



Psychoanalytic Center
of the Carolinas

308 – Dream Analysis: Understanding and Using Dreams

Instructor: Jon Meyer, MD

Meeting Dates: Tuesdays
August 18, 2026 through October 6, 2026

Time: 7:10-8:40 PM Eastern

Dates and times are subject to change.

Location: Zoom/Virtual

of Credit hours: APA CE: 12 clock hours / NBCC: 12 clock hours / All others: Letter of Attendance

Target Audience: This course is intended for individuals who have experience in their own psychoanalyses as well as the clinical practice of psychoanalysis. This is an advanced level course.

Prerequisites: Students will need a basic exposure to and understanding of psychoanalytic theory and practice both personally and in work with patients. This class is open to matriculated Psychoanalytic Adult and Adult/Child candidates who have completed nearly all 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.

Format: This class will be in a seminar format. Students are expected to participate actively in discussions of the literature and to bring in dream material for discussion.

Course Description: The dream has always held a special place in psychoanalysis. Dreams are recognized as providing a port of entry to the patient's way of thinking—into both conscious and unconscious problems, conflicts, and memories. Ways of approaching dreams vary widely. We will cover a variety of theoretical and technical perspectives. This course will emphasize different views of the functions of dreams and different ways to help the patient understand his/her dream. An overarching view is that working with dreams is a collaborative undertaking, not one in which the analyst has the knowledge or authority to make definitive interpretations. The dream is the patient's dream, and we start where the patient is. One more point, there are divisive issues culturally-- social, political, racial, socioeconomic, religious, and others—that may show up in dreams. They are grist for the psychoanalytic mill, and we are free to take them up—indeed, obliged to take them up—when they occur.

Course Syllabus: [Dream Analysis](#)

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 instructor(s) have no relevant financial relationships with ineligible companies to disclose. CME credits are not offered to physician learners for this course.

About the Instructor:

Jon Meyer, MD, is a retired Training and Supervising Analyst in the Washington-Baltimore Center for Psychoanalysis and an Honorary Member of PCC. He is an emeritus Professor of Psychiatry and Psychoanalysis at the Medical College of Wisconsin. He is a past-President of the American Psychoanalytic Association and a previous Erik Erikson Scholar-in-Residence at the Austen Riggs Center. He is a member of the Center for Advanced Psychoanalytic Studies.

Email: jkmartphoto@gmail.com

Registration and Tuition Deadline is August 4, 2026.

Tuition

PCC Matriculated Students: **\$275**

Graduate Students and Residents: **\$345**

All others: **\$375**

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

Payment plans can be arranged with the Finance and Operations Manager. Please email Finance@CarolinaPsychoanalytic.org

[Course Cancellation Policy](#)

[Register Here](#)

Course Learning Objectives

Class participants will be able to:

1. Describe different models of thinking about dreams.
2. Describe the impact of identities of the participants in the dyad on working with dreams.
3. Apply the method of patient's associations and day residue to uncover unconscious wishes in one of your patient's dreams.
4. Describe what Freud means by manifest content, latent content and dreamwork.

5. Describe how traumatic dreams fit or do not fit with Freud's model of dreams.
6. Describe a self-state dream.
7. Describe ways of using dreams as communications in psychotherapy, psychoanalysis and in other settings
8. Describe ways the dream represents memories both as an expression and as a resistance to the expression of psychic conflict.
9. Describe how empirical research informs and does not inform psychoanalytic understanding.
10. Describe how dreams help individuals to organize memories and affects.
11. Describe how you can use what you have learned from work with dreams to approach work with your patients in general.

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 by two weeks before the start date.

Continuing Education Disclosures:

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.

Contact: Kayla@CarolinaPsychoanalytic.org

Kayla Schilke, Training and Education Program Manager

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