

Cognitive Therapy and Dreams



**Rachael I. Rosner
William J. Lyddon
Arthur Freeman**
Editors



Springer Publishing Company

Cognitive Therapy and Dreams



Rachael I. Rosner, PhD, is a research associate at the Danielsen Institute at Boston University. She received her PhD in psychology in 1999 from York University and completed her post-doctoral fellowship in the Department of the History of Science at Harvard University in 2002. Her doctoral dissertation was a history of the emergence of Aaron T. Beck's cognitive therapy. She is a historian of psychotherapy who has authored articles on cognitive therapy and dreams, Franz Brentano and Freud, and methodological

issues in the history of the neurosciences, as well as a chapter on the history of psychotherapy research at the National Institute of Mental Health (NIMH) for the forthcoming *Psychology and the NIMH* (Wade Pickren, Ed.).



William J. Lyddon, PhD, is professor of psychology and director of training of the American Psychological Association's accredited counseling psychology doctoral program in the Department of Psychology at the University of Southern Mississippi. He has served on the editorial board of several scholarly journals and is currently consulting editor of the *Counselling Psychology Quarterly*, assessing editor of the *Journal of Mind and Behavior*, and associate editor of the *Journal of Cognitive Psychotherapy*, published

by Springer Publishing Company. Dr. Lyddon has published over 85 journal articles and book chapters and is the coeditor (with Dr. John V. Jones, Jr.) of *Empirically Supported Cognitive Therapies: Current and Future Applications* (2001), which is also available in Italian (2002) and Spanish (2003) editions.



Arthur (Art) Freeman, EdD, is professor and chair of the Department of Psychology and director of the doctoral program in clinical psychology at the Philadelphia College of Osteopathic Medicine; he is also on the core faculty of the Adler School of Professional Psychology. Art has published professional books and trade books on cognitive therapy, including *Woulda, Coulda, Shoulda: Overcoming Mistakes and Missed Opportunities*, and *The Ten Dumbest Mistakes Smart People Make, and How to Overcome Them*.

Cognitive Therapy and Dreams

Rachael I. Rosner, PhD
William J. Lyddon, PhD
Arthur Freeman, EdD
Editors

Copyright © 2004 by Springer Publishing Company, Inc.

All rights reserved

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of Springer Publishing Company, Inc.

Springer Publishing Company, Inc.
536 Broadway
New York, NY 10012-3955

Acquisitions Editor: Sheri W. Sussman
Production Editor: Jeanne W. Libby
Cover design by Joanne E. Honigman

04 05 06 07 08/5 4 3 2 1

CIP TO COME

Printed in the United States of America by Integrated Book Technology.

Contents

<i>Contributors</i>	<i>vii</i>
<i>Foreword by E. Thomas Dowd</i>	<i>xi</i>
<i>Preface</i>	<i>xiii</i>
<i>Acknowledgments</i>	<i>xvii</i>

Part I: Historical Contexts

1	Cognitive Therapy and Dreams: An Introduction	3
	<i>Rachael I. Rosner, William J. Lyddon, and Arthur Freeman</i>	
2	Aaron T. Beck's Dream Theory in Context: An Introduction to His 1971 Article on Cognitive Patterns in Dreams and Daydreams	9
	<i>Rachael I. Rosner</i>	
3	Cognitive Patterns in Dreams and Daydreams	27
	<i>Aaron T. Beck</i>	
4	A Comparison of Cognitive, Psychodynamic, and Eclectic Therapists' Attitudes and Practices in Working With Dreams in Psychotherapy	33
	<i>Rachel E. Crook</i>	

Part II: Objectivist Approaches

5	Dreams as an Unappreciated Therapeutic Avenue for Cognitive-Behavioral Therapists	57
	<i>Harold E. Doweiko</i>	
6	Dreams and the Dream Image: Using Dreams in Cognitive Therapy	69
	<i>Arthur Freeman and Beverly White</i>	
7	Imagery Rehearsal Therapy for Chronic Posttraumatic Nightmares: A Mind's Eye View	89
	<i>Barry Krakow</i>	

Part III: Constructivist Approaches

- | | | |
|-----------|---|------------|
| 8 | The “Royal Road” Becomes a Shrewd Shortcut:
The Use of Dreams in Focused Treatment | 113 |
| | <i>Deirdre Barrett</i> | |
| 9 | From Reactive to Proactive Dreaming | 125 |
| | <i>Óscar F. Gonçalves and João G. Barbosa</i> | |
| 10 | Focusing-Oriented Dream Work | 137 |
| | <i>Mia Leijssen</i> | |
| 11 | The Hill Cognitive-Experiential Model
of Dream Interpretation | 161 |
| | <i>Clara E. Hill and Aaron B. Rochlen</i> | |

Part IV: Future Directions

- | | | |
|-----------|--|------------|
| 12 | To Dream, Perchance to Sleep: Awakening the Potential
of Dream Work for Cognitive Therapy | 181 |
| | <i>Rachael I. Rosner and William J. Lyddon</i> | |
| | <i>Index</i> | 193 |

Contributors

João G. Barbosa, MA, studied psychology at the University of Poro and the University of Minho. He is currently director of Dynargie in Portugal and a clinical psychologist in private practice.

Deirdre Barrett, PhD, is a clinical assistant professor of psychology at Harvard Medical School specializing in brief psychodynamic psychotherapy, hypnotherapy, and dream work. She is the author of *The Committee of Sleep: How Artists, Scientists and Athletes Use Dreams for Creative Problem Solving—And How You Can Too* (2001) and *The Pregnant Man: And Other Cases from a Hypnotherapist's Couch* (1998), as well as editor of the book *Trauma and Dreams* (1996). She is past president of the Association for the Study of Dreams and editor-in-chief of the international journal *Dreaming*.

Aaron T. Beck, MD, is widely recognized as one of the founders of the cognitive therapy movement. He is university professor emeritus at the University of Pennsylvania School of Medicine and president of the Beck Institute for Cognitive Therapy and Research. He is the author or coauthor of 13 books on the use of cognitive therapy with a variety of disorders, including depression, substance abuse, anxiety disorders, personality disorders, and anger. His most recent book is entitled *Prisoners of Hate: The Cognitive Basis of Anger, Hostility, and Violence* (1999).

Rachel E. Crook, PhD, is an assistant professor in the Counseling Psychology and Special Education Department at Brigham Young University. She received her PhD in counseling psychology from the University of Maryland, College Park. She has authored two articles for the journal *Dreaming* (Journal for the Association for the Study of Dreams) and a book chapter on training therapists to work with the Hill Cognitive-Experiential model of dream work. Her other academic interests include training and supervising graduate students in counseling theories and practices, and teaching supervision theory.

Harold E. Doweiko, EdD, is a psychologist at the Gundersen-Lutheran Medical Center in LaCrosse, Wisconsin. He has published on the topics of substance abuse, neurobiology, and antisocial personality disorder and is the author of *Concepts of Chemical Dependency*, now in its fifth edition. He is

currently working on the sixth edition, as well as on a text on crisis intervention scheduled for publication in 2005.

Óscar F. Gonçalves, PhD, is full professor and director of clinical psychology at the University of Minho, Portugal. He has written extensively on constructivism and narrative psychotherapy, including chapters on cognitive narrative psychotherapy for Michael Mahoney's *Cognitive and Constructive Psychotherapies: Theory, Research, and Practice* (1995), Neimeyer and Mahoney's *Constructivism in Psychotherapy* (1995), Neimeyer and Raskin's *Constructions of Disorder: Meaning-Making Frameworks for Psychotherapy* (2000), and Beutler and Malik's *Rethinking the DSM: A Psychological Perspective* (2002).

Clara E. Hill, PhD, is professor of psychology and codirector of the Counseling Psychology Program at the University of Maryland. Her major areas of research are psychotherapy process and outcome, dream interpretation, and counseling training and supervision. She is the author of *Therapist Techniques and Client Outcomes: Eight Cases of Brief Psychotherapy* (1989), *Working with Dreams in Psychotherapy* (1996), *Helping Skills: Facilitating Exploration, Insight, and Action* (1999), *Helping Skills: The Empirical Foundation* (2001), and *Working with Dreams in Therapy: Facilitating Exploration, Insight, and Action* (2003).

Barry Krakow, MD, is a board-certified internist and sleep specialist who has been active in the field of sleep, nightmares, insomnia, and mental health research since 1988. His research team, first at the University of New Mexico School of Medicine and now at the Sleep and Human Health Institute (SHHI) in Albuquerque, New Mexico, has developed a cognitive-imagery technique known as imagery rehearsal therapy (IRT) to treat chronic nightmares. IRT was developed with sexual assault survivors, crime victims, and disaster survivors, and these studies were published in *JAMA*, *Journal of Traumatic Stress*, *American Journal of Psychiatry*, and *Journal of Clinical Psychiatry*. IRT has been manualized, and a teaching program, "Turning Nightmares into Dreams," is available at www.nightmarettreatment.com.

Mia Leijssen, PhD, is professor in the Department of Psychology, Katholieke Universiteit, Leuven, Belgium, where she teaches experiential psychotherapy, integrative counseling skills, and professional ethics for psychologists. She has a practice in individual and group psychotherapy. She was trained as a client-centered therapist and received her training in focusing from Eugene Gendlin. Her doctoral research was on the effects of focusing training during

ongoing short- and long-term psychotherapy. She has published many articles and book chapters on experiential psychotherapy and on professional ethics for psychotherapists. She has written *Gids voor Gesprekstherapie* (1999), a Dutch handbook on experiential psychotherapy.

Aaron B. Rochlen, PhD, earned his PhD in counseling psychology from the University of Maryland in 2000 and is now an assistant professor in the Department of Educational Psychology at the University of Texas. His areas of interest are career counseling, men's issues, and dream interpretation.

Beverly White is currently a fifth-year PsyD student at the Philadelphia College of Osteopathic Medicine.

This page intentionally left blank

Foreword

I am delighted to write the Foreword to *Cognitive Therapy and Dreams*, by Rosner, Lyddon, and Freeman. One might say, it's something I've always dreamed of! For many years, I have been interested in the expansion and development of cognitive therapy. I have observed and commented upon this expansion (Dowd, 2002) and participated in it (e.g., Dowd, 1997, 2000). Now Rosner, Lyddon, and Freeman—all three highly accomplished scholars—have carried it one step further.

Cognitive therapy has increasingly been seen as *the* integrative therapy (e.g., Alford & Norcross, 1991). Its conceptual power, research basis, and broad therapeutic technique armamentarium has placed it in the forefront of existing psychotherapies. Now its ability to incorporate one of the most psychodynamic of techniques—dream interpretation—without doing violence to the cognitive model has further demonstrated this considerable heuristic and technical power.

This book illustrates several polarities. Some of the chapters use dream interpretation as an extension of more standard cognitive therapy, looking for the cognitive distortions in this domain of human cognition as well. These might be called the “objectivist” chapters. Others describe the use of dreams from a more metaphorical meaning point of view. These might be called the “constructivist” chapters. Both polarities (and combinations in between) are now accepted and well-represented in the cognitive therapy literature. The book also nicely illustrates the phenomenon of “second-order change” within cognitive therapy (Dowd & Pace, 1989) and included in dream work.

Dream work also illustrates the power of experiential understanding and body work in cognitive therapy, described by Mahoney (1995). As Dowd (2000) has also written, cognitive therapy in the early 21st century is a great deal more than talk. It involves nonverbal cognitions (imagery) as well as embodiment techniques.

Dreams may be thought of as examples of tacit cognitive schemas (Dowd & Courchaine, 1996), core cognitive schemas (Beck, 1995), or Early Maladaptive Schemas (Young, 1999). As such, they are examples of what Freud might have called *primary processes* involving highly idiosyncratic and metaphorical, non-veridical cognitions and are at a considerable theoretical distance from the original notion that dream contents have standard meanings.

This book contains chapters by writers who are not part of the cognitive therapy literature. I was impressed with how easily their ideas (e.g., Focusing, Imagery Rehearsal Therapy) fit within the cognitive therapy model, once again demonstrating the integrative power of the model.

While not strictly a treatment manual, this book contains enough treatment descriptions and client-therapist typescripts so that a sophisticated reader will be able to understand and implement the techniques without too much difficulty. I was surprised how close some of the concepts and techniques were to those with which I was already familiar, e.g., hypnotherapy.

I urge all cognitive therapists whose clients have ever asked them about their dreams to read this book. They, as I was, will be impressed with this further expansion and development of the cognitive therapy model.

E. Thomas Dowd, Ph.D., ABPP
Department of Psychology
Kent State University

REFERENCES

- Alford, B. A., & Norcross, J. C. (1991). Cognitive therapy as integrative therapy. *Journal of Psychotherapy Integration, 1*, 175–190.
- Beck, J. S. (1995). *Cognitive therapy: Basics and beyond*. New York: Guilford.
- Dowd, E. T. (1997). The use of hypnosis in cognitive-developmental therapy. In R. L. Leahy (Ed.), *Practicing cognitive therapy: A guide to interventions*. Livingston, NJ: Jason Aronson.
- Dowd, E. T. (2000). *Cognitive hypnotherapy*. Livingston, NJ: Jason Aronson.
- Dowd, E. T. (2002). History and recent developments in cognitive psychotherapy. In R. L. Leahy & E. T. Dowd (Eds.), *Clinical advances in cognitive psychotherapy: Theory and application*. New York: Springer.
- Dowd, E. T., & Courchaine, K. E. (1996). Implicit learning, tacit knowledge, and implications for stasis and change in cognitive psychotherapy. *Journal of Cognitive Psychotherapy: An International Quarterly, 10*, 163–180.
- Dowd, E. T., & Pace, T. M. (1989). The relativity of reality: Second-order change in psychotherapy. In A. E. Freeman, K. M. Simon, L. Beutler, & H. Arkowitz (Eds.), *Comprehensive handbook of cognitive therapy*. New York: Plenum.
- Mahoney, M. J. (1995). Theoretical developments in the cognitive and constructivistic psychotherapies. In M. J. Mahoney (Ed.), *Cognitive and constructivistic psychotherapies: Theory, research, and practice*. New York: Springer.
- Young, J. E. (1999). *Cognitive therapy for personality disorders: A schema-focused approach* (4th ed.). Sarasota, FL: Professional Resources Exchange.

Preface

The idea for this book germinated in the mind of a client in cognitive therapy and blossomed into a research idea as the therapist and client discovered, collaboratively, a framework for using dreams in a clinical context. The client was in treatment for depression and had begun to experience an increasing number of intense dreams as therapy progressed. The therapist had been trained in cognitive therapy and had only a rudimentary framework for incorporating dream work into the therapeutic agenda. The client nonetheless was keen to do dream work, and so over the course of treatment the therapist and client developed a series of hypotheses about what the dream images might mean, as well as a system for discovering and challenging automatic thoughts and cognitive distortions within the dream images. Dream work became a regular item on each week's session agenda and proved to be instrumental to the client's success in treatment. Both the client and the therapist noted, however, the absence of any systematic technique for working with dreams in cognitive therapy, and they agreed that this topic was worthy of much more theoretical, clinical, and experimental attention.

At the time this client was in treatment, virtually no research had been done on cognitive therapy and dreams. Indeed, until the early to mid-1990s cognitive therapists were much more concerned with putting cognitive therapy (and cognitive-behavioral therapy) on the map, distinguishing themselves from psychoanalysts, and demonstrating empirical support for this new treatment than with the pursuit of dreams and other perceived esoterica. Dreams, to many cognitive therapists, were a hallmark of the psychoanalytic method, which connoted the presence of an unconscious, of drives, wishes, motivations—the very constructs that cognitive therapists rejected. And yet clients didn't make the distinction between cognitive therapy and psychoanalysis, and not only were they dreaming but they were coming to therapy with the hope of making sense out of their dreams. Dreams were, and have continued to be, clinical data that cognitive therapists encounter. Until recently cognitive therapists have had the choice either of ignoring dream data entirely or of improvising a system on the spot for working with them, as did this therapist and client.

Inspired by clinical experience with this and other clients, I began to ask historical and theoretical questions about the relationship between cognitive

therapy and dreams and about the history of cognitive therapy itself (Rosner, 1997). A literature search on cognitive therapy and dreams conducted in 1994 suggested that a few researchers from the mainstream of cognitive therapy, notably Beck (1971) and Freeman and Boyll (1992), had flirted with dreams in the formative and early years of the movement. By the mid-1990s an interest in dreams appeared to be blossoming within the emerging constructivist wing of cognitive therapy—in the hands, for instance, of Óscar Gonçalves (Gonçalves & Craine, 1992; Gonçalves, 1995) and David Edwards (Edwards, 1989), who were making arguments about dreams similar to George Kelly's personal construct theory of dreams in the 1950s (Kelly, 1991). Others, too, working at the intersection of cognitive therapy and experiential therapy, notably Clara Hill (Hill, 1996), had begun to develop impressive research programs on dreams. Deirdre Barrett, who was trained as a psychodynamic therapist, also was beginning to experiment with short-term, solution-focused dream work (Barrett, 1996).

In 1997, Bill Lyddon, associate editor of the *Journal of Cognitive Psychotherapy*, invited me to guest-edit a special issue on cognitive therapy and dreams—an invitation that offered an opportunity to bring together researchers from disparate research strands to introduce their work in this area to cognitive therapists (Rosner, Lyddon, & Freeman, 2002). With the publication of this volume, Bill Lyddon, Art Freeman, and I have been able to expand the previous forum to include the work of Barry Krakow (who is using imagery rehearsal to reduce nightmares), Mia Leijssen (who is expanding Gendlin's work on focusing and dreams), and Rachel Crook (who has surveyed the attitudes of cognitive therapists toward dreams and compared them with those of psychodynamic and eclectic therapists). This collection of projects is not exhaustive but rather representative of current work, and new projects continue to emerge, such as the article on "dream-mediated cognitive therapy" of Matsuda and Kasuga, which hopefully will be translated into English.

Looking back over the years since I first encountered dreams clinically, I am most struck by the fact that this new field has grown primarily in the hands of clinicians eager to expand beyond the traditional boundaries of cognitive therapy. There is something about dreams that penetrates deep into the heart of any theory of psychotherapy, including cognitive therapy, and those in pursuit of dreams have had to reexamine fundamental aspects of the cognitive model. Their integrative approaches to dreams, in turn, have begun to fill in some of the holes in the cognitive model itself. In addition, they offer a variety of ways of approaching dreams with theoretical, clinical, and experimental integrity while also retaining the distinctive qualities of the

cognitive therapy treatment approach—practical, directive, and solution-focused. Many of the models and manuals herein have been built from the ground up, from the basis of clinical experience and clinical hypothesis, with a spirit of theoretical integration and technical eclecticism. I hope that this book will serve as the next step not only in introducing these researchers to each other but also in introducing them to clinicians and researchers more broadly. I also hope that it will foster continued efforts to build a comprehensive, integrative, and empirically supported foundation from which cognitive therapists can approach dreams with enthusiasm, confidence, and a spirit of collaborative adventure.

Rachael Rosner

REFERENCES

- Barrett, D. (Ed.). (1996). *Trauma and dreams*. Cambridge, MA: Harvard University Press.
- Beck, A. T. (1971). Cognitive patterns in dreams and daydreams. In J. H. Masserman (Ed.), *Dream dynamics: Science and psychoanalysis* (Vol. 19, pp. 2–7). New York: Grune & Stratton.
- Edwards, D. J. A. (1989). Cognitive restructuring through guided imagery: Lessons from Gestalt therapy. In A. Freeman, K. M. Simon, L. E. Beutler, & H. Arkowitz (Eds.), *Comprehensive handbook of cognitive therapy* (pp. 283–297). New York: Plenum.
- Freeman, A. (1981). Dreams and images in cognitive therapy. In G. Emery, S. D. Hollon, & R. C. Bedrosian (Eds.), *New directions in cognitive therapy* (pp. 224–238). New York and London: Guilford Press.
- Freeman, A., & Boyll, S. (1992). The use of dreams and the dream metaphor in cognitive-behavior therapy. *Psychotherapy in Private Practice*, 4, 173–192.
- Gonçalves, Ó., & Craine, M. H. (1992). *The use of metaphors in cognitive therapy*. Unpublished manuscript.
- Gonçalves, Ó. F. (1995). Hermeneutics, constructivism, and cognitive-behavioral therapies: From the object to the project. In R. A. Neimeyer & M. J. Mahoney (Eds.), *Constructivism in psychotherapy* (pp. 195–230). Washington, DC: American Psychological Association.
- Hill, C. (1996). *Working with dreams in psychotherapy*. New York and London: Guilford Press.
- Kelly, G. (1991). *The psychology of personal constructs: Volume two—Clinical diagnosis and psychotherapy*. London and New York: Routledge.
- Matsuda, E., & Kasuga, T. (1998). A new psychotherapeutic approach: A proposal of Dream Mediated Cognitive Therapy (DMCT). *Japanese Journal of Counseling Science*, 31, 310–319.
- Rosner, R. I. (1997). Cognitive therapy, constructivism, and dreams: A critical review. *Journal of Constructivist Psychology*, 10, 249–273.
- Rosner, R. I., Lyddon, W. J., & Freeman, A. (Eds.). (2002). Cognitive therapy and dreams. *Journal of Cognitive Psychotherapy*, 16(1)(Special issue).

This page intentionally left blank

Acknowledgments

An idea doesn't get very far without the support of a lot of people. Specifically, I would like to thank Bill Lyddon, who is most responsible for opening doors for this research and, ultimately, for the appearance of this book. His collaborative spirit and willingness to serve as mentor have been as instrumental in my development as a scholar as in the development of this book. Thanks to my parents and family for their support. Finally, I would like to thank Larry Denenberg, applied mathematician extraordinaire, who has an uncanny knack for recognizing distortions in thinking. He embodies what is best in the cognitive model every day.

RR

I want to extend my deep appreciation to the many students, colleagues, and mentors who have played a significant role in my personal and professional development. For their specific contributions to this book, I would like to thank Dodie Gillette for her painstaking attention to detail in the manuscript preparation process and to Darlys Alford for her helpful editorial assistance and suggestions throughout this project.

WJL

Special thanks are due to our editor, Sheri W. Sussman, who has helped keep us on track and whose steady hand on the tiller has helped bring this volume to completion.

I would like to thank my wife Sharon for her encouragement, keen eye, useful critique, and unconditional positive regard. She could give Carl Rogers lessons.

AF

This page intentionally left blank

PART I

Historical Contexts

This page intentionally left blank

CHAPTER 1

Cognitive Therapy and Dreams: An Introduction

RACHAEL I. ROSNER
WILLIAM J. LYDDON
ARTHUR FREEMAN

In the last few years cognitive therapists, particularly therapists working at the intersection of cognitive therapy and other therapeutic traditions, have found a new interest in dreams. One of the more interesting results of the current integrationist climate is that cognitive therapists have begun looking in directions previously considered taboo or irrelevant for their work—toward modern psychoanalysis, gestalt therapy, constructivist psychotherapy, and neurobiology, for instance—to explore topics traditionally outside the purview of cognitive therapy, including dreams. This trend is reciprocal; contemporary psychoanalytic researchers such as Drew Westen (Westen, 1991, 2000) or experiential therapists such as Clara Hill (Hill, 1996) have turned to cognitive therapy in the same spirit. The appearance of this book on a topic heretofore ignored in the cognitive therapy literature is an indication of the fruitful creativity, and of the shifting needs and interests, in a cognitive therapy community that is rapidly expanding its boundaries.

THEMES AND COMMENTARY

This volume contains a representative sample of some of the most interesting and promising work on dreams coming from therapists and researchers work-