



## Lesson 13: Sleep and dreams 2.4 Psychodynamic theory of dreaming

<b>Learning objective</b>	To gain knowledge and understanding about 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>• Define free association and symbol analysis</li> <li>• Explain the processes of dream analysis</li> <li>• Apply knowledge of dream analysis to novel scenarios</li> </ul>
<b>Vocabulary</b>	<b>Free association:</b> A technique in which a person expresses any thought that comes to mind, no matter how embarrassing or illogical it is <b>Symbol analysis:</b> interpretation based on dream object
<b>Previous learning</b>	Learners have studied the types of dream content, role of the parts of the mind and wish fulfilment in the psychodynamic theory of dreams.

### Plan

Activities		Resources
<b>Beginning (5 mins)</b>	Learners can begin with completing the free association activity.	
<b>Middle (50 mins)</b>	<ul style="list-style-type: none"> <li>• Provide learners with the definition of the two techniques of dream analysis. Discuss how to apply each and their experiences from the starter activity.</li> <li>• Model the dream analysis techniques to the whole class using the grid provided for each of the dream objects / events.</li> <li>• Using the dream diaries from the previous class, ask learners to consider how these might be interpreted by therapists trying to support their clients to try and make sense of their dreams.</li> <li>• Ask learners to consider what is required when analysing dreams and discuss and questions or misconceptions.</li> </ul>	

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### End (5 mins)

Ask learners to complete the plenary to give them an overview of their learning in this topic so far. They can fill in any gaps using notes from this and previous lessons.

### 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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