Theories of Dreams

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 Dreams can be termed as the pictured that our brain tends to paint while we are mostly asleep that tend to evoke a certain type of feelings to a human being (Fonagy, 2018). Groups of psychologists have tried to study dreams and from that, a series of theories have been created. The most renowned theory is the psychoanalytic dream created by Sigmund Freud. According to the latter, human beings, have dreams that are repressed from one’s conscious awareness. Freud states that dreams tend to be repressed wishes that a human being hopes to fulfill. Another popular theory is that of the ‘Activation-Synthesis Model’ of dreams (Fonagy, 2018). Robert McCarley and Allan Hobson developed the model. According to the theory, dreams are just a subjective interpretation of brain generated signals during one’s sleep. Although psychologists believe that the dreams are just brain signals, they do not have the notion that dreams are meaningless. The theorists claim that during dreaming, the brain is normally on its most creative conscious state. Other theories include; information-processing theories, contemporary models of dreaming, supernatural theory, physiological dream theories and the stimulus-response theory of dreams.

The most important theory of dreams when compared to others is the Psychoanalytic theory of dream. This theory stands out to be valid and well researched when compared to the rest. The psychoanalytic theory is quite fundamental to the extent that psychologists have changed less in the theory. A classic book entitled “Interpretation of Dreams” by Sigmund Freud backs up the dream theory (Gale, 2018). The rest of the developed theories of dreams, do not have enough evidence to illustrate why they are valid and that is why the Psychoanalytic theory of dream stands out.

Sources

Fonagy, P. (2018). *The significance of dreams: bridging clinical and extraclinical research in psychoanalysis*. Routledge.

Gale, C. L. (2016). *A Study Guide for Sigmund Freud's" The Interpretation of Dreams"*. Gale, Cengage Learning.