### Dream Analysis

#### Components

**Dream as Wish-Fulfilment**
To Freud, dreams represent our unfulfilled desires, thoughts and emotions that we have repressed (forgotten/unknown because they are “locked away” in our unconscious mind).

Freud argued that our wishes (and therefore our dreams) are influenced by our unconscious mind and repressed ID urges:
- ID wants instant gratification
- “pleasure principle”
- Libido
- Thanatos

**The Symbolic Nature of Dreams**
Our unconscious ID desires are not gratified directly in a dream and the meaning must be disguised and expressed symbolically. As our repressed ID urges might be too psychologically damaging.

The dream that we report on waking up is referred to as the manifest content. This, however, is a symbolic (or “censored”) version of the real meaning of our dream, or the latent content.

There is a meaning to every dream but is disguised to protect our conscious ego. (e.g. train through a tunnel = sexual intercourse)

**Dreamwork and The Role of the Therapist**
The latent content of the dream is transformed into manifest content through the process of dreamwork. The latent content is the underlying meaning and the manifest content is what we report on waking up.

The role of the therapist is to reverse the dreamwork process (i.e. decode the manifest content). The therapist would suggest various interpretations based on patient feedback and knowledge based on their life experiences, allowing those that make sense (“two-way dialogue”)

**Techniques:**
- **Displacement:** Change a person or an object into another
- **Condensation:** Combine features of two or more people/objects into one
- **Symbolisation:** Object/action serves as a symbol for another (Freud)
- **Secondary Elaboration:** The unconscious mind strings images together into a logical sequence
- **Representation:** Translating a thought through the visual image