these problems and their psychological significance. It is suggested that the topic »The History of Danish psychoanalysis« could be the rallying point for the Danish »lay man«-analysis through e.g. the opening of an historical archive, a conference or a more or less regular publication, a.o. a register of the people practicing psychoanalysis in Denmark.