



## Lesson 11: Sleep and dreams 2.4 Psychodynamic theory of dreaming

|                           |  |
|---------------------------|--|
| <b>Learning objective</b> | Gain knowledge and understanding of sleep and dreams   |
| <b>Lesson objectives</b>  | By the end of the lesson, learners will be able to: <ul style="list-style-type: none"> <li>• Identify the parts of the mind</li> <li>• Explain the role of the parts of the mind and personality in dreaming</li> <li>• Describe types of dream content</li> </ul> |
| <b>Vocabulary</b>         | <b>Manifest content:</b> actual content or events of dreams that can be recalled upon waking<br><b>Latent content:</b> hidden, symbolic meaning of dreams  |
| <b>Previous learning</b>  | Learners have studied key concepts in sleep and dreams and the restoration theory of sleep.  |

### Plan

| Activities   | Resources   |
|--|---|
| <b>Beginning (5 mins)</b>  |   |
| Learners can complete the starter activity do dreams have meaning? For / Against   |   |
| <b>Middle (50 mins)</b>  |   |
| <ul style="list-style-type: none"> <li>• Learners can recall the role of the different parts of the mind including the conscious; the pre-conscious and the unconscious from their previous lessons.</li> <li>• Define the different types of dream content; manifest content and latent content.</li> <li>• Ask learners to work in pairs to apply knowledge to the dream case study example, reviewing as a whole class discussion.</li> </ul> |   |
| <b>End (5 mins)</b>  | Ask learners to chose from the statements on the board the three that best reflect their understanding of the psychodynamic theory of dreams. |

### Reflection and evaluation

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### Reflection:

### Summary evaluation:

What two things went really well? (Consider both teaching and learning.)

- 1.
- 2.

What two things would have improved the lesson? (Consider both teaching and learning.)

- 1.
- 2.

What have I learned from this lesson about the class or individuals that will inform my next lesson?

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