



Lesson 12: Sleep and dreams 2.4 Psychodynamic theory of dreaming

Learning objective	Gain knowledge and understanding of sleep and dreams
Lesson objectives	By the end of the lesson, learners will be able to: <ul style="list-style-type: none"> • Apply knowledge of dream content to novel scenarios • Define the mechanisms of dreamwork • Apply the mechanisms of dreamwork to novel scenarios
Vocabulary	<p>Condensation: combining different images, meaning or emotions into one dream object</p> <p>Displacement: transfer of feelings or behaviours from the original dream object to another</p> <p>Secondary elaboration: the work the unconscious mind does to add detail and make logical sense of manifest content</p>
Previous learning	Learners have studied key concepts in sleep and dreams and the role of the mind, the id and wish fulfilment in dreams.

Plan

Activities	Resources
Beginning (5 mins)	
<p>Learners can complete the starter activity practising applying knowledge from previous lesson.</p>	
Middle (50 mins)	
<p>Learners can work independently using their dream diaries from the previous lesson to identify the type of dream content and an alternative explanation. Share ideas as a class or in small groups.</p> <p>Explain what is meant by wish fulfilment and ask learners to put this into practice by completing the paired activity.</p> <p>Ask learners to make a note of the following key terms relating to the mechanism of dreamwork in their notes / glossary:</p> <ul style="list-style-type: none"> • condensation 	

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- displacement
- secondary elaboration.

Learners can work in small groups to create their own novel scenarios to illustrate the three mechanisms of dreamwork. These can be written in paragraphs, or sketched with labels.

End (5 mins)

Change role – learner as teacher. What questions would you ask the class and why?

Reflection and evaluation

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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