Dreams: A Journey to the Edge of Self-Awareness

Doug Frayn explores sleep and dreaming from scientific and therapeutic viewpoints. He stresses the need for ongoing self-analytic exploration. Dr. Frayn clarifies the role that dream patterns, frequency and images play in portraying an individual's personality, history and clinical diagnosis. This “dream profile” has diagnostic as well as therapeutic features.

He discusses the need for “useful” dream interpretations regardless of the analyst's theoretical bent and the value of keeping a dream diary that can facilitate ongoing insight as an adjunct to one’s formal analysis.

The primary theme of comprehensive dream analyses is that with increased self-awareness and a fuller understanding of the “news from within,” individual dreamers can become more aware of the resistances as well as desires that influence one’s work and love relationships.

Insights gathered via understanding our dreams lead gradually to the central question: Is self-analysis possible? Clinical examples are presented portraying that dream inquiry can be beneficial as well as an insightful activity.

About the Author:

Dr. Doug Frayn is a Toronto psychoanalyst and psychiatrist. He is an Associate Professor of Psychiatry and Senior Consultant in Psychotherapy in the Dept. of Psychiatry, University of Toronto. Dr. Frayn is a Training and Supervising Psychoanalyst and past Director of the Toronto Institute of Psychoanalysis.

Dr. Frayn has been involved in dream research and sleep studies for the past 30 years. He has given academic, TV and public talks on the subjects of dreaming, graffiti and self-analysis. He has contributed to a number of scientific articles and books and is the author of Musings Behind the Couch: A Therapists Memoir (Ash 2010). Understanding Your Dreams (Ash 2005). Psychoanalysis in Toronto: Historical Perspective (CPS/Ash Productions, 2000). The Clarke and its Founders: A Retrospective Look at an Impossible Dream (Clarke/Coach House, 1996) and What is Psychotherapy? (Merrill, 1975). Dr. Frayn has received the Distinguished Achievement and Distinguished Scholar Awards from the University of Toronto as well as from the Toronto Psychoanalytic Society and was the recipient of the Citation of Honour from the Canadian Psychoanalytic Society in 2004. He has also been a past recipient of the Miguel Prados Award lor psychoanalytic literature.

Dr. Frayn graduated from Medicine at Queen’s University (Kingston ON) in 1961. He then completed his specialty training in Psychiatry at Institute of Living, Hartford Connecticut. He returned to Canada and was a faculty member at Queen’s before coming to University of Toronto where he completed his psychoanalytic training and was one of the original staff psychiatrists at the Clarke Institute founding in 1967.

Dr. Frayn is semi-retired and presently survives in midtown Toronto with two charismatic females - his wife Eileen and Burmese cat Aislehba, plus Blitz.

*Some years ago I gave an answer to the question of how one can become an analyst: By analyzing one’s own dreams*  
- Freud, 1912

Join Dr. Douglas H. Frayn for a lecture on dreams and the phenomena of sleep.

Sat. October 29, 2011 at the Burchfield Penney Art Center. Welcome to all.
DIRECTIONS:
FROM THE EAST:
Follow I-90 Westbound to Rt. 33 West (Kensington Expressway). Travel Route 33 for approximately 3 miles and EXIT @ Rt. 198 West (Scainaquada Expwy). EXIT @ Elmwood Ave. South. Continue on Elmwood two blocks to second signal and turn right onto Rockwell Rd. The Burchfield Penney Art Center is directly on the corner of Elmwood Ave. & Rockwell Ave. Continue on Rockwell Ave and use Parking Lot B-1 (adjacent to the gallery).

FROM THE WEST & SOUTH:
Follow I-190 Eastbound to I-190 Northbound. Follow I-190 North and EXIT @ Rt. 198 East (Scainaquada Expwy). EXIT @ Elmwood Ave. South. Continue on Elmwood two blocks to second signal and turn right onto Rockwell Rd. The Burchfield Penney Art Center is directly on the corner of Elmwood Ave. & Rockwell Ave. Continue on Rockwell Ave and use Parking Lot B-1 (adjacent to the gallery).

FROM THE NORTH:
Follow I-190 Southbound and EXIT @ Rt. 198 East (Scainaquada Expwy), EXIT @ Elmwood Ave. South. Continue on Elmwood two blocks to second signal and turn right onto Rockwell Rd. The Burchfield Penney Art Center is directly on the corner of Elmwood Ave. & Rockwell Ave. Continue on Rockwell Ave and use Parking Lot B-1 (adjacent to the gallery).

FROM CANADA (Toronto):
Cross the U.S. border at the Lewiston–Queenston Bridge. Follow I-190 Southbound and EXIT @ Rt. 198 East (Scainaquada Expwy), EXIT @ Elmwood Ave. South. Continue on Elmwood two blocks to second signal and turn right onto Rockwell Rd. The Burchfield Penney Art Center is directly on the corner of Elmwood Ave. & Rockwell Ave. Continue on Rockwell Ave and use Parking Lot B-1 (adjacent to the gallery).

FROM CANADA (Fort Erie):
Cross the U.S. border at the Peace Bridge. Follow I-190 Northbound and EXIT @ Rt. 198 East (Scainaquada Expwy). EXIT @ Elmwood Ave. South. Continue on Elmwood two blocks to second signal and turn right onto Rockwell Rd. The Burchfield Penney Art Center is directly on the corner of Elmwood Ave. & Rockwell Ave. Continue on Rockwell Ave and use Parking Lot B-1 (adjacent to the gallery).

PSUNY Mission:
The Psychoanalytic Society of Upstate New York is an affiliate of the American Psychoanalytic Association. It comprises a membership and audience base representing a wide range of psychoanalytic and other scholarly and professional points of view. Our society aims to promote education and exchange of ideas concerning psychoanalytic theory and practice, scientific and theoretical advances, social and cultural connections, and an interface with the arts and humanities. We welcome all scholars, professionals and members of the general public to participate.

Dr. Mario Testani, President

MEMBERSHIP:
For more information, or to join as a Friend (category reserved for non-mental health professionals) or affiliate (and thereby be guaranteed to be on our mailing list for future meetings). Please contact the PSUNY Treasurer:

Michael Zborowski, Ph.D.
ph.: (716) 632-0034

CME:
Regrettably, CME credits will not be available for this lecture.

Registration:
Please respond by: Monday, October 17.
Pre-Registration (By October 17): $70.00
Day of Lecture (After October 17): $80.00
Buffet lunchroom includes soup, salad and a vegetarian option.

Please indicate whether you will be joining us for lunch:
□ YES  □ NO

Name (for name tag)
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