

Processing trauma in psychoanalysis in ‘real’ time and in dreams: the convergence of past, present and future during COVID-19

Deborah Bryon, *Denver, USA*

Abstract: In the current collective unrest, we and our analysands are living in real time and need vantage points from which to make meaning, as subjective experience of time is collapsing. For many analysands, the past is being relived in the present, with no imaginable future. During the time of COVID-19, dreams are providing a valuable mechanism in working with atemporal emotional trauma, previously uncontextualized. Dream metaphor can provide a transitional space to move around in within the analytic framework. This paper explores a variety of dreams from individual analysands demonstrating different ways of conceptualizing personal and collective experience, bridging between the past, present, and future. Parallels between feeling states related to the current condition and unprocessed implicit memories from the past will be examined, as a vehicle for processing past trauma. Dreams expressing current states of dread for an unimaginable future, as well compensatory dreams showing a hopeful vision of the future will be considered.

Keywords: COVID-19, dreams, psychoanalysis, trauma

The tumultuous state of the collective continues to permeate our outer and inner world. We have been living in a time of a massive *abaissement du niveau mental*, brought about by COVID-19, quarantine, massive fires in different parts of the country, hurricanes, economic struggle and political unrest, with no definitive end in sight. Together we are experiencing collective and individual regression. Deeper layers of negative mother complexes formed in reaction to the world not feeling like a safe place and negative father complexes as we deal with an overpowering patriarchal political situation have become constellated more intensely in the present culture. As the months pass, this urge to fight, initially brought on by the fear and isolation, has developed into mass collective aggression, sparked by incidents of racial violence, economic hardship and a polarized political climate. In these times of modern cave-dwelling, Mother Earth is reclaiming a dominant position in a patriarchal culture.

As analysts, we are treading water with our analysands in a new technological virtual reality. For many of us, the analytic space has shrunk to a computer screen. We see our entire analytic practice on two dimensional surfaces, working harder now to reach through them for a living connection. We are fighting the collective fatigue and dysthymia that has fallen over us as a blanket, with no foreseeable end in sight. We sit closer now to our analysands' faces, which over the course of the session often gradually submerge below the screen, as necks, chins and sometimes noses disappear. Reading body language and sitting together live in the field in our consulting rooms is currently a thing of the past.

In addition to space disappearing, time is also collapsing. The distinction between 'then and now' is diminishing. Modell has described how trauma 'freezes' the past because the lack of plasticity prevents links from being formed with the present. Traumatic memories of past events remain in a reified, unprocessed state, walled off from a meaningful connection to the present. This lack of continuity inhibits reverie, and the ability to imagine a future is blocked. Without a psychic energy flow between past, present and future, experience remains sequestered and inaccessible. Meaning is not made from the totality of one's experience, resulting in disassociation and fragmentation.

Our current collective condition has created a unique situation. In analysis, the energy of our analysands' psyches is flowing backward, touching crevices in profound spaces of the inner world, bringing locked away feelings of traumatic memories to the surface. Pieces of the past that have been frozen are melting and feelings are flooding into the present. For many, past trauma is being relived. Some are reexperiencing living in chaotic family systems, in the collective. Others are remembering the insecurity of economic hardship and uncertainty. In these regressed states, split-off feelings from traumatic memories of the psyche are often more accessible as aspects of past experience are being relived through the current collective climate in real time.

Modell believes that meaning is created through metaphor as the past takes part in the construction of present experience. We are reminded of the past through similar experience in the present. Memory becomes a subjective metaphor that defines our current situation (Modell 1990, 2005, 2009). Living with COVID in the forefront is bringing this to the surface.

For analysands with adequate ego strength, this may provide a window to process unintegrated memories. While the boundaries between past, present and future have become more permeable, linking the past to the present becomes easier, forming a vantage point with potential for assimilating split-off memories. In addition, also in an effort toward psychic integration, as analysts we are looking for ways of delineating the past, present, and future to help analysands create a psychic space for reflection outside of the experience. Through looking backward and activating previously unconceived facets of the implications of past experience, our interpretation of what is

happening in the present may provide meaningful context that can mitigate anxiety associated with an undefined future.

Symbolism in dreams is providing a means of sorting through and consolidating experience from different points of time with that which we are living in the present. Through understanding connections between experiences in feeling associations, insight can be made as repetitive similarities become woven together in a tapestry mapping personal and collective experience. Dreams offer a way to contextualize unanchored feelings lacking narrative, that have become split-off, buried fragments of implicit memory. They are often an expression of what has been forgotten because it was too painful to remember.

Examples

An analysand who had struggled with anxiety remembered trying to attend to his mother's depression and ongoing bouts of drinking when his father was away. The feeling state associated with these childhood memories had felt far away and inaccessible to him. He recently dreamt of being back in his childhood home and catching a ferret that had been running loose in the family room. In the dream he captured the ferret in a clear cylinder to contain it and prevent it from escaping; the ferret began spinning inside the container and started to liquify. My analysand felt horrified and powerless about not being able to stop the ferret from disintegrating as he watched the internal organs becoming splattered against the walls of the cylinder. The intense visceral imagery provided my analysand with a metaphor for us to enter into together that portrayed the feelings he had had as a child, watching his mother self-destruct and not being able to stop it in real time. The dream imagery gave us a way of connecting to what had not been re-experienced and processed in our work together in the present, by being able to name the shock and revulsion associated with this imagery. Through bearing witness of this experience together, we were able to begin to humanize it and begin the healing process.

While COVID is a time when meaningful connections between past and present are being made, the ability to imagine a future has become more challenging. Visions of a planned future have been disrupted and forecasting a personal and collective future is difficult. To plan a meaningful future we need to be able to imagine a contextual reality in time and space. For many of us, with another lockdown looming in front of us, there is no sense of either future time or space in the outer world. In addition to creating links between the past and the present, dream time is also an arena where we can work with our struggle to contextualize a future. Dreams continue to provide us with landscapes through which to make meaning of our personal past and present, and imagine an unlimited future not hampered by the current state of the

collective. In addition to organizing personal experience, they also offer a means to metabolize the collective experience that is permeating our psyches. Before COVID, analysands' dreams centred more around personal subjective and objective material. Now, dream content frequently has a collective overlay, an attempt by the dreamer's psyche to process the weight of the ongoing collective experience.

A 40-year-old male analysand had taken a new position at a tech company right before COVID started, working remotely. As time passed he recognized that he would not be doing the job he was hired to do and said, in his words, that he felt like he was jumping through random, meaningless hoops to comply with company politics that were inconsistent with his research findings. He acknowledged that his feelings toward his job coincided with those he was having toward the current political climate in the country. He expressed feeling disconnected by the lack of regard for truth in political commentary and the disregard for human lives. He remembered growing up living in a van and moving from place to place when his mother would inevitably lose her temper at work and be fired. He recognized he had learned to numb out in order to survive in the chaos. He brought in the following dream:

I was in a passenger seat of a car on top of a steep hill with a business associate who was the driver. The car could only go in reverse and in the dream we were supposed to go down the hill, doing back summersaults with the car, before landing in the ocean that butted up to the base of the hill.

My analysand became aware of the overlap between the dream symbolism, his chaotic childhood, his current work situation and the situation in the collective. The dream, which placed him in a passive position at work, showed that the only movement open to him in this passive stance was a 'head over heels' regression – in reverse – highlighting the importance of his 'getting into the driver's seat' of his life – something that COVID, like his chaotic childhood, was making much more difficult. Realizing the importance of this choice, my patient has become more actively engaged in the seven-acre farm that he and his wife recently purchased, which he tends to daily. This is helping to orient and ground him as he moves in and out of the collective matrix which he engages in through his work.

Another analysand, a high-energy 30-year-old man, also in tech who is living alone in his studio flat in London, described a series of dreams in which he was trying to get somewhere in a multi-level, winding maze with dead-ends and doors that led to corridors with other doors that led nowhere. In recent months he had started taking psychotropic drugs to kill time and pass the boredom. He said he felt he had nothing to look forward to. His mood continued to deteriorate as the days grew colder and shorter and the COVID numbers were on the rise. I became increasingly concerned about his capacity to weather endless months in restricted quarantine.

In our work together, we revisited feelings he had experienced as a child in elementary school when he had been bullied and lonely. The collective situation was bringing to the surface the memories that had been packed away. I believe that living with the pandemic made these memories easier to access, but there was a decreasing differentiation between the then and the now, and I feared he was becoming retraumatized. He was struggling to imagine a future beyond many more months of quarantine fatigue that, as in his dream, was leading nowhere. It seemed we needed a way of bracketing the ongoing monotony within the context of time and space so that it wouldn't remain so overwhelming (Cavalli 2020). I shared an experience I had a couple of decades ago hiking in 100-degree heat in the Utah desert. My hiking partner and I were almost out of water and were about 10 miles from where the car was parked. As I looked forward at the vast shadeless landscape looming ahead underneath the scorching hot sun, I felt overwhelmed, with no sense of agency. I began to contemplate sitting next to a small bush with a small amount of shade. My buddy encouraged me to keep moving toward a boulder that we could see in the distance. After we reached the designated boulder, he encouraged me to make it to the next boulder that could be seen a way ahead. We made it back to the car hiking from boulder to boulder – by setting reachable goals.

I suggested to my analysand that we envision a near-term attainable future for him to look forward to beyond the walls of his flat, to help break the monotony he was experiencing. He had been contemplating buying a studio where he could paint murals on the walls and put a sauna in a dining room but was concerned about it feeling claustrophobic when he ran out of physical space for ongoing creative endeavors. We kept brainstorming and he told me that some of his most enjoyable memories as a child were building things with his father on the acreage around their home. I asked about the viability of acquiring a farm home outside of London, since he would not be going back into the office for a year and didn't need to worry about a commute. His face brightened as he began describing a visit to a friend's 500-year-old stone farm last year. He said the house was located on several acres of land and was half the cost of London flats. Over the last several weeks, he has begun researching acquiring such a property with a good friend. At our last session, he reported to me that together they are crafting a vision of building a creative community, where friends can come and stay, and he can pursue hands-on art projects. Having a tangible vision to look forward to has begun to provide him with a way to bridge the present to the future.

In addition to reliving past trauma, some analysands are also taking on collective feelings of shame and guilt as their own which align with the voice of negative inner critics, and which developed as part of an early defence system to protect against future traumatization. A 60-year-old female analysand described the following dream:

I am on a city bus in a place like Mexico. We started in a nicer part of town but now we are going through lots of impoverished towns. I see lots of stores but I don't see any people in them or on the street. We stop and I get out. It was as if someone else was telling me what to do in my mind. I suddenly decide I have to give my dog up for adoption. I take him to this place and although one small part of me says 'no', most of my thinking says this is absolutely the right thing to do. I sign all the papers and they take my dog. I then say I have changed my mind and they say I can't get him back but I could take a different dog. I am very sad and worry he won't be treated well. I am upset and can't figure out why I gave him away.

The analysand who had this dream grew up with a mother who had schizophrenia, a father with alcoholism and a grandfather that sexually molested her. Over the course of her analysis she has worked hard to identify what she is feeling when thoughts and memories come to mind. She is sad and worried about what she perceives to be happening in the country politically and childhood feeling memories are resurfacing. Her dream imagery is providing her with a means of processing early implicit memory that feels similar to current life in our collective culture.

My analysand and I realized that the dream illustrated a disconnection between her ego and the heart centres of her feeling life which we have worked so hard to strengthen. The world outside is hollowed out of people and this desolation is connected to an inner voice that 'attacks the links' with her beloved dog ... in other words, she has to give up her feeling-attachments in order to survive in the desiccated, hollowed-out world of her childhood, now echoed in the collective. Only a small voice in her knows this is not right. Trauma is an injury to the capacity to feel and this dream gave both of us a dramatic example of how the outer world and her early situation were conspiring to do this. It meant a re-dedication in her analysis to that 'still small voice' that counters the voice that 'dis' connects her (Kalsched 2020).

Another analysand has also described feelings of helplessness living in the current political climate. Before the presidential election she talked about how disturbed she was by the deceit of what she perceived to be propaganda in the news and social media. She has said that she believes that the 2016 election was manipulated by Russia and was afraid it would happen again. She had the following dream:

I am at the ocean. There are huge groupings of rocks close by and farther out. Suddenly we figure out that we can see them because the tide is out. We had no idea the level of the water in and out was that much. As we, me and a man I don't know, are standing on the shore, we see another man out on the top of rocks farther away. Some water comes in and he gets thrown off the rocks. He rides the water into the shore. He is supposed to get people to come to church and he isn't succeeding. He tells us all the things he has done. This feels like it goes on for a long time. He doesn't care what religion they are; he just needs them in the church. The other man with me says something about signs that tell people to go to church. The signs are

like the ones that tell you a street is going to be closed. The next thing we see are all of these signs going back and forth across the water with messages about going to church. The signs are rectangular, vertically high and are black with red lettering. Each has some different design with red squares.

The image of the tide going out exposing the rocks is suggestive of the emptying out of our cultural life, exposing the raw 'rocky' injured places and inequities underneath. This analysand has described feeling stranded, both in her family growing up and presently in the collective, with the lack of strong leadership in our government. The tide coming back suggests that the analysand may be returning to herself as she bears witness to her own early traumatic experience. Being forced to go to church as a child for this analysand felt very hypocritical to her in her chaotic family. The going back to church in the dream suggests a regressive restoration of the persona. Collectively this may also represent the dogmatic approach in governmental leadership, with little regard for the individual. The signs going back and forth across the water felt to her to be symbolic of the incongruent messages she heard in church, as well as representative of the propaganda being expressed in parts of the media that are unanchored. We considered that the red squares may relate to her feelings about the possibility of Russian involvement in the election, as well as an indicator of a cold, unrelated rigidity.

Another female analysand who grew up in an explosive alcoholic family, and was sexually abused by an older brother, dreamt:

I was borrowing a car but had to wait for it in a strip mall. The man delivering it brought out a corpse that had been laid out in the back of the car. I had to tightly manoeuvre around some fighting now going on in an underground parking garage. The car turned into the Fiat my family had had when I was a child.

My analysand commented that waiting in the strip mall of our current culture was like waiting in her family for the next traumatic event to occur, and then being forced to live with dead bodies and acting like nothing was wrong. She recognized both the personal and collective layers in her dream. Her dream imagery expressed both her impressions of the violence that was occurring in the collective and the feeling memory tied to growing up in an unstable, abusive family.

Another female analysand had broken her feet at the onset of the lockdown in March. In her analysis she voiced being upset by another potential wave of COVID restrictions after being trapped in her home for six months. She also has talked about being discouraged by the collective polarization and lack of concern for humanity. Recently she had taken a road trip to a state that did not require wearing masks that was pro-Trump and said she had seen a T-shirt of Donald Trump flipping people off with the text, 'Fuck your

feelings'. She expressed longing for a peaceful environment in nature and had the following compensatory dream:

I was on an organized trip that went to a massive indoor lake in a mall. When I was hiking down the trail to the lake my son was walking up the path and told me that it was so crowded that if we walked down to the lake we wouldn't be able to come back up. Then I was at the lake on a diving board. As a child I had always been afraid of diving. Suddenly a feeling came over me and I knew I could dive. Why had I been so afraid? In the next part of the dream I was talking to Oprah and told her that what I loved about this lake was that people are nice to each other. Oprah said 'yes, I miss connection and harmonious existence'. My cousin appeared and said that she and her daughters would remain at the lake.

My analysand saw the dream imagery as an antidote to what she was experiencing in the collective. The massive indoor lake was an oasis that was living inside her, even when surrounded by the mall of the crowded outside world, separated from nature. She acknowledged that she could resource from the feeling in the dream by remembering what it felt like in her body not to be trapped and alienated. For my analysand, Oprah represents a relational collective figure concerned about humanity. Through the dream imagery, my analysand could dive into experiencing a sense of harmony and connection with people around her, in a refreshing body of refreshing water. Her cousin, the feminine other in her, with her daughters perhaps representing regenerative creative potential, was able to stay in connection with this experience.

Similar to the analysand with the restorative water experience, other analysands are also having dreams with symbolic content, leading them toward a sustainable psychic energy source arising out of the unconscious. Some have apocalyptic archetypal imagery indicating we are in a time of great change. We are experiencing a collective death, with the potential for rebirth, in real time. A 50-year-old female analysand disappeared suddenly from analysis after suffering a deluge of losses that had taken place over the last couple of years. She said she had left analysis when her life unraveled and she didn't want to feel anymore. The painful events she had experienced included caring for a son who almost died from a traumatic brain injury, getting through a contentious divorce, losing one close friend to suicide and another to a sudden heart attack, nursing a mother recovering from cancer, and witnessing her cat dying suddenly in front of her. The overwhelming trauma had been too much for her to stay present in whilst taking care of the people around her. She said she was trying to get through each day and had stopped feeling anything other than dread and a foreboding of what would happen in the future. Five years later she returned to analysis and had the following dream:

I am on a median in the middle of a busy road with oncoming traffic. I see a woman pull up in a black SUV and try to hand off a package to a doorman at a building

across the street but there is too much traffic and she drives off. I feel angry at the doorman for not making more of an effort to receive it. Then, I walk up the hill that the street leads up to and see a large full moon. There are celestial lights moving in the sky and I realize they are a map of people's destinies. They are purposeful. Behind them there is even a bigger celestial body of light energy with a myriad of colours. I am overwhelmed by the beauty and start crying. The woman from the SUV is there. I hug her from behind. She and I are the only ones who can see the celestial bodies. This is the purpose of our existence.

The numinosity of the dream imagery gave my analysand hope for her place in the world and offered a living connection with something greater than herself. She had the opportunity to reconnect with the part of herself that had been forced to drive-off in the traffic of life events. In the dream she sensed potential for a future that enabled her to imagine beyond the dread of what had happened in the past, with promise. The powerful archetypal content enabled her to break through her isolation from the past trauma she was still reliving.

As analysts, we are trying to create a container for our analysands, while living with our own fatigue and distress about the current collective events that are affecting all of us. Dreams are helping us to transcend a time and space continuum, providing us with structure to metabolize the feelings that are emerging as we live together amidst the ongoing pandemic and political unrest. The descriptive narratives of dreams demonstrate potential continuity by creating links between personal and collective experience, as the past, present, and future converge, offering therapeutic possibility for the same. They also show interruptions, regressions, and the dynamics of defence mechanisms – as illustrated in some of the dream images I have presented. The analysand who could only go in reverse, doing backward somersaults, the man stuck in the labyrinthine structure with dead ends and doors that lead to nowhere, the female analysand who disconnected from her feelings about her dog, and the tide being out possibly indicating the drying up of our culture and resources under COVID, are examples of these phenomenon. As a wellspring from the unconscious, dreams have a larger symbolic perspective than the ego, offering a lens into the psyche. The dreams are showing the holistic possibilities of a lived life, as well as where there are breaks indicating deeper defence structures and areas of wounding.

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TRANSLATIONS OF ABSTRACT

Dans l'agitation collective actuelle nous-même et nos analysants vivons en temps réel et avons besoin de postes d'observation à partir desquels nous pouvons trouver du sens, alors que notre expérience subjective du temps s'effondre. Pour beaucoup d'analysants le passé est revécu dans le présent et il n'est pas possible d'imaginer l'avenir. Durant cette période de COVID, les rêves fournissent un mécanisme précieux pour travailler sur le traumatisme émotionnel atemporel, jusqu'ici non-contextualisé. Les métaphores du rêve peuvent fournir un espace transitionnel pour évoluer dans l'espace analytique. Cet article explore plusieurs rêves d'analysants montrant différentes façons de conceptualiser l'expérience personnelle et collective, de faire des passerelles entre le passé, le présent et l'avenir. Nous étudierons les parallèles entre les états émotionnels en lien avec la situation actuelle et les souvenirs implicites et non-transformés, envisageant ceci comme un moyen de transformer les traumatismes passés. Nous examinerons des rêves qui expriment des états actuels d'effroi concernant un avenir impossible à imaginer, ainsi que des rêves compensatoires montrant une vision optimiste de l'avenir.

Mots clés: rêves, COVID, psychanalyse, traumatisme

In den gegenwärtigen kollektiven Unruhen leben wir und unsere Analysanden in Echtzeit und brauchen Aussichtspunkte, von denen aus wir Sinn konstruieren können, da die subjektive Erfahrung der Zeit zusammenbricht. Für viele Analysanden wird die Vergangenheit in der Gegenwart wieder erlebt, ohne vorstellbare Zukunft. Während der Zeit von Covid bieten Träume einen wertvollen Mechanismus für die Arbeit mit atemporalen emotionalen Traumata, die zuvor nicht kontextualisiert wurden. Die Traummetapher kann einen Übergangsraum bieten, in dem diese sich innerhalb des analytischen Rahmens bewegen können. In diesem Artikel werden verschiedene Träume einzelner Analysanden untersucht die verschiedene Arten der Konzeptualisierung persönlicher und kollektiver Erfahrungen zeigen, die eine Brücke zwischen Vergangenheit, Gegenwart und Zukunft schlagen. Parallelen zwischen auf den aktuellen Zustand bezogenen Gefühlszuständen und unverarbeiteten impliziten Erinnerungen aus der Vergangenheit werden als Vehikel für die Verarbeitung vergangener Traumata untersucht. Träume, die aktuelle Angstzustände hinsichtlich einer unvorstellbaren Zukunft zum Ausdruck bringen sowie kompensatorische Träume, die eine hoffnungsvolle Zukunftsvision zeigen, werden betrachtet.

Schlüsselwörter: Träume, Covid, Psychoanalyse, Trauma

Nella attuale agitazione collettiva noi ed i nostri analizzandi viviamo un tempo reale ed abbiamo bisogno di punti di osservazione da cui dare significato poiché l'esperienza soggettiva del tempo sta collassando. Per molti degli analizzandi, il passato viene rivissuto nel presente e non c'è la possibilità di immaginare un futuro. Durante il Covid, i sogni offrono un valido meccanismo per lavorare con il trauma emozionale atemporale, precedentemente non contestualizzato. La metafora del sogno può offrire uno spazio transizionale in cui muoversi all'interno della cornice analitica del concettualizzare l'esperienza collettiva, fare un ponte tra presente, passato e futuro. Verranno esaminati i paralleli tra i vissuti correlati alla situazione attuale e le memorie implicite non elaborate, come uno strumento per l'elaborazione del trauma. I sogni portati in questi momenti di angoscia per un futuro inimmaginabile, così come i sogni compensatori, mostrano che una visione piena di speranza per il futuro può esistere.

Parole chiave: sogni, Covid, psicoanalisi, trauma

В текущих коллективных беспорядках и беспокойстве мы и наши анализанды живем в реальном времени и нуждаемся в точках зрения, которые помогут придать смысл происходящему, поскольку субъективное переживание времени рушится. Для многих анализандов прошлое переживается заново в настоящем, без возможности вообразить будущее. Во времена Ковида сны являются ценным механизмом в работе с вневременной эмоциональной травмой, ранее неконтекстуализированной. Метафора сновидения может предоставить переходное пространство для перемещения в аналитической рамке. В этой статье исследуются сны анализандов, демонстрирующих различные способы концептуализации личного и коллективного опыта, соединяющие прошлое, настоящее и будущее. Рассмотрены параллели между чувствами, связанными с текущим состоянием, и непереработанными имплицитными воспоминаниями из прошлого. Рассмотрены сны, выражающие текущее состояние страха перед невообразимым будущим, а также компенсирующие сны, показывающие обнадеживающее видение будущего.

Ключевые слова: сновидения, ковид, психоанализ, травма

En el malestar colectivo actual nosotros y nuestros analizandos estamos viviendo en tiempo real y necesitamos puntos de vista desde los cuales crear sentido, a medida que la experiencia subjetiva del tiempo está colapsando. Para muchos analizandos, el pasado está siendo revivido en el presente, con un futuro inimaginable. Durante el tiempo del COVID, los sueños están ofreciendo un valioso mecanismo para trabajar con trauma emocional atemporal, previamente no contextualizado. La metáfora del sueño puede ofrecer un espacio transicional para moverse alrededor y dentro del encuadre analítico. El presente trabajo explora una variedad de sueños de analizandos individuales demostrando diversos modos de conceptualizar la experiencia personal y colectiva, creando un puente entre el pasado, el presente y el futuro. Se examinan los paralelismos entre estados emocionales relativos a la condición actual y las memorias implícitas del pasado no procesadas, como vía para procesar el trauma del pasado. Serán considerados, los sueños que expresan estados actuales de miedo por un futuro

inimaginable, así como los sueños compensatorios que muestran una visión esperanzadora acerca del futuro.

Palabras clave: sueños, COVID, psicoanálisis, trauma

在“真实”时刻和梦中的心理分析里处理创伤:新冠期间过去、现在和未来的聚会

在当下集体动荡的时期, 我们和我们的受分析者都活在实时之下, 需要有利的观点来帮我们获得意义感, 而与此同时, 主体关于时间的经验正在崩塌。对于许多受分析者来说, 过往在当下被再度体验, 没有可以被想象的未来。新冠期间, 梦提供了一个有价值的机制, 用以处理永久的情感创伤, 在这之前, 这一创伤无法被置于某个背景之下去进行理解。梦的隐喻可以为分析性的框架提供一个供人游走的过渡性空间。这篇文章探索了来自受分析个案的多个梦, 用以描述个体如何以不同方式来概念化个人与集体的经验, 联结过去、现在和未来。文章还将探索当下境遇的感受和来自过往的未被处理的隐含记忆之间的平行关系, 作为处理过往创伤的途径。文章还涉及了表达当下的恐惧, 关于无法想象的未来的梦, 以及补偿性的对未来愿景的梦。

关键词: 梦, 新冠, 心理分析, 创伤
