



## Lesson 14: 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>• Outline the context of the named study (dreams and trauma)</li><li>• Describe the results and conclusion of the named study</li><li>• Explain the argument for the psychodynamic theory of dreams (named study: dreams and trauma)</li></ul>
<b>Vocabulary</b>	n/a
<b>Previous learning</b>	Learners have studied the types of dream content, role of the parts of the mind, wish fulfilment and dream analysis in the psychodynamic theory of dreams.

### Plan

Activities	Resources
<b>Beginning (5 mins)</b>	
Learners can complete the starter activity individually or in pairs to consider the evidence that could support the psychodynamic theory of dreams.	
<b>Middle (50 mins)</b>	
<ul style="list-style-type: none"><li>• Discuss responses to the starter activity as a class and introduce the named study dreams and trauma (Iorio et al). Brief learners that the study is about the Covid-19 pandemic and ensure discussion is respectful and sensitive.</li><li>• Share the named study summary with learners who can make notes and ask questions. Check understanding of key terms used and the aim, the sample, the method, the results and conclusions.</li><li>• Ask learners to work in pairs or small groups to complete the review activity and check their understanding of the study, with a focus on the results and how they support the argument for the theory.</li></ul>	

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### End (5 mins)

Learners can complete the plenary activity to create a cloze/gap fill exercise. Ask learners to swap work and peer assess responses.

### 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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