



## The Dream Frontier

By Mark J. Blechner

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*The Dream Frontier* is that rare book that makes available the cumulative wisdom of a century's worth of clinical examination of dreams and then reconfigured that wisdom on the basis of research in cognitive neuroscience. Drawing on psychodynamic theorists and neuroscientific researchers with equal fluency and grace, Mark Blechner introduces the reader to a conversation of the finest minds, from Freud to Jung, from Sullivan to Erikson, from Aserinsky and Kleitman to Hobson, as the work toward an understanding of dreams and dreaming that is both scientifically credible and personally meaningful.

The dream, in Blechner's elegantly conceived overview, offers itself to the dreamer as an answer to a question yet to be asked. Approached in this open-ended manner, dreams come to reveal the meaning-making systems of the unconscious in the total absence of waking considerations of reality testing and communicability. Systems of dream interpretation arise as helpful, if inherently limited, strategies for apprehending this unconscious quest for meaning. Whereas students will appreciate Blechner's concise reviews of the various schools of dream interpretation, teachers and supervisors will value his astute reexamination of the very process of interpreting dreams, which includes the manner in which group discussion of dreams may be employed to correct for individual interpretive biases.

Elegantly written, lucidly argued, deftly synoptic but never ponderous in tone, *The Dream Frontier* provides a fresh outlook on the century just passed along with the keys to the antechambers of the new century's reinvestigation of fundamental questions of conscious and unconscious mental life. It transcends the typical limits of interdisciplinary reportage and brings both researcher and clinician to the threshold of a new, mutually enriching exploration of the dream frontier in search of basic answers to basic questions.

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## Editorial Review

### Review

"Anyone who thinks, writes, or teaches about dreams, and anyone who works with them clinically, needs to be familiar with this remarkable and engaging book. Mark Blechner's clinically based ideas about dream theory and the use of dreams in treatment are thoughtful, lucid, illuminating, and often startlingly original as well. *The Dream Frontier* will be taught and read all the way from undergraduate classes to psychoanalytic institutes. It is a contribution that will endure."

- Donnel Stern, Ph.D., Training and Supervising Analyst, William Alanson White Institute

"*The Dream Frontier* offers an exciting excursion into the synthesis of various disciplines: cognitive neuroscience, neurology, clinical psychology and psychiatry, and philosophy in the context of their history during the past 100 years. Blechner addresses his concern with the isolation between scientists studying dreams and clinicians interpreting dreams by challenging both to consider the many frontiers of knowledge currently involved with dream investigations...Blechner brings a broad intellectual scope to his various topics, using diverse, extensive sources and authors to compare and contrast approaches in developing evidence to support his themes."

- Paula Anne Franklin, Ph.D., *Journal of Nervous and Mental Diseases*

"With psychoanalytic virtuosity and a good deal of originality, Mark Blechner has reformulated dream theory in its relation to the evolving framework of neurocognitive research, neurophysiology, linguistics, and evolutionary theory. In doing so he has provided the clinician with a wide-ranging and detailed approach to interpretive techniques. In 1953 Robert Fleiss wrote *The Revival of Interest in Dreams* to stimulate the flagging interest of psychoanalysts on dreams. Blechner's *The Dream Frontier* promises a second revival that now embeds the dream in the rich interdisciplinary matrix it deserves."

- Montague Ullman, M.D., Clinical Professor Emeritus of Psychiatry, Albert Einstein College of Medicine

### About the Author

Mark J. Blechner, Ph.D., is Training and Supervising Analyst and Teaching Faculty at the William Alanson White Institute and at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. A member of the editorial board of *Contemporary Psychoanalysis*, Dr. Blechner also participates in the study group on neuropsychanalysis at the New York Psychoanalytic Institute. He has written numerous articles on dreams and is the editor of *Hope and Mortality: Psychodynamic Approaches to AIDS* (Analytic Press, 1997).

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#### John Dudley:

The book *The Dream Frontier* gives you the sense of being enjoy for your spare time. You can use to make your capable more increase. Book can for being your best friend when you getting stress or having big

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**Benjamin Martinez:**

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**Elaine Jenkins:**

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