

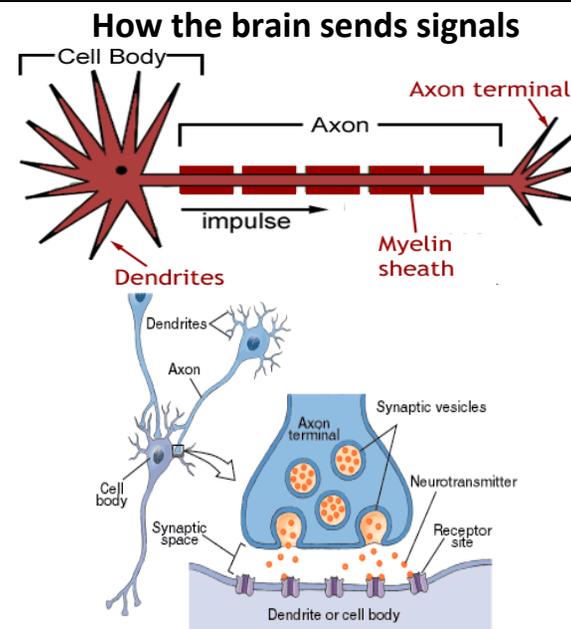
GCSE psychology – Unit 1: Perception and Dreaming

Topic B: Is dreaming meaningful?

Freud's (1900) Dream Theory	Psychoanalysis
<p>Sigmund Freud came up with dream theory:</p> <ul style="list-style-type: none"> • He thought that problems were repressed and put into the unconscious mind so that we didn't have to deal with it (unconscious = unaware). • Dreams give clues to these repressed feelings. • Manifest content – story the dreamer tells about what they have dreamt. • Latent content – underlying meaning of the dream – what the dream really means by analysing the symbols in the dream. 	<ul style="list-style-type: none"> • The talking cure – a psychoanalyst is trained to help people with mental illnesses. • One way is to analyse the symbols in dreams to reveal the unconscious thoughts and desires so they can be dealt with. • This is called Dream analysis – uncovering unconscious thoughts by interpreting symbols in our dreams. <ul style="list-style-type: none"> ▪ Latent content found by analysing the symbols in the manifest content. BUT ... you need to be trained to do this.
<p>Dreamwork –</p> <p>Freud said dreamwork was what the mind is doing to keep the unconscious feelings, thoughts and desires hidden – to protect the individual from undesirable thoughts.</p> <p>It does this in 3 ways when we dream:</p> <ul style="list-style-type: none"> • Condensation – many ideas appearing as one symbol in a dream. • Displacement – something unimportant that seems to be important, to shift attention away from what is really important. • Secondary elaboration – adding bits to a dream to make it make sense of it. This makes it hard to analyse. 	<p>Other ways a psychoanalyst can discover repressed wishes and desires.</p> <ul style="list-style-type: none"> • Slips of the tongue – someone uses the wrong word for something. These words come straight from the unconscious • Free association – someone is asked to say their thoughts out loud. What they say can be analysed by the psychoanalyst

Evaluating Freud's dream theory

Strengths of theory	Weaknesses of his theory
<ul style="list-style-type: none"> • Analysing dreams is a unique way of investigating mental health. 	<ul style="list-style-type: none"> • His theory cannot be measured scientifically.
<ul style="list-style-type: none"> • Allows the psychoanalyst to really know their patients which help with treatment such as helping someone overcome a phobia. 	<ul style="list-style-type: none"> • Interpreting dreams is subjective. How do we know Freud's interpretations were correct (as there is no way of measuring dreams objectively)?
<ul style="list-style-type: none"> • Provides a way of gathering lots of in depth (qualitative) data about individuals (talking and recording what they say). 	<ul style="list-style-type: none"> • His research might not be generalisable as his research was done over a hundred years ago mainly on well-off people. His findings might not apply to all people.



neuron	A specialist cell that sends information by electrical and chemical means.
Synaptic gap	The gap between the dendrites of one neuron and the next
Neurotransmitter	A chemical at the terminal button of a neuron. When released it goes across the synaptic gap.
'lock' and 'key'	Receptors at a dendrite are of a certain shape (lock) so they can only work when the right neurotransmitter (Key) crosses the synaptic gap.
Impulse	The electrical signal that goes from the cell body to the terminal buttons and releases a neurotransmitter.
Synaptic transmission	When a neurotransmitter crosses the synaptic gap and is taken up by the dendrites of another neuron – so the message continues.
Axon	The 'cable' that goes from the cell body to the terminal buttons (which hold the neurotransmitter)

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A Biological theory of dreaming - Hobson and McCarley (1977)

Known as the Activation-synthesis model

How it works:

1. There are several stages to sleep – measured objectively by an **EEG machine** (measures brain activity).
2. Dreaming takes place in **REM** (rapid eye movement) sleep – about 5 times each night.
3. During REM sleep there is a **Sensory blockade** – no incoming info from our senses.
4. During REM sleep we have **Movement inhibition** – our body is paralysed and we can't move.
5. During REM sleep our Neurons are activated because of random impulses which trigger random thoughts and experiences from our memory. (**activation**)
6. Our brain tries to make sense of the random activation of neurons by putting them together to make a story which we call the dream. (**synthesis**)

Evaluating the Activation-Synthesis theory of dreaming

Strengths of theory

- **REM can be observed by researchers** in sleep labs and **people report dreaming** when woken up in REM sleep.
- **REM brain waves can be measured objectively** by an EEG machine.

Weaknesses of his theory

- **Dreams may have meaning** but this theory says they are just randomly activated thoughts. Many people say they dream about events from the previous day – which suggest dreaming is **NOT that random**.
- **Young children have few dreams** but the **normal amount of REM sleep**. This suggests **dreams are not simply linked to REM sleep**.

Comparing dream theories

Issue	Freud's theory	Hobson and McCarley's theory
Objectivity	None at all! The dreams need interpreting by the researcher.	Very. Uses scientific equipment to measure REM sleep and controlled experiments in sleep labs.
credibility (How believable is it?)	Hard to believe because it can't be shown through scientific methods.	Easy to believe because there is scientific evidence to back it up.
Methods	Case studies and dream analysis	Scanning equipment and experiments
Dreams are meaningful	Are meaningful and gives us clues to our unconscious desires.	Have no meaning as they are randomly triggered during REM sleep.
Nature – nurture	Both nature and nurture – unconscious mind is nature and its content is nurture.	Nature – dreaming is a natural part of the way the brain and body work.

Remember, when asked to compare you must comment on both. Use comparing connectives such as 'but', 'whereas', 'on the other hand'

Research Method - Case studies

Case Study = Detailed, in depth study on one person /small group.

Often uses **many research methods** (questionnaires, observations, interviews, experiments etc...) to **gather as much in depth information about that person or small group as possible**.

- ⊙ Case Studies have an aim– what the study is about. (**NO Hypothesis**)
- ⊙ Case Studies **can collect both qualitative and quantitative data**.
 - **Qualitative data:** data involving what the person thinks or feels such as stories or attitudes.
 - **Quantitative data:** data involving numbers and statistics such as percentages and test scores.

Designing case studies

- ⊙ **Aim** – what do you want to find out? E.g. the aim of this case study is to look at the content of one person's dreams over a one month period.
- ⊙ **Decide who you will study.**
 - They must give **informed consent** (know what the **aim** of the study is).
 - You must keep the participants name secret because you must keep all data **confidential**. You could give them a false name.
 - You must explain that the participant does not have to tell you everything they have dreamt about because they have the right to **privacy**.
 - You must tell the participant that they can **withdraw** from the case study at any time.
- ⊙ **Decide on how you will collect the data.** Such as:
 - Get the participant to keep a dream diary
 - A questionnaire for the participants family (if necessary)
 - Interviews on a weekly basis ...

Strengths of Case Studies

It collects valid (**real-life**) data.

Collects a great deal of **quantitative** and **qualitative** detail about one particular person or small group.

Good for treating individuals because the researcher finds out so much about them.

Weaknesses of Case Studies

Subjective (much of the data requires the researcher to interpret it).

Not generalisable (can't apply the findings to other people).

Researcher bias. The researcher might get too involved in what they are studying and only interpret the data to support their aim.

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Freud's case study of Little Hans – 1909	The job of a psychoanalyst	Psychological Sleep disorders
<ul style="list-style-type: none"> ○ Little Hans's (LH) parents supported Freud's ideas and sent him regular letters describing their son's development. Freud only met L H twice! ○ LH had a phobia of horses – afraid to go out of the house. Freud analysed what LH said and his dreams to find out LH's wishes and desires. Freud wanted to cure LH of his phobia. <ul style="list-style-type: none"> ▪ E.g. of an early dream – LH woke up crying as he thought his mother had gone and he had no mummy. <ul style="list-style-type: none"> ○ Freud – an anxiety dream and said it was linked to the Oedipus complex (which boys around 5 go through) – attracted to mother, jealous of father, guilty for feeling that way and so begins to relate more with father. All these emotions are in the unconscious – LH was not aware of them but Freud interpreted the dream to show that LH desired his mother and was anxious that she might have gone. ○ Giraffe dream: big giraffe and a crumpled giraffe in a room <ul style="list-style-type: none"> ▪ The big giraffe shouted out because LH took the crumpled one away from it. <ul style="list-style-type: none"> ○ Freud thought the big giraffe was LH's father and the crumpled giraffe his mother. ○ Freud thought the dream showed that LH wanted to take his mother away from his father. This was part of LH going through the Oedipus complex. ○ Freud thought Hans's phobia of horses was really because he feared his father. 	<ul style="list-style-type: none"> ● Work with people with mental health issues: = Obsessive compulsive disorder, phobias, anxiety ... ● Listens and observes the client to try and help them with their problems. Helps the client to understand their emotions and therefore deal with them. ● Trained to use different types of psychotherapy: = Cognitive behaviour therapy, counselling etc... ● Meets with the client up to 4 times per week. Very time consuming (1 hr. per session) and expensive (about £50 per session) ● Dream analysis just one way of getting information from the client's unconscious – in a survey of 79 psychoanalysts dream analysis only used 28% of the time. <p style="text-align: center;"><u>Becoming a psychoanalyst</u></p> <ul style="list-style-type: none"> ○ Usually work for themselves – about 300 in UK. ○ Need skills such as empathy, good listening skills, non-judgemental and patience. ○ Undertake training approved by the International Psychoanalytical Association. 4 year course, part time, and must undergo psychoanalysis themselves. <p style="text-align: center;"><u>Ethics</u></p> <ul style="list-style-type: none"> ● The ethical guidelines are advice put forward by the British Psychological Society to protect participants. ● Informed consent – Participants need to know what they have to do. They can then decide whether they want to be part of the experiment. ● Right to withdraw – Participants should not feel they have to carry on if they do not want to. ● Privacy – Making sure the identity of the individual is kept secret. ● Confidentiality – Information gained about people must not be shared with others without permission. ● Competence – Psychologists must be properly qualified and capable of carrying out research. 	<p style="text-align: center;"><u>Psychological Sleep disorders</u></p> <p style="text-align: center;"><u>Four categories of sleep disorder:</u></p> <ul style="list-style-type: none"> ○ Insomnia – trouble sleeping or staying asleep. ○ Hypersomnia – feel sleepy all the time. ○ Circadian rhythm disorder – problems with body clock (circadian '24 hr.' rhythm), or sleep-wake cycle. ○ Parasomnia – Disorders whilst asleep, such as nightmares, sleep walking and night terrors. <p style="text-align: center;"><u>The importance of REM sleep:</u></p> <p>Without REM sleep for a long period (two weeks +) people start to get memory loss, disoriented, lose coordination, have illusions and suffer paranoia. Rats deprived of sleep have died! REM sleep seems to be vital for our well-being.</p> <p style="text-align: center;"><u>Sleep disorder clinics</u></p> <p><u>Purpose:</u></p> <ul style="list-style-type: none"> ● To help diagnose a sleep disorder – observation (spending a night at the clinic), EEG tests, interviews about lifestyle etc... ● To help people get over a sleep disorder. <p><u>Treatments:</u></p> <p>4 methods (can use more than one at a time)</p> <p><u>Medication:</u> to help someone get to sleep or to help regulate sleeping patterns (e.g. narcoleptics). Doesn't cure the problem only treats the symptoms.</p> <p><u>Cognitive behavioural therapy</u> – problems often related to anxiety, and CBT addresses unhelpful thinking. Makes people think more positively which reduces anxiety so they can sleep.</p> <p><u>Acupuncture</u> – form of Chinese medicine which involves tiny needles. Can regulate body clock.</p> <p><u>Hypnotherapy</u> – involves relaxing completely to uncover problems. People listen to advice more when they are relaxed. This can help people get over insomnia or night terrors.</p>
<u>Evaluating Dream analysis</u>		
Strengths of Dream analysis	Weaknesses of Dream analysis	
<p>Good for accessing hard to reach information in the unconscious – helps to reveal unconscious desires and wishes and fears.</p>	<p>Ethical problems</p> <ul style="list-style-type: none"> ● False memories might be created because of a wrong interpretation. ● Might create stress if traumatic events are remembered. 	
<p>Accepted by the client. People often agree with the interpretation and this helps them to be cured.</p>	<p>Interpretation</p> <ul style="list-style-type: none"> ● Interpreting dreams is highly subjective and one analyst might interpret a dream differently to another analyst. 	
<p>The dreams are described by the client and then interpreted by the analyst. This might help with any cure because they are focusing on the problem.</p>		

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