

English Summaries

The present issue is devoted to problems of dream-analysis in theory and practice. The issue was compiled and edited by ILDIKÓ ERDÉLYI and ORSOLYA PAPP-ZIPER-NOVSZKY.

In the **MAJOR ARTICLES** section we publish the following contributions:

DON KUIKEN, An enriched conception of dream metaphor

Examination of the analogy between dreams and literature within a neoformalist perspective indicates that current accounts diminish the importance of the other major literary tropes, such as metonymy and irony, and fail to appreciate the importance of interactive theories of metaphor. By contrasting collective and composite dream images (Freud, 1900/1953), the reductionistic nature of current conceptions of dream metaphor becomes evident. An alternative, based on composite dream images, substantiates States (1988) characterization of the analogy between literature and dreaming. A method of dream analysis is introduced that identifies central themes within the dream, independently of dreamer associations, and specifies the expressive devices that provide defamiliarizing transformations of those central themes. Preliminary explorations using this method indicate the importance of identifying the defamiliarizing transformations of composite dream images in any attempt to understand their effects, especially as these become evident in impactful dreams. (*Sleep and Hypnosis*, 1999, 1(2):112-121.)

JEAN-MICHEL QUINODOZ, 'Dreams that turn over a page': Integration dreams with paradoxical regressive content

The subject of this paper is 'dreams that turn over a page', whose primitive anxiety-inducing content frightens the dreamer, although the psychoanalyst sees them as a sign of progress in psychic integration despite their regressive appearance. This thesis is illustrated by clinical examples. Because such anxiety dreams typically occur at a time of integration, the author considers that the analyst must interpret them as showing that the patient is now able to accept hitherto unrepresentable parts of himself, while the dream content proper should be interpreted at a second stage once the anxiety has subsided. The author postulates that these seemingly regressive dreams are a token of progress because they occur at privileged points in the transference when projective identification is giving way to introjection. The reintegration of previously expelled fragments causes anxiety but also gives the dreamer a sense of inner cohesion, while at the same time accounting for the particular clarity and coherence of these dreams. The

author compares his concept of dreams that turn over a page with similar notions in the literature and contends that such dreams retrospectively illuminate changes in the dreamer's intrapsychic conflicts on a more elementary level of unconscious fantasy than the classical approach would suggest. (*International Journal of Psycho-Analysis*, 1999, 80(2):225-238.)

ANTAL BÓKAY, On the metapsychology of dreams in psychoanalysis

Freud's seminal work, the *Interpretation of Dreams* besides being the source of psychoanalysis as such contains a theory of subject that is crucial for contemporary humanities. The idea of dreams and the understanding of the elaboration of dream processing may serve as an epistemology of the internal articulation of sense. It is possible to define several such general, epistemological aspects of dreaming and dream interpretation. First of all dreams and dream interpretation takes place between sleep and wakefulness, between the internal and the external. These two states refer to the special phenomenological aspects of the dream process. Dreams have a reading character, as they exist only if they are read (told) by the reader, by the dreamer. The dreams are infinite and have navels, a points of contact with the unknown. Other binary epistemological features of dreams are their image versus word character, their energy nature versus being cognitive constructs. Freud, and the later analysts talk about the central importance of the rhetorical nature of dreams, the primary function of dream-work.

ILDIKÓ ERDÉLYI, The unconscious body image as a metaphoric theory and the appearance of the body image in dreams

In her essay the author interprets the unconscious body image concept elaborated by Françoise Dolto. She examines the relation between metaphoric theory-formation and the theme of early relationship. After introducing the metaphoric theories, including also Dolto's theory, she demonstrates through a case study the application of the body image concept during her work with dreams in psychotherapeutic practice, and shows how she finds early experiences in the traces of body image. Beside object-relational theory she uses Daniel N. Stern's theories, especially the idea of 'vitality affect' that fits well to Dolto's body image concept. Both of the latter ones try to reach the pre-verbal period. The work method through which she applies the unconscious body image most effectively is the reverie that originates from Wilfried Bion (1962), and was raised to a masterly level by Thomas Ogden (2012). Finally, through the above-mentioned case she presents how she treats fantasies, dreams and the unconscious body image in psychotherapeutic practice.

KATALIN BÁLINT – ENIKŐ EDINA FECSKÓ, The dream metaphor in psychoanalytic film theory

The purpose of the paper is to describe the analogy between film and dream. The authors introduce the main fields of the similarities as the connections between film viewing and dreaming, the structural parallels between film and dream, the wish-fulfilling functions of the two phenomena and the analogous features of interpretation of dreams and interpretation of films.

In the **METHODOLOGICAL WORKSHOP** section we publish:

AMARYL ÁRKOVITS, ‘We are all like the material of dreams’: The theory and practice of DREAM-therapy

The concept of humans of DREAM-therapy is based on the anthropology of psychoanalysis and the dynamic models of development. This form of psychotherapy intends to combine active technique initiated by Sándor Ferenczi, the time-framed method by Balint and Ornstein, as well as the methodical and technical repertoire of focal therapies. Its most important component is dreamwork – interpretation of dreams. As in the case of other dynamic therapies the most significant aspect of the therapy is the forming relationship with the therapist – this accentuates and signifies ideas shared in the therapeutic sessions. The important concepts of DREAM-therapy are the relationship, the interpretation, transference and countertransference, the active elaboration of opposition, and the termination. The system of transference phenomena is in the centre of our work, which adds content-, emotional- and contextual connotations to the therapeutic process.

LILI SZIRTES, Phantom in the mirror: the appearance of transgenerational trauma transmission in dreams

This study is focusing on the intergenerational transmission of the trauma of holocaust through two case studies, in which the analysis of the key-dreams of the interviewees (Attila and her daughter, Aliz) is central. The clinical benefit of comparing generational dreams is that it outlines an essential image of the multi-layered conflict-constellation (Stekel, 1935; Erdélyi, 2010). The latent content of the dream – filling in the gaps of the life story narrative due to the secrets banished to mass graves – is leading to the hiding place of the intergenerational phantom (Ábrahám, 1975): in the family tale examined, to the relationship conflicts of preverbal and oedipal nature resulting from phantomization. In the analysis of early childhood traumas, I rely on psychoanalytic theories: Ferenczi’s ‘confusion of tongues’, Wardi’s ‘memorial candle’, Erdélyi’s ‘Little Angel’, Lacan’s ‘mirror stage’, Dolto’s ‘unconscious body image’ and ‘doppelgänger’ concepts. The symbolic linguistic duality of the associations to the dream in both dreamers’ material is indicating the repetition of the trauma set into ungraspable timelessness and the ‘split children’ being captured in parallel experiences of being.

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