COMMUNITY
WESTERN PENNSYLVANIA COMMUNITY FOR PSYCHOANALYTIC THERAPIES

Syllabus:

Clinical Approaches to Working with Dreams

Speakers: George Herrity, Psy.D, MSW
Date: 6/10/25
Time: 6:15 pm – 9 pm
Seminar
2.75 CE Credits
Fee: Free to Members and Non-Members per our Seminar Series Guidelines
For general programming questions email: inquiries@wpacommunity.org

Description:

The second of two classes on dreams and working with dreams within a psychotherapeutic setting will continue to focus on fundamental ways of orienting oneself to thinking about dreams and approaches for how to make use of dream content within the larger picture of a client's treatment. We will continue to discuss the function of dreams, the clinical usefulness of perceiving dreams through a lens of wish-fulfillment, and approaching dreams via a paradigm of decoding using dream symbols versus a client-centered associative approach. Additionally, we will look at contemporary research around dream interpretation, as well as areas where there continue to be questions without relatively clear conclusions.

Over the course of these two classes we will attempt to cover as much as we can with regards to working with dreams in a clinical setting, however, these seminars will not be exhaustive of the topic and therefore additional readings for the future will be recommended by the instructor. Each of the two classes will also include discussion of dream examples taken from my clinical work, as well as attendees will be encouraged to bring in dream examples from their own clinical work. This is meant to allow opportunities for seminar attendees to apply concepts from the readings to actual case material.

Program Objectives:
At the end of the program, participants will be able to:

1. Describe what some contemporary research suggests in terms of the function of dreams.
2. Describe benefits and drawback of approaching dreams according to a paradigm of using dream symbols to decode dreams versus a client-centered associative approach.
3. Identify key links between the readings for this seminar and other ways in which learners think about their work.
4. Critically reflect on key concepts brought up in the readings about how working within dreams in a clinical context can enhance a treatment process.

References/Readings

Required:

Roesler, C. (2023). Dream interpretation and empirical dream research–an overview of research findings and their connections with psychoanalytic dream theories. *The International Journal of Psychoanalysis*, *104*(2), 301-330.

Optional:

Fink, B. (2007). *Fundamentals of psychoanalytic technique: A Lacanian approach for practitioners*. WW Norton & Company.

Goodwyn, E., & Reis, J. (2020). Teaching dream interpretation to psychiatric residents. *Psychodynamic Psychiatry*, *48*(2), 140-151.

Wolitzer, M. (2024). Dreaming A Narcissist. *Journal of the American Psychoanalytic Association*, *72*(2), 331-336.

The Speaker:

Dr. George Herrity earned his doctoral of psychology degree from Carlow University and his master's of social work degree from Smith College School for Social Work. He is an active Faculty member at the Western Pennsylvania Community for Psychoanalytic Therapies where he teaches psychoanalytic theory and technique. He has a private practice in the Oakland area of Pittsburgh and provides ongoing supervision and consultation to psychotherapists in the community.

For additional information on the background and experience of the speaker, or to request the speaker's CV, please contact inquiries@wpacommunity.org or see our faculty section on our website at www.wpacommunity.org

Who Should Attend and Instructional Level of Activity: Psychologists, psychiatrists, social workers, counselors with interest in advancing their understanding and application of contemporary psychoanalytic concepts. Instructional level is suited for practicing mental health clinicians. Intermediate level of instructional programming.

Continuing Education Credits: *The Western Pennsylvania Community for Psychoanalytic Therapies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Western Pennsylvania Community for Psychoanalytic Therapies maintains responsibility for this program and its content.*

Attendance: To receive continuing education credit, you must sign in and be present for the entire seminar. You will be asked to complete an evaluation at the end of the session.

The Western Pennsylvania Community for Psychoanalytic Therapies values cultural and social diversity. Full participation in the educational activities of the Community is available to any qualified individual regardless of age, race, creed, gender, disability, sexual orientation, or ethnic background.

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FOR ADDITIONAL INFORMATION on the background and experience of faculty, on fees and cancellation/refund policies, our general Continuing Education procedures, and complaint procedures, email **inquiries@wpacommunity.org,** or write to Western Pennsylvania Community for Psychoanalytic Therapies, 145 44th Street, Pittsburgh, PA 15201, or go to our website at www.wpacommunity.org

There is no commercial support or potential conflict of interest for this program.