Dream Use in Various Courses to Various Cultural Groups

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Teaching History

• 30+ years that I have been teaching at the post-secondary level I have talked about dreams in a variety of courses across two cultures

• Range from entire Sleep and Dream courses taught in the U.S. to segments of courses taught in Canada
Current Courses Teach Dreams

• Psychology of Consciousness
• Introductory Psychology
• Personality
• Introduction to Video Games
How Used in Course

• Lecture in context of course topic

• Assignments
  – Online discussion post about their dreams
    • have several choices of what they might discuss, but many choose dreams
    • Can choose to send in post as private email
  – Also part of web assignments (as website or powerpoint uploaded to course webpage)
  – Part of course wiki’s
Online Discussion Posts
Wiki on Religion and Dreams

Definition

Dream, nightmare, and vision refer to the kinds of mental images that form during sleep. Dream is the general term for any such succession of images. A nightmare is a dream that brings fear or anxiety; frightened by a nightmare. Vision refers to a series of images of unusual vividness, clarity, order, and significance, sometimes seen in a dream.

Religion: a set of beliefs concerning the cause, nature, and purpose of the universe, esp. when considered as the creation of a superhuman agency or agencies, usually involving devotional and ritual observances, and often containing a moral code governing the conduct of human affairs.

In the majority of cultures, consideration and interpretations of dreams played a major role in popular life. For many people the dream
Powerpoint on Lucid Dreams

LUCID DREAMING

Dreams are free, so free your dreams ~Astrid Accum (The Quote Garden, 2007)

Continued

- Just a little video on the possibilities of Dreaming
- http://www.youtube.com/watch?v=khAQ6KJ1GFs

Summary

- Definition
- Background
- Lucid and Non-Lucid dreams
- Qualities of Lucid Dreams
- Tips or Techniques to inducing Lucid Dreams
- Possible effects of Lucid Dreams
Web Presentation on Nightmares

Nightmares have generally been associated with demonic possession, exorcisms, and alien abductions. Movies such as Monsters Inc. and The Nightmare on Elm Street have depicted the use of monsters or evil characters haunting a dreamer's sleep. The Nightmare is a depiction of the chest of sleepers.

Monsters Inc., is a typical example. It is surrounded by another company, energy to run their city, by the order of their leader, Mr. Wazowski.

Fisher et al. have been able to differentiate among nightmares by the stages of their occurrence in the sleep cycle. Stage 4 night terrors and REM anxiety dreams account for the vast majority of nightmares in the general population. The sleeper moves progressively deeper into sleep starting in Stage 1.

Hartmann focused his research on the personality characteristics of nightmare sufferers. Frequent nightmare sufferers were characterized by thin boundaries such that they did not discriminate internal from external events as strongly as did individuals with thick boundaries. Therefore they experienced more difficulty screening out irrelevant cognitive and emotional intrusions which, during dreaming, can lead to nightmares.

So people who have more nightmares are more open to their feelings and the world around them. Nightmares serve as a function of contextualizing overwhelming emotional experiences which can then be subjected to processes of emotional integration.

*People with thin boundaries are unusually empathic, unusually open in psychological interviews, become quickly and intensely involved in relationships, and have a facility of thought and feelings. He refers to them as "undefended" in the psychoanalytic sense, they generally tend not to have the defense mechanisms people use to keep uncomfortable material out of conscious awareness.*

*Thick boundaries are closed, defended, solid, and full of walls. Link to Hartmann articles and papers: [http://www.tufts.edu/~charrm/f/](http://www.tufts.edu/~charrm/f/)*
Dreams in a Video Game Course

Effects of Gaming: Upside

- Video Game Play
  - Cognitive Upside
- Video Game Play & Consciousness
- Video Game Play & Consciousness
  - Topics to be covered:
    - Attention
    - Presence
    - Psychological absorption
    - Visual
  - Research Studies (2000-2020)
  - Sources
    - Consciousness

Hard Core Gamer Definition with NO Type of Game Distinction
- Plays video games an average of several times a week
- Typical playing session is more than 2 hours
- Played 50 or more video games over your dreams
- Their playing video games close their sleep or earlier

Dream Dimensions Examined
- Lucid and Control Dreams
- Bizarre and Creativity
- Nightmares and Threat
  - Simulation

Control Dreaming

Ludd Dreaming

Methodological Refinement
- Previous studies based on reflections on dream history
- Based recent dream reports
- Video game play only one form of

Online Questionnaire

Parallel video gaming/lucidity
- Questionnaires on video game play and dream content
- Questions on dream content and media used the day before sleep
- Questions about the dreams reported
Central Alberta Cree

• Yellowhead Tribal College
• Teaching there since 1990ish
• Dreams are part of Introductory Psychology and any other course I teach

A few slides from an old IASD presentation on my teaching dreams to Native students

Welcome to Yellowhead Tribal College, Edmonton’s only First Nations College!

We are committed to helping you achieve success in learning and in life. We provide accredited programs in a flexible, supportive academic environment that nurtures our First Nations cultures and traditions.
Purpose in Teaching about Consciousness/Dreams

- I speak about the science of consciousness and dreams and emphasize that it is a mistake to dismiss or minimize them in terms of what western science has found.
- Students often draw their own conclusions about the similarity between their traditional teachings and what science is now showing.
- I feel validated in my interest in consciousness and dreams because of the seriousness with which Native students listen to these lectures and illustrations.
The Faces of Technology and Culture
I was having dinner at my grandfathers, where my uncle had committed suicide. At the table were two of my cousins, both male, and my uncle himself. He spoke of his extreme hunger and desire to begin eating. This is all that I can recall. It really did not influence me in any major way but to prompt me to tell my family about the dream. (22 year old male)
I dreamt of my late fiancée after he passed away. I dreamt that he came to get me. We were both involved in a car accident and he died of his injuries. Our relationship was such that he would come pick me up Friday and stay together till Sunday. After he passed away I drank like a fish from Friday night to Sunday afternoon for 1 year until I had this dream... I was standing inside an abandoned church with no windows. I looked to the right and there he was walking outside. I went running to him through the tall grass and hugged him from behind. He had a white shirt, exposed chest and wrangler jeans and cowboy boots. He looked so handsome. I was so excited, I told him, “I knew you would come and get me, I always knew you would.” ... He told me to go in the car and he would be right out. I opened the blue car door and sat inside. I was amazed at how things were back to normal. This car looked great it wasn’t wrecked. Then I looked at the eagle feathers on the indoor rear view mirror for a long time. I started to cry. I know everyone dies and there’s nothing that can stop it. I have stopped drinking totally. (32 year old female)