

Freud's dream content and interpretation:

He identified 4 ways that dreams disguise unconscious desires:

1. CONDENSATION:

where one person or object represents characteristics of many different familiar things. A character may dress like one person, talk like another and so on.

2. DISPLACEMENT:

carries psychic energy from sources of unconscious drives to other less significant images; thus, the most prominent elements of a dream do not carry much meaning with regard to unconscious drives, while small details are full of unconscious significance.

3. SYMBOLIZATION:

occurs when dream elements have common meaning for many people, for example, a goblin or Santa Claus.

4. SECONDARY ELABORATION:

dream elements are arranged to form a whole dream; a story line or events from the day before are used to fill in transitions between events.

Daydreams:

- It is a fantasy an individual creates while awake, to conjure up images that are gratifying.
- They are controlled by waking consciousness.
- They are usually closely related to reality and are logical and coherent.
- Most people recognize that they are fantasizing.

Lucid Dreaming:

- People recognize they are dreaming
- May act to change or control the dream
- Many cultures teach people to increase the rate of lucid dreaming