Dream Analysis

Effectiveness

It is difficult to accurately assess the effectiveness of dream analysis as therapy as dream analysis is not in itself a therapy – it is a tool or technique used within psychoanalysis. This means that there are not very many research studies that specifically look at how effective dream analysis itself is. This means that any conclusions drawn about this effectiveness must be treated with caution.

### Research Support

  - Found that dream analysis was used in about **28%** of therapy sessions
  - **2/3** of the cases where dream analysis was used was at the **insistence of the client**
  - This suggests that therapists themselves don't think dream analysis was effective as **less than 10%** of the cases therapists used the therapy, otherwise they did not

♫ However, in the Schredl study therapists did conclude that dream analysis played a significant role in therapy success, with **70.4%** of the clients **benefitting** from working on dreams.

However, the clients insisting use this therapy shows that the therapy is believed to work.

- In a review of 12 studies it was found that clients felt better about the quality of the therapy session when they focused on dreams than when they focused on using other psychoanalytical tools as the clients felt they **gained insight into their dreams**. This may be useful for clients as they are able to link the dreams to personal “real” experiences and how it is affecting their lives.

♫ Cartwright et al, (2005) found that helping clients attend to their dream correlated to a **reduced risk** of **early termination from treatment**. This means that dream analysis allows people to remain in therapy as they are **encouraged not to drop out**.

♫ Cross-culturally Tien et al, (2006) found for Asian clients that dream work can facilitate the discussion of personal problems that are normally difficult to introduce in therapy due to cultural injunctions. This means that they can **talk about their feelings they may not be able to talk about in a day to day basis**.

### Conclusion:

So overall research suggests that dream analysis deepens the psychotherapeutic process.

However, this does not mean that dream analysis is effective for everyone as people may not be able to recall dreams or may not want to share their dreams as it could lead to unconscious desires to be opened. Especially for children as they may not dream as much and may not be able to verbally recall their dreams.