



Dreams, emotions and sensations –a new psychotherapeutic approach to adolescents in suicidal crisis

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Objective: One teenager out of ten faces developmental difficulties during adolescence characterized by impulsivity, by the search for strong sensations and emotions and by a risky behavior, with a concomitant poor motivation for psychotherapeutic interventions especially among boys.

Methods: A renewed accent on dreams is introduced, where traditional symbolic interpretation is replaced by three basic assumptions: 1. The dreamer has created the dream and is thus responsible for its construction. 2. The dreamer can be stimulated by an intervention discussing a hypothetical modification of a detail in the dream content. 3. The dream can be monitored through the emotional manifestations and transformations occurring during the unfolding of the dream.

Results: Compliance has improved.

Conclusion: The discovery of a private dream world and its links to emotions has mobilized interest in introspection providing protection from destructive impulsivity and favoring personal development.

Keywords: Dreams; Emotions; Adolescents; Compliance