

The Role and Functions of Dreams

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Annotation: *In the works of virtually all psychologists dealing with the problems of dreams, much attention is paid to the study of the role of dreams in the life of an individual, as well as to the study of the patterns and mechanisms of sleep construction.*

Keywords: *diagnostic material, topographic model, adaptive function, dream, psychological health, dream symbolism, emotional reactions, dangerous situations, intersystem conflict, association, neurotic conflicts, archetypal symbol.*

In accordance with the topographic model of personality developed by Z. Freud, dreams are a product of the unconscious. With the development of his model of personality, the therapeutic focus shifted to intersystemic conflict (a conflict within the interaction of the forces "Id", "Superego" and "Ego") and to the analysis of defenses. This intersystemic conflict can be found in any behavior of the patient, including dreams. In his opinion, symbols of unconscious desires, repressed needs of the individual, which cannot be realized in society, appear in the content of a dream.¹

When working with the material of dreams, it is necessary to pay attention to the position of Z. Freud regarding the fact that the content of dreams comes from 12 real experiences. Dreams follow the principle of reflection, reflecting the inner world of a person. During sleep, it is only reproduced, remembered, although after waking up a person can deny that this knowledge belongs to his awareness. That is, a person in a dream knows something that he does not remember in a waking state.²

In addition to experiences, dreams carry memories, insights; awaken hidden qualities and desires of the individual, revealing unconscious elements in their relationship.³

According to A. Revonsuo, "danger modeling" is taught in the space of dreams. Such modeling develops the ability to identify the source of danger and the ability to respond to its appearance. Every night in the space of his dream, a person simulates dangerous situations, so that later he will be ready in the waking state to effectively respond to them. Most likely, the dream thus fulfills its adaptive function. Modeling of such situations occurs even if a

¹ Даринский, Ю.А. Физиология человека и животных / Ю.А. Даринский. – М.: «Академия», 2011. – 464 с.

Фрейд, З. Введение в психоанализ: Лекции / З. Фрейд. – СПб: Азбукаклассика, 2011. – 465 с.

Фрейд, З. Толкование сновидений / З. Фрейд. – СПб.: Изд-во Азбука, 2014. – 512 с.

² Карпова, Л.М. Сон и сновидение в пространстве основных гносеологических моделей // Журнал Аналитика культурологии. – 2009. – Вып. № 15. – С. 147-151.

³ Касаткин, В.Н. Теория сновидений: монография / В.Н. Касаткин. – 2-е изд. – М.: Медицина. – 1972. – 327 с.

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person does not remember his dreams, i.e. the individual benefits from such situations, even if he cannot remember exactly what was reflected in the dream material.⁴

With the development of science, the understanding also developed that the content of dreams manifests not only infantile personality conflicts. The focus of attention of researchers in working with dream materials has changed in the direction of reflecting current conflicts and traumatic events of the individual in them. Thus, E. Hartmann, for example, believes that the work of a dream is organized by a central affect, often associated with the patient's actual conflict situation, and that the dream "selects" situations that correspond to the emotional state of the sleeper.⁵

In the course of studying the functions of dreams in artificial (laboratory) situations, S.R. Palombo noted the process of processing information in connection with conflict relations as one of the functions of a dream. He showed that in the dream itself there is an interweaving of current and earlier experiences, everything that happens in a dream is superimposed on a wide temporal and meaningful context, at the same time it is processed, connecting with the already existing structures of memory and problem solving.⁶

Summarizing all the scientific achievements in the field of studying the space of dreams, we can conclude that dreams carry a "rich" diagnostic material about the personality of the dreamer, the presence of an actual conflict, and possible predisposing diseases. In addition, in the dream space, the ego state learns to "simulate danger" and deal with threatening situations.

In conclusion, for the practice of psychotherapy, this approach can give a lot. This approach sets a large space for freedom in choosing approaches to understanding a dream, ways of interpreting it. This way of understanding the phenomenon of dreaming, when applied in practice, can contribute to the development of the creativity of both the analyst and his patient. Because the opportunity to learn to understand the logic and speech of the unconscious, in addition to being an exciting and creative process, it also contains great therapeutic potential. This potential is due to the ability for the patient to not approach his problems locally, but to develop the ability to deeply understand himself, the language of his own unconscious, and hence the language of his symptoms and anxieties. However, when we analyze the symbols that appear in a dream from a semiotic point of view, we encounter messages that give the dreamer his subconscious. We can see such messages as a common symbol of dream expressions. Bread is symbol of an own portion, water- is symbol of science, cow- is symbol of disease.

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⁵ Юнг, К.Г. Воспоминания, сновидения, размышления / К.Г. Юнг; пер. с англ. В. Поликарповым. – СПб.: Харвест, 2003. – 496 с.

⁶ Palombo, S.R. The adaptive function of dreams // *Psychoanalysis and Contemporary Thought*. – 1978. – № 1. – P. 443–476.

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