



Psychoanalytic Center  
of the Carolinas

## 308 – Understanding and Using Dreams

**Instructors:** Lida Jeck, MD, and Ellen Walker, MD

**Meeting Dates:** Tuesdays – January 16, 2024 through March 5, 2024

**Time:** 5:30 PM-7:00 PM Eastern

**Location:** Zoom/Virtual

**# of Credit hours:** CME Credits: 12 / CE: 12 clock hours/ NBCC: 12 clock hours / All others: Letter of Attendance

**Target Audience:** This course is appropriate for mental health professionals at the intermediate through advanced levels.

**Format:** *This class will be limited to 8 participants* and will combine lecture and seminar formats; student participation is encouraged. All PCC courses include small group discussions which require participants to read and synthesize the materials presented. Classes will include discussion of clinical material of both the instructors and the participants PCC faculty ensure that gaps in knowledge are addressed.

**Description:** Dreams have been called "the royal road to the unconscious." Learning how to listen to dreams provides an opportunity to expand our capacity for analytic listening. We will discuss classical theory about dreams and contributions from contemporary thinkers. We will look at different types of dreams and consider how they help patients to process affects and organize memories. Class members will be expected to present case material in class, and we will practice different ways of listening to dreams and using them with patients. Some writing projects will be included. We will focus on enhancing clinical work through the use of dreams in both insight-oriented psychotherapy and psychoanalysis.

**Prerequisites:** This class is open to matriculated Psychoanalytic Adult, Adult/Child students who have completed all or nearly all of the Core Curriculum which must include completion of Analytic Approaches to Treatment Parts 1 and 2. Psychoanalytic Psychotherapy students and graduates who have completed the Core Curriculum and have at least one intensive case may also take this class. Other interested students must have the permission of the instructor. If you do not meet the prerequisites, please reach out to the instructor for permission *prior* to completing your registration.

**Course Syllabus:** [Understanding and Using Dreams](#)

**Training Program Credit:** Students who successfully complete this course can earn credit in the psychoanalysis training program or for elective credit in the psychoanalytic psychotherapy training program. Students must complete course assignments to receive training program credit.

**Continuing Education Credit:** At the end of the course, participants must complete the evaluation form to receive continuing education credit. The instructors have signed a financial disclosure form and have no relevant financial relationships with ineligible companies to disclose.

### **About the Instructors:**

**Lida Jeck, MD**, is a psychiatrist and psychoanalyst in private practice in Durham. She did her psychiatry residency at North Carolina Memorial Hospital and her psychoanalytic training at the UNC-Duke Psychoanalytic Education Program, which is now the psychoanalysis training program of the Psychoanalytic Center of the Carolinas (PCC). She is certified by the American Board of Psychoanalysis and is a member of the American Psychoanalytic Association. She is a Training and Supervising Analyst of the PCC's psychoanalysis training program and past director of both the PECC (now TEC) and the psychoanalysis training program.

**Ellen Walker, MD**, is an adult and geriatric psychiatrist and psychoanalyst in private practice. She completed her residency in general psychiatry in 2009 and a fellowship in geriatric psychiatry in 2010 at Duke University Medical Center. She completed her psychoanalytic training at the Psychoanalytic Center of the Carolinas in 2018. She has worked in private practice in Durham, NC, Salt Lake City, UT, and now in Oakland, CA. Ellen has taught beginning psychotherapy courses to psychiatry residents at Duke and advanced psychotherapy courses to seasoned clinicians at the Psychoanalytic Center of the Carolinas and the San Francisco Center for Psychoanalysis. She has given several lectures on dementia and other mental illnesses at various medical organizations. Finally, she supervises psychiatry residents in training, psychiatric nurse practitioners, and other psychotherapists as a regular part of her practice. Her special interests include women's mental health and geriatric psychiatry.

***Registration and Tuition Deadline is January 5, 2024.***

### **Tuition**

PCC Matriculated Students: **\$235**  
Graduate Students and Residents: **\$290**  
All others: **\$315**

*Registration Fee: \$25 per term (Matriculated Students are exempt from registration fee).*

*Payment plans can be arranged with the Business Manager.*

[Course Cancellation Policy](#)

[Register Here](#)

### **Course Learning Objectives**

Class participants will be able to:

1. Describe different models of thinking about dreams.
2. Apply the method of patient's associations and day residue to uncover unconscious wishes in one of your patient's dreams.
3. Describe what Freud means by manifest content, latent content and dreamwork.
4. Describe how traumatic dreams fit or do not fit with Freud's model of dreams.
5. Describe a self-state dream.
6. Describe ways of using dreams as communications in psychotherapy, psychoanalysis and in other settings
7. Describe how empirical research informs and does not inform psychoanalytic understanding.
8. Describe how dreams help individuals to organize memories and affects.
9. Describe how you can use what you have learned from work with dreams to approach work with your patients in general.
10. Describe the impact of identities of the participants in the dyad on working with dreams

**Confidentiality Statement:** All case material will be carefully disguised. We ask that participants agree to hold all material presented with the utmost care, following ethical and professional guidelines.

Course Participants agree to review and abide to the following:

[Professional and Ethical Guidelines for the Classroom](#)

**Accommodation Statement:** To request an accommodation for this program, please get in touch with the Administrator at [Kayla@CarolinaPsychoanalytic.org](mailto:Kayla@CarolinaPsychoanalytic.org) by two weeks before the start date.

***CE & CME Disclosures:***

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the Psychoanalytic Center of the Carolinas. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians."

The American Psychoanalytic Association designates this Live Activity for a maximum of 12 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters for this educational activity have relevant financial relationship(s)\* to disclose with ineligible companies\* whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

\*Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company.

-Updated July 2021-

The Psychoanalytic Center of the Carolinas has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6518. Programs that do not qualify for NBCC credit are clearly identified. The Psychoanalytic Center of the Carolinas is solely responsible for all aspects of the program.

The Psychoanalytic Center of the Carolinas is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of the Carolinas maintains responsibility for this program and its content.

Social workers will receive a letter of attendance documenting their hours of continuing education. This certificate may not be acceptable verification in all states.

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**Contact:** [Kayla@CarolinaPsychoanalytic.org](mailto:Kayla@CarolinaPsychoanalytic.org)

Kayla Schilke, Training and Education Program Manager

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*Psychoanalytic Center of the Carolinas: Promoting Emotional Resilience by Understanding the Mind Through Psychoanalytic Education, Practice and Service.*