P-644: Dreams

Christian Theological Seminary
Pastoral Theology and Psychology

Tuesday, Wednesday, Thursday 9-noon, 1-5pm
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And it shall come to pass afterward, that I will pour out my spirit on all flesh;
Your sons and your daughters shall prophesy,
Your old men shall dream dreams…
(Joel 2:28)

Purpose:
Dreams will be considered phenomenologically, from the standpoint of body, psyche, soul and spirit. Psyche is here understood as the dialogue of body and mind, including thought, memory, sensation and affect. Soul is understood as the dialogue of body and spirit. Spirit is the participation of all life in God’s unfolding creation; soul is the unique expression of that life in the lives of particular individuals. Dreams participate in all these ways of knowing and offer a means of bringing to light what might otherwise remain unknown, leading us towards greater wholeness. Wholeness in turn affords the courage and vitality required to fully invest our God-given talents.

Spiritually, dreams are valuable as a means of discernment, God’s “forgotten language” to us, in the words of John Sanford (1968). (See Savary et. al. for a listing of biblical dreams and visions). Psychologically, dreams offer a means by which unconscious conflicts may be resolved and repressed memories healed. Dreams are a gift to be gratefully received. The purpose of this course is to give dreams the attention they deserve.

Readings - Required texts: Please plan to buy these books from the CTS bookstore! They are all affordable. (Also available on library reserve)


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Suggested presentation texts:
(A bibliography will be distributed – items marked with an [*] are on library reserve)


Requirements and Evaluation:

1) Faithful attendance, attention to readings, participation in class: 15%

Please come to class prepared to discuss the assigned readings and listen receptively to others. Evidence of preparation, willingness to express one's views and be curious and attentive in listening to others will reflect positively on this portion of your evaluation. Unexcused absences or more than two absences will reflect negatively (credit cannot normally be given after three absences. In this case either morning or evening each count as one class period). Three hours of course work are to be spent in small group collaboration (see presentations below). You will be asked to document how your time was spent.

2) Presentation - One presentation to be scheduled per meeting: 20%

This includes work in groups of 3-4 to accomplish the following tasks, documenting the time spent outside of class (3 hours minimum):

- 1) A one-page summary of an article or chapter on the topic of your presentation (20 pages or less), which course participants are invited to read by way of preview, followed by questions for discussion and/or a presentation outline.
- 2) A 12 entry annotated bibliography
  – Please bring copies of the summary and bibliography to distribute the day you are to present and post them or e-mail them electronically as well.
- 3) A 20-30 minute presentation on your topic to begin class discussion. Your choice of presentation reading will be announced to the class at least two sessions prior to the presentation. Presentation readings may be chosen from books on library reserve, text book chapters not assigned, OR you are welcome to supply your own presentation reading, related to the session topic, but in this case please supply a photocopy for library reserve copies and/or an electronic (scanned) copy with at least two sessions’ lead time.

You will be evaluated on the accuracy and succinctness of your summary, the usefulness and variety of your bibliography (including books and journal articles) and your ability to engage the group in discussion of your topic.

NB: The successful presentation will focus on a clearly identified topic (ex: dreaming in Native American traditions, dreaming and neurological research). Both the chosen presentation reading and the bibliography will clearly support this topic. If the reading itself does not address spiritual, religious or theological concerns these considerations should be addressed in the presentation itself.

The successful annotated bibliography will include the following components: 1) Recent books and journal articles relevant to your topic with a paragraph annotation for each identifying the author’s credentials and a 2-3 sentence summary of the reading’s contents, 2) Classic references for this topic (these can be identified as such if more than one of the sources in item one cites them), 3) Relevant non-print resources (not more than 4 total). These may include web sites, video resources, etc. ALL bibliography references including non-print references should be properly cited in APA format.
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#### 3) Dream Journal Entry (or entries) - 5-7 pages due 5/26: 20%.
- To prepare for this task, review the following dream techniques (= DT’s) from the Savary book:
  - DT #1, p.21 The Dream Report, and as an overview:
  - DT #12, p.104 Keeping a Dream Journal
- Include, with each dream you submit, the following:
  - DT #2, p.22 Title, Theme, Affect, Question
  - DT #10, p.79 Symbol Association
  - DT #9, p.78 Symbol Amplification
You will be evaluated on your ability to thoughtfully apply the above methods to your dream work. The emphasis here is on quality of reflection, not quantity of material. I will look for a balance of symbol association and symbol amplification.

#### 4) Dream Technique or Dream Drama - One or two presenters per meeting: 20%.
- Choose a dream technique other than the ones listed above (from Savary or another source) to present to the class. This should be a creative, experiential exercise emphasizing right brain cognition. Possibilities include art, music, movement, dramatic dialogue, etc.
- Ex: Direct a dream drama (this is a Gestalt technique). You may cast as many participants as you wish, leaving the instructor and at least one student as observers. You will be evaluated on the creativity of your presentation, your ability to engage the group and the quality of your own reflection on the dream material.
  - Normally you will have 45 minutes to present and lead the group in your chosen technique and 15 minutes for debriefing/group reflection.

#### 5) Essay on Dreams – 10 pages due 6/10: 25%.
- The purpose of this essay is to summarize and reflect on what you have learned in the course. The essay should include references that demonstrate your considered use of the course material. It should also include references to your own subjective experience and thoughts on the subject of dreams.
- You will be evaluated on the quality and accuracy of your references to course material and/or additional research relevant to your topic as well as your ability to critically and subjectively engage what you have learned in the context of this course.
- Please designate a thematic focus for your paper (as indicated on the title page) and use subheadings throughout. The paper should include a bibliography (as opposed to references only) in APA format. Since the paper is due two weeks after the last class it is expected that you will use this assignment to focus on a topic of interest relevant to the course and spent at least 3 hours above and beyond normal assignment time to present the paper in a polished and coherent final form.

Please note: All written assignments are to be typewritten, double-spaced, 12 point. Use APA style for references (no reference footnotes, content notes only). Final evaluation forms will be distributed on 5/28 for use in future course planning. Please return the evaluation form to Joyce Krauser (jkrauser@cts.edu) no later then 6/10. These will be read by the instructor after grades have been submitted.
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Class process:
In general, there will be two 9-noon morning sessions punctuated by a break before lunch (noon-1) and two afternoon sessions, 1-4pm. This structure may be modified on the days when we have guest speakers. Presentations will generally be scheduled in the morning, dream techniques in the afternoon.

COURSE OUTLINE

Meeting #1 – T 5/19 am – Introduction to course material and each other.

Part One: Dreams in historical perspective

God speaks through our souls – dreams in Scripture
Required reading: Savary, et. al. Introduction – chapter 3 (49 pp.)
(Note Dream Techniques (DTs) #1-4)
Sanford, chapter 6 (19 pp.)

(Sample presentation readings for this theme:
* Edinger (1986) – Jacob and Essau
Broadribb (1990) – Dreams can heal the soul)

Pm – Review of Dream Techniques (DTs) #1-4)
Active imagination based in scripture
Jeremy Taylor’s group approach to dream work
3pm – IT introduction to Jenzebar course work access

Meeting # 2 – 5/20 – Dreams in non-Christian religious traditions

Required reading: Savary, chapters 4-6 (42pp.)
Man & his symbols (M&S), chapter 2 (59 pp.)

Sample presentation readings:
Bulkeley 2001, chapters: 1, 2 or 3
Bulkeley, 2008 chapter 4 – Dreams in Islam

Pm - Shamanism and healing
Sample presentation readings: (One only)
Irwin (1994), esp. chapters 2, 8 or 10
Bulkeley, 2001, chapters 5 or 6
Meier (1989) – ch.5 – Incubation Rituals
Born (1991) – ch. 2 – The Senoi Approach to Dreams
Kalweit (1988) – ch. 11 – Sacred Weddings…Dream Sexuality
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Part Two: Psychodynamic Approaches to Dreams

Meeting # 3 – Th 5/21 – Freud on Dreams
Required reading: Freud, *On Dreams* (71pp)
Sanford, chapter 7 (31pp.)

Sample presentation readings:
Bulkeley, 2001, chapter 12
Born (1991) – Freud...
Rycroft (1979) – Freud’s Theory of Dreams
Shafton (1995) – Freud

Meeting # 4 – T 5/26 – Jung on Dreams
Guest presenter: Olga Wittekind – Jungian analyst (9-11am)
Dream Journals Due
Required reading: Savary, chapters 7-9 (33pp.)
M&S, chapter 1 (91pp.)
Ulanov & Dueck, Prologue (25pp.)

PM – presentations and experiential learning

Sample presentation reading: (20 pp. only)
M&S, part 3 (Individuation)
Jung, *MDR*, ch. 1-3
Bulkeley, 2001, chapter 10

Part Three: Dreams in spiritual direction and psychotherapy

Meeting # 5 – W 5/27 – Jung and spiritual direction
Guest presenter: Laurel Simon (2-4pm)
Required reading: Savary, chapter 11 (13 pp. – see DT #23)
Ulanov & Dueck, Essays by Ann Ulanov ( up to 58 pp.)
Sanford, chapter 8 and 9 (56 pp.)

Sample presentation readings: (select 20 pp.)
M&S, part 6 (Symbolism)
Jung, *MDR*, ch. 4-6
Born (1991) – Jung
Delaney, ed. (1993) – A Jungian Approach… (Beebe)
Shafton (1995) – Jung
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Meeting #6 – Th 5/28 - Contemporary theorists

Required reading: Ulanov & Dueck, Epilogue (11 pp.)
M&S chapter 5 (49 pp. – recommended for counseling students)
OR Sanford, chapter 1 & 5 + 2, 3 or 4 (pick one)

Sample presentation readings:
Bulkeley, 2001, chapters 16, 17, or 18
Born (1991) - Gestalt, Body Techniques, Dream Theater
Shafton (1995) – (Theorist of your choice)

Essay on Dreams – 10 pages due 6/10: 25%.
Please complete relevant readings prior to writing your paper and review paper requirements. Papers may be submitted electronically or in hard copy by the stated due date.

Have a great summer!

Videos available through the CRC:
- Sigmund Freud: Analysis of a mind (Biography – 50 minutes)
- Royal road: Psychoanalytic approaches to the dream (30 minutes)
- Whole and forgiven: A bible study experience with Walter Wink - CRC video - Who 1991 v.4, c.1
- Freud’s interpretation of dreams – Discovery channel great books series CRC video fre 1997
- The world within: C.G. Jung in his own words – Kino video CRC video wor 1993