

Working Procedure with Dreams for Reducing the Level of Anxiety and Developing Appropriate Behavioral Strategies in the Situations of Existential Choice

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Abstract: The practice of working with the dreaming has a very long tradition. The manner of dreaming and style of live are very often in the conflict even from one person. Any underdeveloped or suppressed function, or pattern of behavior, which is under development and, therefore, can appear later in existent reality, may exist in the dream. It's maturation usually occurs in crises, accompanied by an increased level of anxiety. Accordingly, timely recognition of this trend and it's timely psychocorrection help to avoid problems in the future.

Key words: Dreaming % Dream's reality % Anxiety % Crisis % Situation of existential choice
% Harmonisation of individual

INTRODUCTION

The work with dreams is in the basis of the given research, because the special features of presentation of dreams give more advantages in solving the problem of recognizing ways of reconciling the two sides of the person in the unconscious. On the one hand, we can characterize them as favorable aspects of dissociation, where you can have two objectives for the "price" of one: at the same time stored and opened secret; current action, secured in the past; visual image, not shared for the others due to the apparent gap between vision and setting out; unbearable truth expending and abjuring at the same time by temporarily placing it in the context of reflecting unrealistic events mental shape, non taking too seriously. However, on the other hand, we can find the integrating function each split aspect - new differential unit is appeared as a result of the failure of from a complete set of measurements of contention state. Nowhere do we see this more clearly than in the use of symbols in the text of the dream and in the extended version of this argument - in the use of presentation of dreams as a means of communication between the internal object, "I" and "another"; in terms of the conflict between recognizing and abjuring intents; and, finally, in the detection of not only person's desires, but also the abilities of the organizing function of the dreamer at present time. That is to say, merger of concretized images of dreams and disintegration of ego boundaries have the function of specification, which specification is in the attempt to strengthen a sense of identity or sense of "I" not as a product of rupture of relations between "I" and the object, symbol and symbolized. There is the dreamer in the focus of analysis in this method, but not dreams.

MATERIALS AND METHODS

Adler's concept [1] of the intimate connection between the life style in the wake and style of dreams, combined with Jung's amplification technique and the method of content analysis, is in the basis of our method. Furthermore, the course

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of P. Levinson of overcoming the depression [2], based on psycho-educational approach and including the acquisition of and includes the acquisition of the respondent, with specialist knowledge of informative knowledge by the respondent (with a help of specialist). The researchers in the sphere of dreams are also used in the given work: Freud's "Front" and "hidden" levels of Dreams [3, 4], cultural studies approach of Bonime to working with dreams [5], Masud Khan's "space of dreams" [6], Yung's "collective unconscious" [7], Adler's viewpoint on the symbolism of dreams as a kind of language, on which the individual's situation is set out. Also the results of G. Domino [8], obtained in 1976, were very useful in the process of the given studying, concretely – the direct relationship between creativity of an individual and his ability to see dreams. Domino had seen the explanation of this fact in the following: creative behavior and immersion in the dream include the ability to relax, which exempts a person from the everyday rational consciousness. These data were the criterion for selecting a group of recipients by: 1) having the ability to analyze and associative links; 2) ability to see and remember the dream.

The latest works in the field of psychology and philosophy, which explains the need to move away from physicalism in science [9], to take into consideration the depressive personality disorder [10], phenomenon of individual consciousness [11] and existing relationship between adolescent perfectionism [12], low self-esteem and depression [13], are an indirect confirmation of our technique.

RESULTS AND DISCUSSION

Our technique includes: 1) demonstration the value of the manifest dream; 2) sharing dreams on the system elements; 3) setting of details; 4) recognition of hidden meanings, which respondent see in these details; 5) work with client's associations, concerning the dream and himself in this dream; 6) formation of the ideal course of events from the viewpoint of the dreamer; 7) drawing up the perfect end of the event in the dream from the viewpoint of the dreamer; 8) correlation of events in the dream with the events in a subjective reality of the dreamer; 9) the wording of the actual problem, existing in the reality of the dreamer and planning actions for its positive resolution.

It is necessary to clarify the author's terminology, using in the given article. "Reality" – materiality, ontological being-in-itself, abstracted from the reflexivity, extracting from the cognitive ligament, something arising that does not require proof. Therefore, "dream's reality" must mean events, phenomena, feelings, images, arising during the dreams.

So, after the analysis of dream's reality and it's evaluation of the dreamer, we can deduce the structure of traumatic situation, ways of compensatory behaviors and resolution of the problem by the patient. The recipient moves from his ideal model of a dream to creation of new productive behaviors directly in the reality of being. Under the guidance of a specialist, as a result of the corrective and preventive work, the recipient must go through the following steps: 1) learn how to recognize and verbalize his feelings, thoughts, desires and actions; 2) come through the work with the structure of dream reality to understanding of his influence on it's content ("I am a Myth maker"); 3) learn how to bear the responsibility from happening in the dream's reality to happening in the reality of the being; 4) create preconditions for positive thinking, active life position, desire for self-reflection, self-discovery and self-actualization.

This is a specific kind of reality therapy [14]. The course consists of 20 sessions. Every day for the first week, for second and third weeks – 3 times per week, for fourth and fifth weeks – twice a week, for sixth and seventh weeks – once a week. The technique has been tested on a group of 50 people. For monitoring the effectiveness of the proposed technique the recipients have been tested by the following tests: 1) Reduced Multiple Questionnaire for Personality research; 2) "Health-Activity-Mood"; 3) Buss-Durkey Inventory. The recipients were tested twice: before and after the experiment.

Application of this method had two objectives. First: to obtain the confirmation of existence of the relationship between objective reality and dream's reality. Second: practical, based on previous research in the field of dreams – to focus the attention of recipients on their own inner world through work with dreams, then recover the lost and (or) create a new connection with the subconscious and, as a result, lead to the harmonization of the person, improve its relations with the outside world, solving the problem of personal growth. The dreams have 2 functions in this case: 1) "distraction" of the

consciousness from the problems of reality, which contributes the removing of psychological barriers and internal emancipation; 2) the role of "screen" for the diagnosis and monitoring of mental and emotional state of the recipient in the course of the experiment.

The purpose of this corrective and preventive technique is in removal of personal anxiety and client's personality harmonization (these clients were in prestress / stressful situation or in the doldrums. The methodology was tested on high school graduates of Tomsk city.

Analysis of the results obtained by using the "Health-Activity-Mood" questionnaire, before and after the pilot study, high marks in the scale "activity" were found before the impact (high activity - one of the possible indicators of depression, in this case, the psychopathic diagnosis is possible: aspiration to act on the the background of depression). 29% of respondents before the experiment had a scale value above 4 points, 12% - exactly 4 points. After the experiment: above 4 points – 15%, exactly 4 points – 28%. In comparison with the previous results we can see some kind of stabilization of the given parameter. On you opinion, reduction of the "activity" parameter in the results of the experiment shows the normalization of the mental processes of recipients.

Furthermore, the results of the given experiment show that the "activity" scale is not only non-autonomous in relation to the "health" and "mood" scales, but also actively affects on their data. For example, if before the experiment respondent's level on the "activity" scale was high, his level on the scales "health" and "mood" was low. The decline in the "activity" scale after the experiment brought into balance the other scales, that is the evidence of stabilization of the spiritual and mental state of the probationers.

After the analysis of the results of the "Reduced Multiple Questionnaire for Personality research" test we obtained the following data: after psychological and remedial work on our proposed technique, the level of the "depression" scale reduced on 16%, "psychasthenia" reduced on 2%, "antisocial personality disorder" – on 3%, "conversion hysteria" – on 10%; non-increase in clinical scales – 32%.

The recipients, which have rising the level of "depression" scale, were also tested by Buss-Durkey Inventory (before and after the experiment). As a result, the following data were obtained: the increase of the "before depression state" level from 58% to 67%, reducing the "depression" level from 17% to 11%, reducing the "depression requiring medical treatment" level from 25% to 22%.

CONCLUSION AND RECOMMENDATIONS

The above data clearly show the stabilization trend in spiritual and emotional state of recipients, which, as we can assume, based on the above facts, occurred after the course of psychological and remedial work (on the base of author's technique). The given fact indicates that the technique can be recommended for use in relation to clients, which are in prestress, stress situation or depressive state in order to to reduce personal anxiety and harmonization of the person.

The results of the research are an indirect confirmation of the hypothesis about interaction between the reality of the personal life and his dream's reality.

Thus, inner personality freedom (or unfreedom) triggered by the presence of culturally conditioned quality of creative aspirations, which is a prerequisite for a harmonious stay. Dreams reveal to us the doors to the unknown, but familiar world, provide us the key to understanding ourselves.

This statement, seemingly paradoxical, is not so paradoxical in reality if we remember that existed from ancient times tradition of penetration in the meaning of the dream,

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