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JUNGIAN DREAM INTERPRETATION AS A COUNSELING TOOL
FOR CLIENTS WITH EMOTIONAL DIFFICULTIES

A Dissertation
Presented to
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Doctor of Philosophy

by
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ABSTRACT

This study is an attempt to determine the therapeutic effectiveness of Jungian dream interpretation in the resolution of one's emotional difficulties.

More specifically, attempts were done to answer the following questions:

1. Can Jungian dream interpretation lead to modification in the process and outcome variables?

- a. Process Variables:

- 1) Changes in the theme of dreams evident from dream to dream;
- 2) Verbal behaviors which the counselee exhibited during the counseling interviews and while the interview was going on.

- b. Outcome Variables:

- 1) The degree with which the counselee's goals and expectations were achieved or not achieved;
- 2) Changes in the presenting symptoms especially with reference to emotional difficulties, worries, concerns and unfinished business/conflicts;
- 3) Changes in the counselee's physical aspects of his/her personality as per-



ceived by the researcher;

- 4) Changes in the counselee's present life situation as reflected in his/her ways of thinking, feeling, behaving and relating with significant others as measured through the reports given by the counselee, significant others and the projective test results;
- 5) Insights (aside from above) which the counselee has experienced as newly-found source of learning and affirmation.

In doing this research, stress was placed on the role of therapy to uncover the individual's both conscious and unconscious concerns and preoccupations. In the context of this study, Jung's theory of dreams was utilized primarily to determine whether it could resolve one's emotional difficulties knowing that some of the individual's concerns remain unnoticed and unrecognized, e.g., in dreams.

Idiographic or single case (N=1) research design was used in this study, i.e., one subject was chosen, on the basis of certain criteria, to undergo counseling for twelve (12) sessions. The study was replicated with another subject who likewise went through a series of counseling sessions which totalled twelve (12) in all.



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The researcher had a preliminary interview with the counselee before the institution of therapeutic intervention. During this period, relevant information about the counselee like his/her personal and demographic data, current emotional life, preoccupations and concerns were gathered. Also, the counselee was encouraged to keep a dream diary and a daily journal. One week after this preliminary phase was the baseline measurement, a period which the researcher devoted in administering tests like the Incomplete Sentences Blank, Thematic Apperception Test, Minnesota Multiphasic Personality Inventory and Rorschach to the counselee. For the next four weeks thereafter of one session per week, the counselee went through a therapeutic intervention and did dreamwork as follows: Dream Reports and Discussion, Locating Primary and Secondary Archetypes, Contextualizing, Analysis of Dream Symbols, Assimilation, Developing Insights and Individuation. After four weeks of dream counseling, intervention was withdrawn for the next four weeks to determine whether dream utilization, which was done in the previous phase, was effective or not. This time, the researcher as a counselor used other counseling techniques and strategies during the entire period of counseling. Finally, during the last four weeks of counseling, therapeutic intervention was reinstated.



Results of the study are shown as follows:

Counselee 1

Process Variables

1. Themes evident from dream to dream

Counselee's conscious preoccupations in relationship with his wife and in-laws dominated the themes of most of his reported dreams. Appurtenant to these dream themes was the subject's difficulty of relating with women other than his wife and her mother.

2. Verbal Behaviors

Counselee's verbal behaviors showed minimal to moderate level of uncertainty, moderate to substantial level of interruptions; audible but irregular modulation of volume and intonation with tendency to repeat an idea, interruptions in discourse and confused verbalizations.

Outcome Variables

1. The counselee believed that he was able to achieve his goals and expectations to a great extent.

2. The counselee believed that he experienced changes in presenting symptoms especially with reference to emotional difficulties, worries and concerns and unfinished business/conflicts to a moderate extent.

3. The researcher observed that the counselee did not show substantial change (great to very great) in his physi-



cal appearance, i.e., in terms of body build, posture, body carriage and facial expression.

4. As per written feedback by the counselee himself, he believed that he experienced marked changes (great to very great) in intellectual aspects except in "ability to organize," social aspects, i.e., with "children" and "peers," emotional areas, i.e., elimination of "hopelessness" and "helplessness," behavioral areas, i.e., ability to "communicate and persuade," "smoking," "night out," "tendency to talk about negative aspects of living" and more active involvement in life."

5. As per written feedback by counselee's two significant others, they observed marked changes in the counselee in some aspects of intellect, social relations, feelings and behaving.

6. As reported by the researcher, the counselee (a) did not overcome his conflicts with his spouse, father, sexual attitudes, social relations; however, his good relation with his wife did not change as well as his motivation to change; (b) did not show any positive change in his personality profile as measured by MMPI; (c) though saddled by his conflicts with others (e.g., his wife) and unfulfilled needs, he indicated signs of optimism; (d) failed to accurately assess his life situation as measured by his poor performance in the Rorschach's test.



7. The counselee believed that his having undergone counseling sessions with the researcher was not in vain after all.

Counselee 2

Process Variables

1. Themes evident from dream to dream

Subject's altruistic attitude was highlighted in some of her reported dreams (e.g., dreams 1,3,4,9). Her succeeding dreams centered on her preoccupations with painful and traumatic past experiences (e.g., dreams 2,5,6,7). Finally, subject's ability to predict future events was dwelt in some of her dreams (e.g., dreams 1,3,11).

2. Verbal Behaviors

Counselee's verbal behaviors showed essentially moderate level of uncertainty, minimal interruptions, an essentially audible but irregular modulation of volume and intonation, interruptions in discourse with tendency to become a consummate conversationalist and confused verbalizations with tendency to be appropriate.

Outcome Variables

1. The counselee believed that she achieved her goals and expectations to a great extent.

2. The counselee believed that she experienced changes in presenting symptoms especially with reference to emotional difficulties, worries and concerns, and unfinished busi-



ness/conflicts to a very great extent.

3. The researcher observed that the counselee showed substantial changes (great to very great) in her physical appearance.

4. As per written feedback by the counselee herself, she believed she experienced substantial changes in practically all areas of living except for a few ones.

5. As per written feedback by the counselee's two significant others, they had parallel observations in some aspects of the physical and intellect.

6. As reported by the researcher, the counselee (a) showed no conflict in her relation with her husband, parents and sexual attitudes and showed improvements in relation with others and motivation to change; (b) was within the normal group of the population in so far as her personality profile is concerned; (c) though beset by some environmental problems, she showed an optimistic outlook in life; (d) showed considerable or positive change in responding to her life situation.

7. The counselee felt that her having undergone counseling sessions with the researcher was fruitful and beneficial to her.

The results showed that the counselees exhibited varying degrees of development both in the process and outcome



variables in a direction which was perceived as positive by the counselees themselves and some of their significant others. If this statement were taken at its face value, Jungian dream interpretation then could be used effectively as a counseling tool in dealing with and resolving a client's emotional difficulties.



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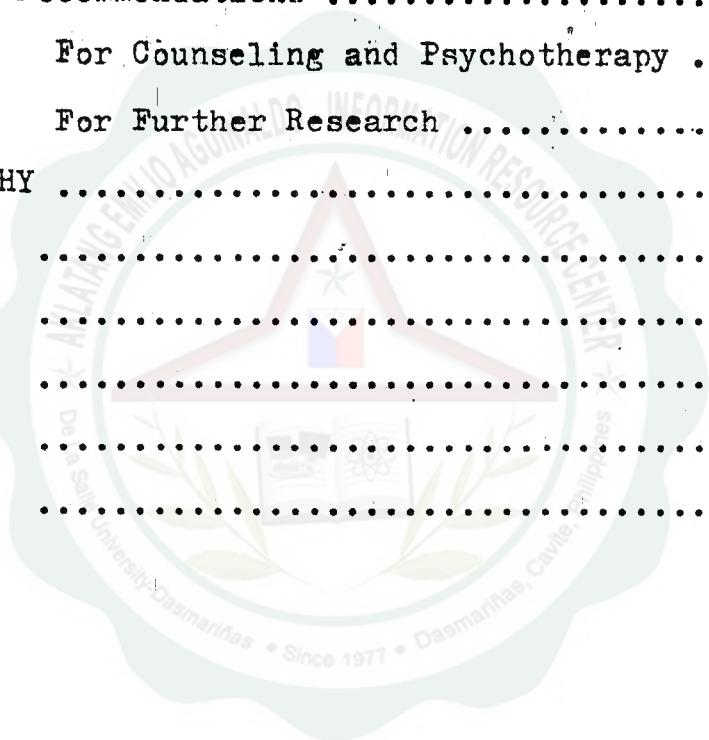
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